Isn’t the weather beautiful! As we have moved into autumn, it seems that summer has arrived! It seems a good time to remind everyone about sun protection and in particular, wearing a hat. School hats are still available at the front office and at only $10 each are a real bargain. Both baseball style caps and full brim surf hats are ready for students to wear. They have been a great addition to our uniform and look brilliant.

Speaking of uniform, it’s been fantastic to see so many or our students dressed in the correct uniform. It looks great and demonstrates a great sense of belonging and school pride. Keep up the good work everyone.

Our attendance rate is holding steady at around the 93% mark which is close to the state average. We would like to see it climb to above 95% which doesn’t sound much but is quite difficult to achieve. Every student attending everyday would be ideal, however with illnesses etc. we understand that this is a wonderful goal but unrealistic. If you have any doubts about whether your child should be attending or are wondering if they might be eligible for an exemption from school, please just give the school office a ring and check. The staff will be only too happy to help you out.

The P&C AGM was postponed as we were unable to make a quorum. It will now be held on 16 March at 2pm in the Community Room. The AGM is a great time to become involved in the P&C as it represents the beginnings of a new year and many exciting opportunities for our school. If you think you would like to contribute some ideas or time to the P&C, please come along and join us.

While on the subject of P&C... there will be a BBQ held at school on Saturday 28 March (the day of the State election). If you are able to come along and help cook, make sausage sandwiches or serve, please contact Mr Mac or leave your name at the front office. You don’t need to stay the whole day; just an hour or even half an hour of your time would be greatly appreciated.

There is also a fund raising BBQ to be held at Bunnings on Sunday 8 March. If you happen to be up that way, why not call in and grab yourself a sandwich. If you would like to help out on that one, please contact Karen Miller through the school. All the funds raised through P&C go directly towards helping your children at school.

Our Facebook site is evolving every day. There are plenty of photos of our students hard at work and some information about events at school. If you are ‘Facebooking’, please take the time to ‘like’ some of our features.

Please be considerate of our neighbours each morning and afternoon. We have had some complaints recently about cars being parked in and across driveways. It must be difficult living across from a school at times, due to the increased traffic at certain hours so please give a thought to our neighbours when parking.

We love seeing so many parents here to pick up their children in the afternoons. However, space for parking is very limited at the front of the school. The space becomes crowded, buses come and go frequently and the road can become dangerous. People are also being forced to walk through the staff car-park. We have staff that come and go from there quite frequently and it is difficult to see small students, particularly pre-schoolers if they are in the car-park. Please avoid entering or exiting the school through the staff car-park and consider organising to pick your child up from the back gate in Seymour St. There is plenty of shade and parking and the street itself is not as busy as Park St.

Thank you to all of our parents, staff and students for a great first five weeks. The learning that is happening in each classroom is fantastic and is only possible because of the work that we do together, as a ‘village’ to raise our children. Keep up the good work!

Mr Mac
What’s on? - Term 1

Canteen Closed Each Wednesday

Clothing Pool is open every Friday from 8:45 – 9:30am in Sick Bay

Week 6
Friday 6 March Western Swimming
Sunday 8 March Bunnings BBQ
Easter egg guesses start Monday 9 March

Week 7
Easter egg guesses start this week

Week 8
Tuesday 17 March St Patricks Day cake stall
Friday 20 March Stand up against bullying day

Week 9
Monday 23 March Snake Tails incursion.
Tuesday 24 March Shell Questacon Science Circus.
Wednesday 25 March Books in Home
Sunday 29 March Bowen Market Day

Week 10
Monday 30 March Western Rugby League
Wednesday 1 April Easter egg raffle drawn
Friday 3 April GOOD FRIDAY

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What’s on? - Term 2

Gotcha’s
Kaylan 1D
Isiah 2C
Tryah 1D
Cody 3/4C
Naomie 3/6E

---

What’s on? - Term 2

Week 1
Classes resume Tuesday 21 April
Tickets for the Mother’s Day raffle go on sale this week

Week 2
Monday 27 April public holiday
Friday 1 May Bowen Cross Country
Sunday 3 May Bunnings BBQ

Week 3
Thursday 7 May Mother’s Day stall
Friday 8 May Mother’s Day stall and the Mother’s Day raffle is drawn today.
Mentoring for our Students
Having a chat in the office

Catching up at lunch time
NOTES FROM P&C

P & C News

Bowen School Market Day: will be held on Sunday 29 March – if you would like to have a stall please contact either Virginia on 0416 516 778 or Briony on 0431 516 778. We hope to see all parents and children attending on the day.

