

2. SKIN DISEASES: Information



Scabies is a tiny mite just visible with the naked eye. It transfers from one person to another with contact.

Therefore shaking hands, sitting against a person, or lying together will enable the mite to move to the next person.

The mite tunnels into the skin which makes it itchy and lays eggs which hatch in 4-5 days. The young mites leave the tunnel and make new tunnels spreading the rash.

Symptoms:

- A very itchy rash especially at night.
- The mite breeds in soft skin.
- Common between the toes and fingers, and on the wrist, groin, elbows, line of the belt, thighs, buttocks, nipples and genitals.



Ringworm is not a real worm but is a tiny fungus that cannot be seen with the naked eye. Like Scabies, it spreads by touch so by shaking hands, sitting against a person, or lying together the mite will transfer from one person to another.

Symptoms:

- It is most common in children under 10 years.
- Sometimes it is like a scaly ring on the skin or it may be a round patch of light coloured dry skin.
- On the head it makes patches of baldness and is easier to identify.
- It may make the nails thick and brittle.
- If it gets between the toes it makes cracked scaly skin known as athlete's foot.

Treatment:

Go to the clinic for ointment to apply all over infected person for 3 weeks. Repeat the treatment in a few weeks to prevent recurrence

Use calamine lotion to stop itching for Scabies. All family must have their own clean clothes to prevent re-transmission. Wash all clothes regularly. Ironing clothes also helps to eliminate mites that hide in the seams. Wash all bedding at the same time and leave blankets to air in the sun every week.

- ### RECOMMENDED PRACTICES
1. Daily washing of body with antiseptic soap.
 2. No close contact with infected people.
 3. No sharing of clothes or towels.
 4. Infected person should sleep alone in own bed.
 5. Shave hair to enable good washing.
 6. Do not put on dressing or plasters.
 7. Clean clothes daily and iron clothing if possible.

2. SKIN DISEASES : Activity

K3



K1



Recognising Common Skin Diseases

Scabies: An itchy dark rash in soft parts of the body (between fingers, wrists, groin)

Athlete's foot: Itchy rash between toes

Ringworm: A round shape of scaly pale skin or patches of baldness on head

K4



K 14



K5



ACTIVITY: 2. Blocking the Route TIME: 2 hours

1. Ask the group to think of all the ways that we can catch different infections from each other.
2. Give out all the pictures, and ask those who have pictures that may lead to transmission of a disease to come up and explain their card.
3. Now ask all the others to explain their cards and how they may help to 'block the route' of the transmission.

K12



K6



K3.



K7



DISCUSSION:

Encourage people to tell their own stories of any diseases that they think might be similar.

What can be done to prevent these diseases?

What can be done to cure these diseases?

Can these skin infections can be treated at the health centre or Clinic?

To prevent recurrence of the disease hygiene standards have to be improved. What can we do immediately?

What can be done to limit transmission?

K8



K9



K10



K11



HOMEWORK:
Take any children who have skin disease to the clinic this week and wash all bedding