



# Healthy Skin Story

## scabies, skin sores and tinea



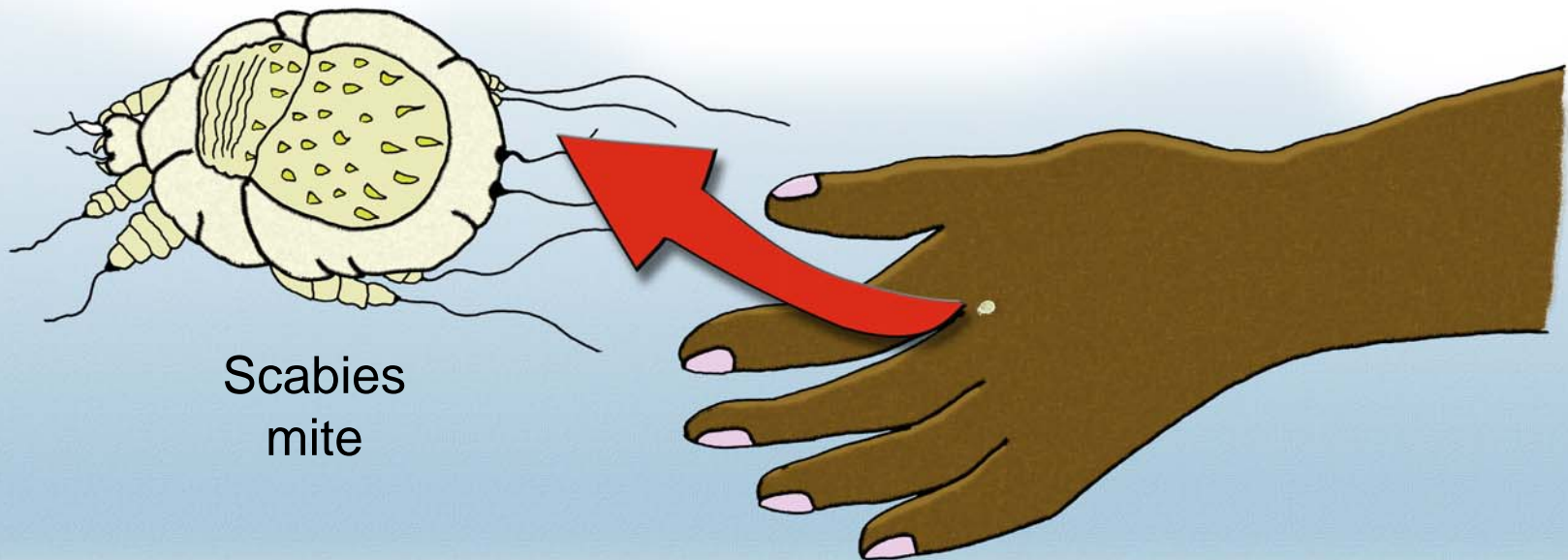
**Contact:** East Arnhem Healthy Skin Project  
Menzies School of Health Research

**PO Box 41096, CASUARINA, N.T. 0811**  
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# What is scabies?

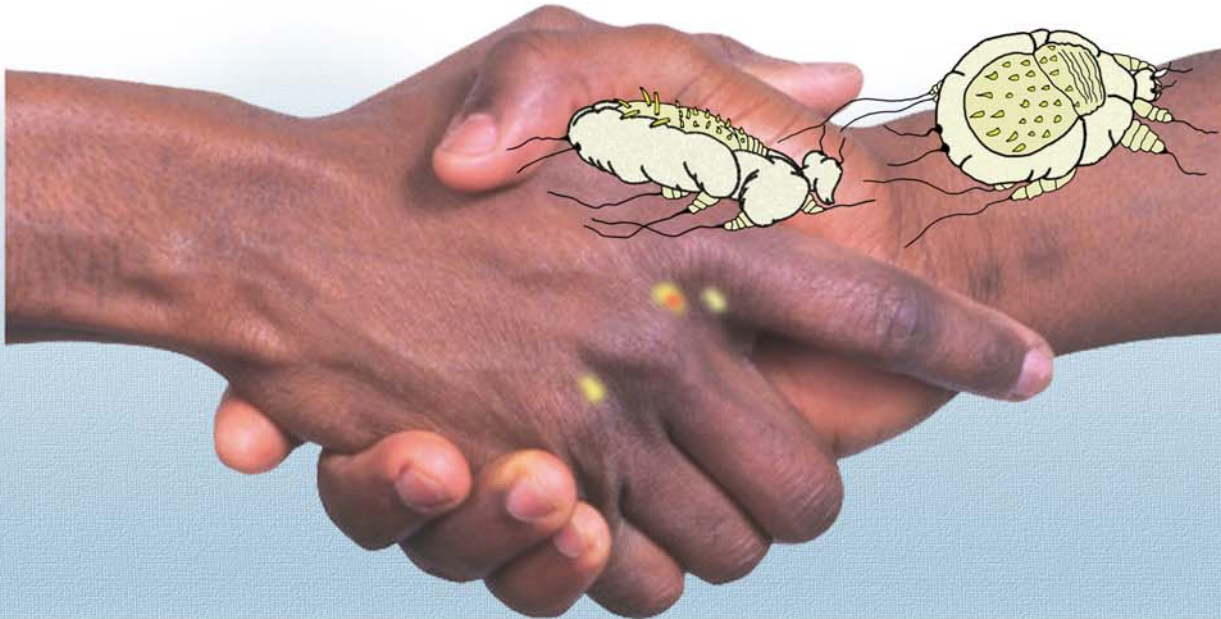
- ☼ Scabies is a skin disease
  - ☼ caused by tiny bugs called scabies mites
  - ☼ the mites dig under your skin to lay their eggs
  - ☼ they can make you itchy