Autism support group: next meeting on Tuesday 10 March commencing at 9:30am – all welcome.

Guessing competition: the P & C will be running an Easter egg guessing competition, 20c a guess with the closest winning the large jar of mini eggs – Yr 6 students will be selling the guesses before school at the lunch order table and during break 1 in the playground.

Teabag tags: please bring any you are saving to the school office; all donations gratefully received and will go towards providing wheelchairs for children.

Next meeting of the P & C will be held on Monday 4 May commencing at 2:00pm in the community room – everybody welcome.

BBQ Fundraiser: our first for the year will be held at Bunnings on Sunday 8 March; if you are able to help, even for an hour, please come to the office and put your name, number and time down to go on the roster. Remember: many hands make light work!

A cake stall will be held on St Patrick Day 17 March. Any contributions would be greatly appreciated.
Supported Playgroup and Bush Babies

- Do you have children aged birth to 5 five years?
- Are you at home wondering what activities to do with your children?
- Would you like to meet new families that have children of a similar age?
- Would you like to have a yarn and a cuppa whilst the children play?

If you answer yes then Orange Supported Playgroups and Bush Babies is for you!

Tuesdays:
* **Glenroi Grasshoppers**
Marang Gunya -The Good House, 8 Oxley Place, 9:30am - 11am

Thursdays
* **Bush Babies play group**
The Carriage Cottage, 145 Spring Street, 10:30am - 12:30pm

Fridays
* **Bowen Supported Playgroup**
Bowen Public School, 9am -11am.

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**Invitation from The Canobolas Rural Technology High School**

**Open Classroom Afternoon**

On the 10th March 2015 our school will be holding an open classroom afternoon where parents of prospective students will have the opportunity to participate in a range of dynamic activities and ask questions about our school. If you know of any parent who has a child in Year 6 this year or you have children in Year 6 and would like to see some of our wonderful facilities, teaching staff and students, please come along and have a look at what we offer. The afternoon will run from 3.30pm until 5.30pm and parents will be able to access application for enrolment forms on the day. We will also have a range of scholarships available to support the educational provision for some students coming to our school in 2016. More details will be placed onto our school website in the near future. If you would like to visit our school with your child on 10th March please RSVP to the office on 69621677 or via our school email address which is canobolas-h.school@det.nsw.edu.au
FREE AFTER SCHOOL SPORT

Ages 8—18 years

Monday afternoons 4:00 pm to 5:00 pm
Come and play Soccer at
Margaret Stevenson Park, Spring Street
February — 2, 9, 16 & 23

Tuesday afternoons 4:00 pm to 5:00 pm
Come and play Basketball with Rock the Rim
Coach at Glenroi Oval, Maxwell Avenue
February — 3, 10, 17 & 24
March — 10, 17 & 24

If children playing sport are under 8 they must be with an adult

We advise all children attending to wear enclosed shoes, bring a hat and drink bottle with water

This program is funded by the Australian Government Department of Social Services through the Diversity and Social Cohesion

St Barnabas Anglican Church
433 Katoomba St, Orange

Dates for your diary
Sunday, February 15, 2015 — 5pm
Theme: A New Start

Sunday, March 15, 2015 — 5pm
Theme: Remember Me

Sunday, April 26, 2015 — 4:30pm
Theme: Love Rules

Sunday, May 17, 2015 — 4:30pm
Theme: Mother’s Day

Sunday, June 21, 2015 — 4:30pm
Theme: Pentecost

INTERACTIVE WORSHIP FOR THE WHOLE FAMILY
All ages free entry
0400 554 939

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All ages free entry
0400 554 939

What is HIPPY?

