



Affordable Termite & Pest Control

Here's How to Get Rid of Scabies in 4 Easy Steps – No Professional Pest Management Required.

1. **Consult your physician.** Before you even think about a scabies treatment for your home you should visit your doctor—immediately. Contrary to popular belief, over-the-counter and home remedies cannot treat scabies infestations with any degree of certainty. Any good doctor will only need to see the rash to identify the condition. She or he might also take a skin sample by scraping under the bumps in order to verify that mites and eggs are present. Once you've been diagnosed, your doctor will usually prescribe a mite-killing cream or lotion. One important point for female readers: if you think you are pregnant—or have any serious illness or other severe skin diseases, tell your doctor right away.
2. **Remove clutter.** You can find scabies mites almost anywhere - in piles of newspapers and discarded papers, bedding, carpets, air ducts, dusty attics, even lampshades and dirty laundry. Scabies mites are also drawn to crowded environments, such as nursing homes, day care centers and college dormitories. Because these pests can hide almost everywhere, the first thing you should do as part of your scabies mite treatment is de-clutter your house or office. Remove all those unwanted newspaper and magazines, clean those air ducts and vacuum that dusty attic or cobwebby basement.
3. **Clean carefully.** If you really want to prevent a scabies reinfestation after treatment (and who doesn't?), it's imperative that you clean your home with a **disinfectant spray** the same day you applied the scabies mite treatment. The fact is that a scabies mite can live for one to three days once they've been removed from a human (or animal) body. A thorough cleaning will help ensure that any remaining mites are killed. Plus, you should also **disinfect floors and bathroom** surfaces by mopping. Then, vacuum all your floors, carpets, and rugs and discard the bag in an outside garbage container right away.

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Phone: (812)339-3960
Email: affordable@BloomingtonPestControl.com
www.BloomingtonPestControl.com



4. **Wash all sheets and bedding in HOT water.** To get rid of scabies mites you should wash your bedding **in hot water (130 - 140 degrees)** at least once a day, until you have not seen signs of the nasty critters for at least a week. Be sure to wear disposable gloves when stripping beds to help prevent the scabies mites from re-invading the affected area.

Once you've washed the bedding you should either put it in a hot dryer or hang it on a clothesline in direct sunlight. Dry cleaning is also an option but be sure to forewarn the cleaners that you're trying to get rid of scabies mites.

If you are unable to wash your bedding immediately you should store the soiled linens in an airtight bag for at least 72 hours and a week if possible. You'll find that the same method also works for stuffed animals, brushes, combs, toys, shoes, coats, pants, skirts, gloves, hats, ponchos, and robes.

If you have any questions or need further advice, you can contact us directly!

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