# How do you get scabies?

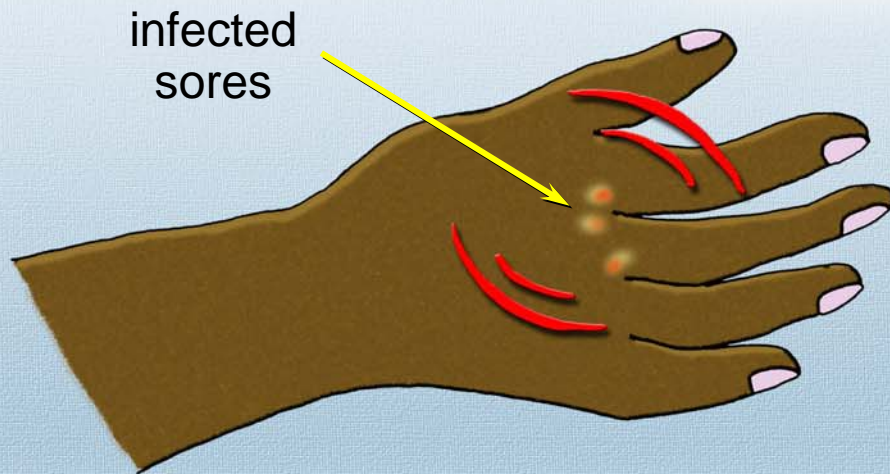
- ☼ You get scabies from other people
  - ☼ You DON'T get scabies from dogs ❌
  - ☼ You can get scabies if
    - ☼ **you touch other people who have it**
    - ☼ **you touch their clothes**
    - ☼ **or sleep on their beds**





# How do I know if I've got scabies?

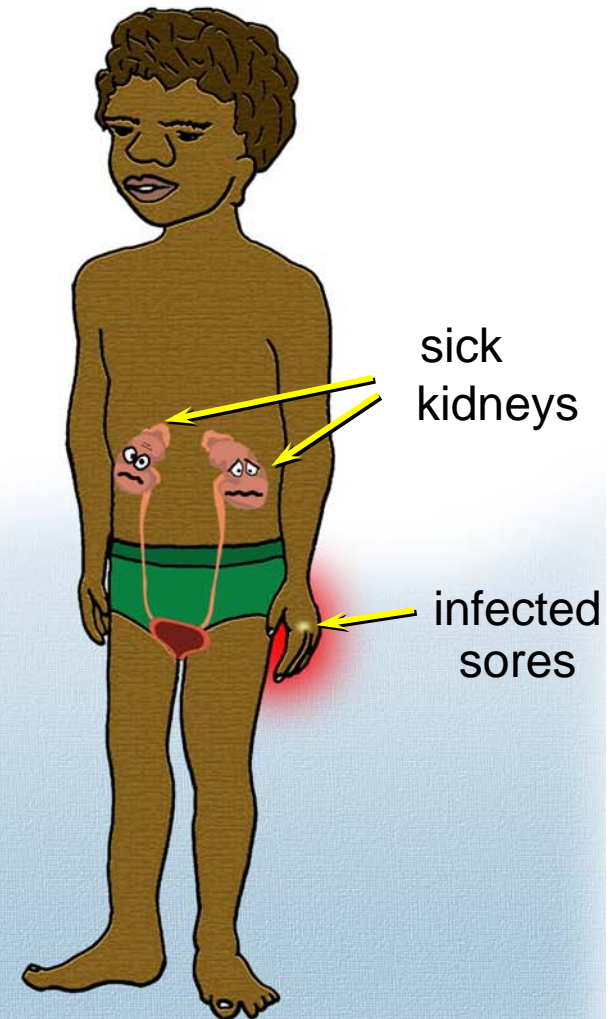
- ☼ Your skin will feel itchy
  - ☼ especially at night
  - ☼ you might get sores on your hands and other parts of your body