HIPPY is a two-year home-based early childhood enrichment program. HIPPY builds the confidence and skills of parents and carers to create a positive learning environment to prepare their child for school.

How old does my child need to be to start HIPPY?

Children join HIPPY in the year before they start formal schooling (usually around four years old).

How will HIPPY help me and my child?

HIPPY helps parents/carers learn many things including:
• how to be more involved in their child’s learning
• understanding more about child development and the way children learn
• encouraging a love of learning in children.

HIPPY helps children by:
• preparing them for a confident start to school
• building their self-esteem and confidence in learning
• providing opportunities to enjoy time with their parents.

HIPPY Orange is funded by the Australian Government Department of Education through the Home Interaction Program for Parents and Youngsters.
The Orange Apple Festival is happening on Friday 8 May
Concluding on Saturday 9 May

Migrant Support Service and Neighbour Aid/Social Support

Women’s Sewing Circle
FRIDAY
10am till 12.30pm
Senior Citizens Centre
(looked back of Woolworths Car Park)
Come and share morning tea, meet new people and learn some basic sewing skills. Older women and Multicultural women welcome.

It is our pleasure to meet together with the Orange Fibre Artists Group at the same time, so you choose between sewing or weaving!

30 January 2015
27 February 2015—Special day—10.00am—2.00pm with Tai Chi, women’s fashion talk, weaving workshop, plus shared lunch with multicultural women from Consobomb and Lake Gargalonga
13 March 2015
27 March 2015

GOLD COIN DONATION

Phone for bookings Anni 6393 8625 or Jodie 6393 8051
April Merge Program

Orange City Council are once again conducting their April Merge program commencing Tuesday 7 April and going through to Friday 10 April for years 3 – 6 only

Primary Aged School Children

<table>
<thead>
<tr>
<th>Tuesday 7th April</th>
<th>Wednesday 8th April</th>
<th>Thursday 9th April</th>
<th>Friday 10th April</th>
</tr>
</thead>
<tbody>
<tr>
<td>10am – 2pm</td>
<td>10am – 5.30pm</td>
<td>10am – 2pm</td>
<td>10am – 2pm</td>
</tr>
</tbody>
</table>

Please note the above program is for PRIMARY aged school children. (Years 3-6 only)

Bowen After School Activities

A friendly place to learn new things and make new friends
Free activities for young people
4pm-5pm
At the Bowen CTC
Carriage Cottage, Spring Street

Thursday 12 February
Drumming with Ross Wolch

Thursday 19 February
Martial Arts for self-development with Rolly Tandang

Thursday 26 February
The Fireies are coming! Home Fire Safety for the whole family

Thursday 5 March
Cooking yummy food

Thursday 12 March
Singing Group with the “CanBettos” Choir

Thursday 19 March
First Aid

Thursday 26 March
Let’s Write a Song! with Ken Smith

Healthy Living Positive Thinking

Do something special for your health. Join us as you are able

A gentle activity, a talk and light supper...

Enjoy a quiet activity followed by a talk and light supper

Monday 9 February ...5.30-7.30 pm
Monday 9 March ...5.30-7.30 pm

Where: Community Information and Services Centre, 79 Kite St
Enter kitchen door off car park (opposite Harris Farm Markets)

Are you interested in Healthy living?
Are you aware that Positive Thinking can impact your health for the better?
Take an hour or two, and come along to make a health difference for yourself and other community members

Looking forward to seeing you!
Light meal is shared after the activity and talk.

The Migration Support Service thanks Clubs RSW for funding and Orange CofCrew for raising promotion of this activity
THIS ACTIVITY IS FREE TO PARTICIPANTS

February features Yoga and talk with Fiona Hawke (bring a yoga mat if possible)
March features Tai Chi and talk with Charlie Huang

Bowen Indoor Tennis

ORANGE
INDOOR TENNIS
9 PALMER STREET ORANGE N.S.W.
www.orangepindoorventennis.com.au
chris.oita@bigpond.com
(02) 6382 9811

- “HOTSHOTS” PROGRAM
  Ages 5-12 years old 6 week lessons free
- TENNIS CLINIC
  Every school holidays
- ADULT NIGHT COMPETITION
  Monday, Thursday
  Prizes to be given
- COURT HIRE

For more details and/or bookings, please call Chris or Hannah.

