

Crabs and scabies are two very common health problems.

Crabs are also called pubic lice and are tiny insects. Scabies are another sort of tiny insect or 'mite'.

You can get crabs and scabies through close skin to skin contact with someone who has crabs or scabies.

Crabs and scabies are easy to get through having sex but you can get them in other ways as well.

Both men and women can get crabs and scabies.

Crabs and scabies are easy to get rid of but you must get the right treatment.

If you have crabs or scabies

Scabies are usually too small to see. Crabs are also very small, but sometimes you can see them. Crabs can live in the hairy parts of the body, usually in pubic hair (hair around the penis or vagina). Sometimes they live in chest hair or armpit hair.

Scabies can live just under the skin.

The sign or symptoms are the same in both men and women

If you have crabs you may get:

- itching around your genitals (penis and vagina) and in your pubic hair (hair around the penis or vagina)
- tiny grey or white spots on your pubic hair. These are pubic lice eggs. You may also be able to see the crabs
- small spots of blood in your underwear

If you have scabies you may get

- a rash made of tiny little spots. The rash can be on your hands, wrists, elbows, belly, bottom, genitals (penis or vagina), breasts or under your arms
- very bad itching on any part of the body

Sometimes people have crabs and scabies and do not know it. Sometimes people do not recognise the signs or symptoms.

You can catch crabs and scabies from:

- close skin to skin contact with someone who already has crabs or scabies
- having sex with someone who has crabs or scabies


How do you protect yourself against sexually transmitted infections?

You can get other infections through having sex.

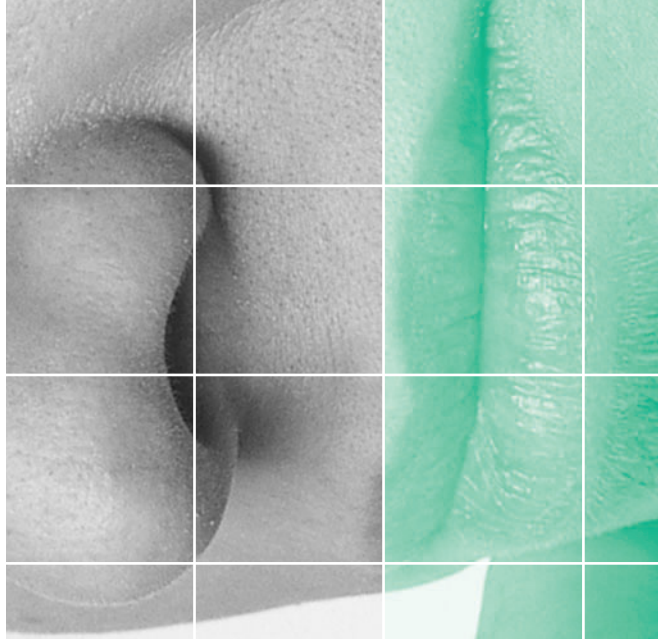
Condoms can protect you from most sexually transmitted infections and help avoid pregnancy.

You can get more than one than one sexually transmitted infection at a time.

When you use a condom remember to:

- not use a condom that is past its 'use by' date, which is written on the packet
- only use condoms that have this on the side 
- use a new condom each time you have sex
- put a condom on before your genitals (penis and vagina) touch

Condoms come in all shapes and sizes, so find the best one for you.



If you think you have crabs or scabies

You can go to a sexual health clinic for a check up. You can ring for an appointment or sometimes drop in. At the clinic they can usually tell if you have crabs or scabies just by looking. They can give you some special lotion or shampoo to get rid of them

For name and addresses of sexual health clinics you can call:

Sexwise 0800 28 29 30
Sexual Health Information Line 0800 567 123
NHS Direct 0845 4647

Or check out the website:
www.ruthinking.co.uk or
www.playingsafely.co.uk

Sexual health clinics are confidential, so staff cannot tell anyone you have visited the clinic without your permission unless they believe you or someone else is in serious danger.

Try telling your boyfriend or girlfriend if you think you have crabs or scabies. If you do have crabs or scabies it's very important you tell them so you both get treatment.

All tests and treatment at sexual health clinics are free.

Questions you should ask at the clinic

When you visit a clinic or your GP for a check up ask the doctor or nurse these questions.

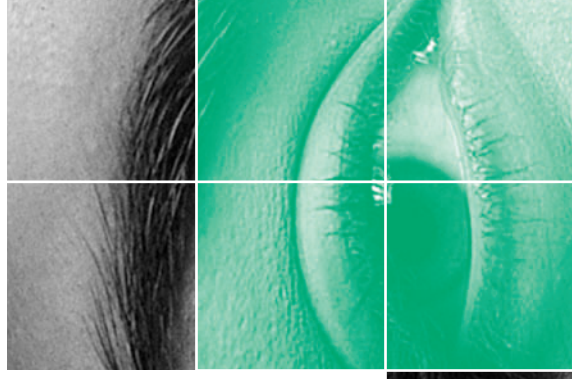
- 1 – what is wrong with me?**
- 2 – what do I need to do?**
- 3 – why is it important for me to do this?**

The doctor or nurse will be happy to answer these questions. The answers will help to explain if any thing is wrong and what you need to do to get better or stay healthy.

If you want to know more about crabs or scabies or want any further confidential and free help and advice about sex or sexual health call **Sexwise 0800 28 29 30**.

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You need to know ALL about
CRABS & SCABIES

Information
and advice



Health First