

1. Schurft/ scabies
2. Enjoy but do not burn

## 1. Schurft (scabies)

This special newsletter from GGD Kennemerland is about scabies. Scabies has been on the rise in recent years, initially among young people and students. Meanwhile, we also regularly see scabies in nursing homes and occasionally get a report of scabies at school, a nursery or after-school care.

### What is scabies?

*Schurft is onder andere te herkennen aan rode bultjes.*



- Scabies is a skin condition that is not dangerous, but it is annoying and contagious.
- You can get scabies if you have skin-to-skin contact with someone who has scabies for more than 15 minutes.
- Or if you share a bed with an infected person, or use their towel or clothes.
- Infection through other textile surfaces, such as a sofa or bath mat, is also possible.
- But you have the greatest risk of infection through direct skin-to-skin contact.

### Who gets scabies?

Anyone can get scabies. There is nothing you can do about that, nor does it mean that you are not taking good care of yourself. So scabies is not a disgrace. For the school, it is important to know if a child has scabies. So report it to the teacher or to the care staff. However, the child may come to school as usual if treated. Because after the first treatment, you are basically scabies-free!

### Treatment of scabies

The big difficulty in treating scabies is that groups of patients have to be treated at the same time, at the same time, and measures have to be taken regarding the environment. Within a home situation, it is in itself doable to treat scabies in such an organised way. But in families with (small) children, who spend whole days at a day-care centre or are in the lower years of primary school, it becomes even more difficult. The group as a whole at school or the children's centre is not considered 'close contact'. But children do sometimes have skin contact with group mates for longer than 15 minutes and can then transmit the scabies mites.

Information about scabies en the treatment in English: [Scabies | RIVM](#)

- [Recognising scabiës](#)
- [Preventing Scabiës](#)
- There are two step-by-step plans ([treatment with pills/ treatment with cream](#)) that are very useful when you need to get started treating scabies. The step-by-step plan ensures that you do not overlook anything so that the treatment has the best possible chance of success.
- [an explanation with pictures](#) (infographic)
- Simple film about scabies [Everything about scabies \(steffie.nl\)](#) ( also in other languages)



**Still have questions after reading the RIVM information?**

Please email to Department of Infectious Disease [izb@vrk.nl](mailto:izb@vrk.nl)

## 2. Enjoy but do not burn



With summer approaching, we end this news flash in style with a sunny message. The days are nice and long again, temperatures are rising and you are probably going outside to enjoy the sun more often and for longer.

With that, sunburn of your skin is also on the cards. Children's skin is especially vulnerable to this. Protect your skin and that of your children from the sun by protecting, clothing and lubricating!






Reduce your risk of skin cancer.

**Weren/ kleren/ smeren**

[Watch the campaign film here](#) (Dutch)

### Weren/ kleren/ smeren

		
<p>Weren! / Repel the sun</p>	<p>Kleren! / Clothes!</p>	<p>Smeren! / Lubricate!</p>
<p>Repel means: seek shade! At sun force 3 or higher, stay out of the full sun as much as possible when you go outside. Find a spot in the shade of a building, tree, awning or parasol.</p>	<p>Clothes means: wear covering clothes, hat and sunglasses. Clothes protect your skin from harmful UV radiation. So wear a long-sleeved shirt, hat and sunglasses when you go outside. Want to do even better? Then wear UV-resistant clothing.</p>	<p>Greasing means: apply sunscreen of at least factor 30 with UVA filter. Apply sunscreen half an hour before going out and repeat every 2 hours and after swimming, exercising or drying off. Pay particular attention to skin that is not shaded or covered by clothing.</p>

### Want to know more about sun protection?

[Go to the Skin Fund website.](#) (Dutch)

**We wish you all a very happy summer!**

Translated with DeepL.com (free version)