This program is funded by the Australian Government Department of Social Services through the Community and Social Cohesion Program
Bowen Public School Market Day

Where: Seymour St entrance
When: Sunday, 29th March 2015
Time: 9am—2pm
Gold coin donation at the gate.

Join us for a Fun day out...
BBQ and Refreshments
Jumping Castle, Book Fair
Trash & Treasure,
Handmade Craft and Gifts
and more....

For more information or to book a stall please
contact Virginia 0416 064 811
or Briony 0431 516 778
Or email bowenmarkets@yahoo.com
# BOWEN PUBLIC SCHOOL
50-60 PARK ST ORANGE NSW 2800
PO BOX 8315 ORANGE NSW 2800
PHONE: 6362 3655
FAX: 6361 7603
bowen-p.school@det.nsw.edu.au

## CANTEEN MENU – Week 2 Term 1 SUMMER

### SANDWICHES/ROLLS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$1.55</td>
</tr>
<tr>
<td>Cheese</td>
<td>$1.55</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.55</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.55</td>
</tr>
<tr>
<td>Ham</td>
<td>$3.05</td>
</tr>
<tr>
<td>Ham Salad</td>
<td>$3.85</td>
</tr>
<tr>
<td>Chicken</td>
<td>$3.05</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>$4.05</td>
</tr>
<tr>
<td>Tuna</td>
<td>$3.05</td>
</tr>
<tr>
<td>Tuna Salad</td>
<td>$3.55</td>
</tr>
<tr>
<td>Egg</td>
<td>$2.55</td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>$2.85</td>
</tr>
<tr>
<td>Meat Salad Box</td>
<td>$4.55</td>
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</tbody>
</table>

### WRAPS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken tenderloin</td>
<td>$3.55</td>
</tr>
<tr>
<td>Chicken &amp; Lettuce</td>
<td>$3.65</td>
</tr>
<tr>
<td>Chicken Salad</td>
<td>$4.05</td>
</tr>
</tbody>
</table>

### DRINKS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milkshakes</td>
<td>$1.65</td>
</tr>
<tr>
<td>Choc, Straw, Vanilla, Caramel, Banana</td>
<td></td>
</tr>
<tr>
<td>Fruit Smoothies</td>
<td>$2.05</td>
</tr>
<tr>
<td>Banana, Mango, Fruit Juice, Passionfruit</td>
<td></td>
</tr>
<tr>
<td>Up &amp; go</td>
<td>$1.65</td>
</tr>
<tr>
<td>Poppers</td>
<td>$1.05</td>
</tr>
<tr>
<td>Milo</td>
<td>.65c</td>
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</table>

### SNACKS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancakes</td>
<td>.55c each</td>
</tr>
<tr>
<td>Muffins (Orange/Poppy seed, Apple</td>
<td></td>
</tr>
<tr>
<td>/Cinnamon, Double Choc Chip)</td>
<td>.65c</td>
</tr>
<tr>
<td>Popcorn</td>
<td>.35c</td>
</tr>
<tr>
<td>Fruit kebabs</td>
<td>$1.05</td>
</tr>
<tr>
<td>Fruit salad box (seasonal)</td>
<td>$3.05</td>
</tr>
<tr>
<td>Pieces of fruit (seasonal)</td>
<td>$1.05</td>
</tr>
<tr>
<td>Yoghurt Sticks (until sold out)</td>
<td>.25c</td>
</tr>
<tr>
<td>Sun fruits</td>
<td>3 for .25c</td>
</tr>
<tr>
<td>Jelly Cup</td>
<td>.65c</td>
</tr>
</tbody>
</table>

