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• SCABIES.

Scabies is a contagious skin infestation by a mite that dwells and burrows under the skin; it is characterized by intense itching, mainly at night, and lesions are mostly present in hands, elbows, armpits, nipples, navel and genitals. Infants and toddlers may present with whole body infestation.

Treatment is simple but it includes several guidelines:

- 1) Apply scabicide lotion during 8 hours: total body application in children and from neck down in adults. Application should be repeated in 1 week. Care must be taken in children below 1 and pregnancy, consult your pediatrician.
- 2) All household members must be treated.
- 3) Exhaustive cleaning of rugs, carpet and fabric furniture, sun exposure for 8 hours is recommended.
- 4) Clean and bathe your pets, especially dogs.
- 5) Hot water cycle wash of all personal clothing, bed linen, fabrics, etc...

• HEAD LICE.

Lice are common and highly contagious in school aged children, again intense nocturnal itching is typical.

Treatment is simple but it includes the following:

- 1) Shampoo application x 10-15 minutes, once is usually enough.
- 2) Remove nits with fine tooth comb 30 minutes after rinsing hair with vinegar.
- 3) Hot water cycle wash of all personal clothing, bed linen, fabrics, etc...
- 4) Short haircuts are advisable during the infection.