

Product

Ivergalen

Therapeutic indications: treatment of sarcoptic mange in humans.

Composition: each tablet contains 3mg of Ivermectin.

Format: 4 tablets.

Advice to patients

INTRODUCTION

- Scabies is a parasitic skin infestation caused by the mite *Sarcoptes scabiei* var. *hominis*. The infestation is specifically human. The proteins in the mites and the waste they produce cause a hypersensitivity reaction that causes an intense itch that increases in intensity at night.

TRANSMISSION MECHANISM

- The transmission of scabies is through direct contact, skin-to-skin, between people, when the mite moves across the skin. The contact must be prolonged, for example, it is difficult to transmit through a quick handshake or hug. On the other hand, it is easily transmitted between family partners and sexual partners.
- In places where many people live together in closed spaces, such as nursing homes, nurseries, shelters, prisons or hospitals, transmission is easy. Scabies can also be transmitted through indirect and prolonged contact with objects, such as clothing, towels, and recently contaminated bedding.
- The mite requires human skin to complete its life cycle and, although parasitizing humans it can live for one to two months, outside the host, at room temperature, mites do not live longer than 3 or 4 days.
- The mite withstands cold and high humidity better and does not survive a temperature of 50°C for 10 minutes. An infected person can transmit scabies, even if they have no symptoms.

INCUBATION PERIOD

- The time elapsed between infestation and the onset of symptoms is about 2 weeks, but it can be up to 6 weeks, especially if this is the first time you suffer from the disease because sensitization to the parasite is slower, and itching appears late. In a re-infestation the pruritus appears much faster, between 1-4 days after re-exposure.

TRANSMISSIBILITY PERIOD

- The infested person is immediately a potential source of infection for other individuals, even in the absence of symptoms. The transmissibility period begins from the first moment of infestation until the mite and eggs are destroyed by treatment. Clothing that has been in contact with the affected person is considered to have a potential risk of transmission until it is treated or until 7 days have passed after its last use.
- The disease ceases to be transmissible 24 hours after starting the first acaricidal treatment.
- Infested people should avoid intimate or sexual intercourse until treatment has been completed and the treatment has been effective. The use of condoms does not prevent the transmission of scabies.

TREATMENT

- Treatment should be given to all people infested with symptoms and to their asymptomatic contacts, including cohabitants, sexual contacts and especially anyone who has had direct and prolonged skin-to-skin contact with the infested person during the month before the onset of symptoms.
- All infected people and their contacts should be treated at the same time (within 24 hours) to avoid reinfection. It is important to remember that the first time a person is infested with scabies, they usually don't have symptoms for the first 2 to 6 weeks, and they can still transmit scabies during this time.

- Cohabitants and at-risk contacts without symptoms should be treated with a treatment dose of oral ivermectin since they may be in the incubation period.

ENVIRONMENTAL MEASURES (I):

They will be applied at the same time as other treatment and control measures, within 24 hours when a patient is diagnosed with scabies:

- Disinfection of underwear, bed linen, sheets, towels, stuffed animals, etc. used by the infected person during the 7 days before applying the treatment and the one that was used during treatment.
- All clothes that can be washed should be placed in a plastic bag and transported like this and ensure that they are emptied directly into the washing machine to avoid contaminating other surfaces.
- Clothes should be washed with hot water (minimum 10 minutes at 50°C-60°C and tumble dried for 20 minutes or dry-cleaned on a hot cycle) to kill mites.
- All bed linen, towels and clothing must be changed daily.
- Clothes or material that cannot be washed with a washing machine or dry wash (shoes, coats, blankets...) must be placed directly in a tightly closed plastic bag for 7 days so that mites and eggs die.
- Staff who will pick up and/or wash the affected person's clothing should wear long-sleeved gowns and disposable gloves.
- All creams, lotions and other skin products used by persons affected by scabies prior to the start of treatment should be discarded.

ENVIRONMENTAL MEASURES (II):

- Mattresses, pillows, upholstered furniture, carpets, and car seats will be cleaned with soap and water, securing every corner. Then it is necessary to vacuum thoroughly. Using the vacuum makes it easy to get rid of eggs and mites. Textile surfaces such as cushions or armchairs should be vacuumed with

small nozzles that promote significant suction flows. The vacuum cleaner bag and filters must be changed after each operation.

- Routine cleaning and disinfection with bleach of furniture surfaces that the patient has touched. On these surfaces (for example, plastic chairs) it may be useful to use steam cleaning systems in which steam temperatures of more than 120 °C can be reached. These steam cleaning systems could also be useful for cleaning plastic covers on mattresses, pillows, etc. that have been in contact with the affected person, if the material allows it.
- Fumigation is not necessary.
- Because the symptoms of scabies are due to a hypersensitive reaction to the mites and their stools, the itching, although usually decreases within a day or two after treatment, may continue less intensely for several weeks, even though all the mites and eggs have died. It is recommended to use moisturizing creams and keeping the skin clean and dry.

Acknowledgements: Dr. Constanza Riquelme, Dermatologist at the Hospital Clínico de Barcelona, and Doctor Sebastian Podlipnik, Dermatologist, PhD, Hospital Clínico de Barcelona.