### HOT FOOD

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken and gravy roll</td>
<td>$3.55</td>
</tr>
<tr>
<td>Homemade spring rolls (oven baked)</td>
<td>.95c</td>
</tr>
<tr>
<td>Party pies</td>
<td>$1.55 3 per serve</td>
</tr>
<tr>
<td>Small sausage rolls</td>
<td>$1.55 2 per serve</td>
</tr>
<tr>
<td>Travel pies</td>
<td>$2.15</td>
</tr>
<tr>
<td>Fish and Salad Box – Tartare Sauce-Lemon</td>
<td></td>
</tr>
<tr>
<td>Slice – 4 pieces fish</td>
<td>$4.55</td>
</tr>
</tbody>
</table>

**TOMATO SAUCE .30c**

**TARTARE SAUCE .30c**
Open Day
Occasional Care Cottage & Family Day Care

Free Sausage Sizzle
Meet the staff
Child Activities
Look around the centre

Information about child care available

Saturday 7 March 2015
10am till 1pm
Occasional Care Cottage
86 Kille Street, Orange—entry via Woolworths Car Park

Positive parenting
A three hour interactive seminar on positive communication and parenting techniques. Parents will learn to help their children grow and develop to the best of their ability.

Topic include:
- Acknowledging each child as an individual
- The power of focusing on what children are doing well
- Helping children have better relationships with themselves and others

Tuesday 24th March @ 5.30pm
$25 per person $15 Concession
108 Molesworth St, ORANGE NSW 2800
Call 6383 3650 to book

www.interrelate.org.au
Phone 1300 736 966

Minimbah Project Birth Certificate Sign Up Days
Free Birth Certificate “Signups” Days will be held at:
Wamip/Gaeindigenous Community Links, Orange
on Tuesday & Wednesday, 17th & 18th March.

Open to all children, youth and families
- Born in NSW?
- Don’t have a birth certificate?
- We invite you to sign up for a free NSW BIRTH CERTIFICATE!

Voluntary DNA Genetic testing has no place in business, government and when to provide to your family and friends with birth certificates. Women by this can cost up to $250 or more each, they can be a supplied without charge after you apply, through this once only opportunity.

Birth certificates are necessary for full participation in Australian society, such opening bank accounts, joining a sporting club, getting a driver’s license, and starting at school.

So come along! Three forms of identity are required (details opposite).

Minimbah Project:
“ADVANCING AUSTRALIA, FOR ALL”

Free Birth Certificates for All NSW & QLD Born
- Parent must be a parent
- Drivers License or NIAIC Card
- Medical Card or Centrelink Card
- Bank or Debt Card

For details see www.interrelate.org.au

FREE BIRTH CERTIFICATES FOR ALL NSW & QLD BORN

TUESDAY & WEDNESDAY
17TH & 18TH MARCH 2015

Trade & Investment
Resources & Energy

2014-2015 Family Energy Rebate
Apply before Midnight
16 June 2015

WHAT IS THE FAMILY ENERGY REBATE?

This Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:
- Up to $200 credit on electricity bills for eligible people who hold an account with an electricity retailer.
- Up to $200 direct payment to nominated bank accounts for eligible parents who live in a residential property overseas or mobile home property and receive electricity from the same retailer.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you MUST:
- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2014-2015 financial year; and
- Have received an FTB payment in respect of that eligibility; and
- Be the account holder of an electricity retailer, or a long-term resident of a residential property (tenant or mobile home park), whose name appears on line 1 of electricity account, for delivery to their principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?

Before you apply, here’s a quick checklist. Have you:
- Lodged your tax return for 2014-2015 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return.
- Received confirmation from DHS as to your eligibility for the Family Tax Benefit A or B for 2014-2015.

HOW TO APPLY

ONLINE - it takes just minutes to submit an application. Processing starts immediately.
- PRINT - download forms from this website, complete and send in by mail, fax or post.
- Visit our 65 Molesworth St Orange office where you can receive your eligibility statement from the operator of the residential community where you live.

FOR MORE INFORMATION & ASSISTANCE
- PHONE: 13 28 80
- EMAIL: familyrebates@service.nsw.gov.au
FACT SHEET – impetigo

What is impetigo?