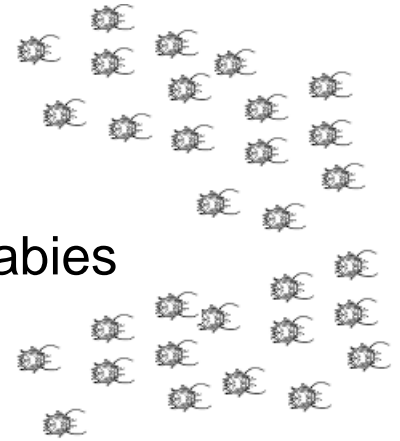
# Can I get sick from scabies?

- ☼ Scabies can make you very sick
  - ☼ The mites dig holes in your skin and let germs into your body
  - ☼ The germs can
    - ☼ **poison your blood**
    - ☼ **make your kidneys sick**
    - ☼ **make your heart sick**





# Crusted scabies

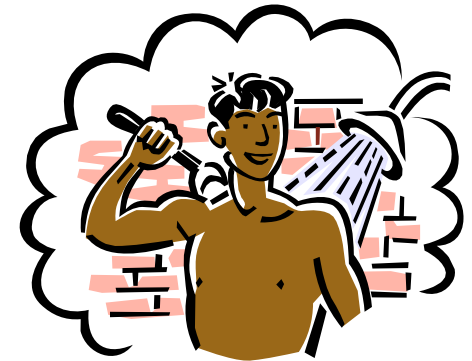


- ❁ The worst type of scabies is called crusted scabies
  - ❁ Not many people get it
  - ❁ 1000s of mites get on your skin
  - ❁ Your skin will get very flaky
  - ❁ You will be very sick and will need to go hospital





# What should I do?



☺ Have a bath, shower or swim every day ☺

➤ Go to the clinic if your skin is itchy or if you have sores

☼ If you have scabies everyone in your house will need scabies cream

☼ If the scabies is really bad you might need to go to hospital



# Getting rid of scabies

- ☺ Treat everyone in your house with scabies cream
- ☺ Wash all the clothes and sheets
- ☺ Put your mattresses out in the sun
- ☺ Give your house a good scrub
- ☺ **Have a bath, shower or swim every day** ☺





# What causes skin sores?



## Germs



infected scabies

**Healthy skin keeps germs out**  
If your skin gets broken  
then germs can get in



sandfly bites



infected sores

### Strep Germs

- will give you skin sores
- can poison your blood
- can make your heart sick
- can make your kidneys sick



infected sores



# What should I do?



☺ Have a bath, shower or swim every day ☺

☺ If you have sores, wash them with soap to keep them clean

➤ Go to the clinic if your sores have pus or are yellow or red

➤ Talk to the clinic staff if you are worried about your sores





# What is Tinea?

- \* Tinea is caused by a fungus
  - \* lots of people get it
  - \* especially in places like the Top End where it is hot and humid
  - \* it is also known as ringworm
- \* You can get tinea from other people
- \* It can be very itchy



**Tinea on  
Yolngu skin**



**Tinea on  
Balanda skin**



**Tinea on a  
Yolngu finger nail**



**Tinea on a  
Balanda toe nail**



# What should I do ?



☺ **Have a bath, shower or swim every day** ☺

➤ Go to the clinic if you think you have tinea or if your skin is itchy

✳ If the tinea is on your body you will get some anti-fungal cream

✳ If the tinea is on your nails you will need to take some tablets

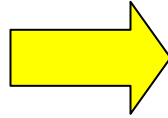
✳ Everyone who has tinea should get treated

☺ **This will make them feel better**

☺ **It will stop the tinea from spreading to other people in your house**

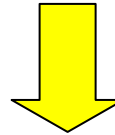


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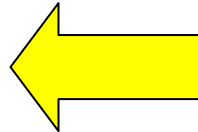


Scabies cream

# Washing



Check ups



No scabies  
No skin sores  
No tinea



😊 😊 Healthy Skin 😊 😊



# East Arnhem Regional Healthy Skin Program



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