- Impetigo is an infection of the skin caused by bacteria. These bacteria can live on the skin, in the throat or nose or on other parts of the body without causing a problem but sometimes they start to cause an infection such as impetigo.
- Impetigo can occur on healthy skin but it often happens when the skin has already been damaged by a scratch, bite or a disease affecting the skin such as eczema.
- Impetigo is very easily spread.
- It is more common in the hotter months.

Signs and symptoms

- The sores can be anywhere on the body, but are often on the face near the mouth and nose or on the arms and legs.
- Impetigo may start with a blister or a group of blisters.
- The blister bursts leaving a patch of red, wet skin which weeps.
- The spot usually becomes coated with a tan or yellowish crust, making it look like it has been covered with honey.
- There can be small spots around the first spots, spreading outwards.
- Impetigo is usually itchy.
- The sore takes about one to three days to develop after contact with fluid or crusts from a sore.
- There is often superficial peeling on the edge.

How is it spread?

- The sore is itchy and children can scratch it, often spreading the infection to nearby skin or to other parts of their own body.
- The fluid and crusts of the sore contain the bacteria. Contact with the sore or with things that have been on the sore (e.g. clothing, dressings, towels, etc.) can spread the infection to others.
- A sore can be infectious for as long as it is weeping. Usually it has stopped being infectious about 24 hours after treatment with an antibiotic has been started and healing has begun.
- The germs can also be spread from other parts of the body that do not appear to be affected: e.g. from a runny nose.

Treatment

- A child with impetigo needs to be checked by a doctor to be sure that it is impetigo because sometimes an antibiotic medicine is prescribed.
- Remove the crusts from the sores. The best way to do this is to bathe the child for 20–30 minutes, while wiping the crust away with a wet towel.
- Try to prevent your child scratching the sores as much as possible. Cover the sores with a watertight dressing and cut your child’s fingernails.
- Continue medical treatment until all sores are healed.
- Your child can go back to school after 24 hours of treatment and when the sores are completely covered with dressings.
- The sores should clear up in a few days with treatment but may need to be treated again.

Impetigo is very contagious and can be easily spread to other children but it is usually not a serious infection. People can be worried about it because it is on the skin and easy to see. Impetigo can occur even when the skin is kept clean – it is not a sign of poor hygiene or bad parenting.
FACT SHEET – Scabies

What is scabies?

Scabies is an infestation caused by a microscopic mite. It is found worldwide and affects people of all races and social classes. Scabies spreads rapidly in conditions where there is frequent skin-to-skin contact between people such as schools, etc. The mite burrows into the top layer of the skin where she lays her eggs. The eggs hatch and travel back up to the surface of the skin and repeat the cycle. They live for approximately two months, laying three eggs a day.

What are the symptoms of scabies?

• Pimple-like irritations, burrows or rash of the skin, especially the webbing between the fingers; the skin folds on the wrist, elbow or knee; or shoulder blades.
• Intense itching, especially at night and over most of the body.
• Sores on the body caused by scratching; these sores can sometimes become infected by bacteria.

How do you get scabies?

By direct, prolonged skin-to-skin contact with a person already infested with scabies. Contact must be prolonged (a quick handshake or hug will usually not spread infestation). Infestation is easily spread to household members. Infestation may also occur by sharing clothing, towels and bedding. Anyone can get scabies regardless of age, sex, race or standards of personal hygiene. It may take 4 to 6 weeks for symptoms to develop in people who haven’t had scabies before. People who have had scabies usually develop symptoms much more quickly if they are exposed again, usually within one to four days.

People with scabies can pass on the scabies mite until the day after they have commenced their treatment. The scabies mite can live for two to three days on the clothes, bed linen or other personal items.

Can scabies be treated?

Diagnosis is commonly made by examining the characteristic burrows or rash. There a number of effective anti-scabies lotions or creams available from your local pharmacist. A prescription from your doctor is not required. Note that:

• the anti-scabies preparations should be used strictly according to the manufacturer’s directions;
• ensure that all household members are treated simultaneously.

The lotions or creams are applied to the whole body from the neck to the toes. The treatment may also need to be applied to the face and scalp if these areas are clearly infected. Avoid contact with the eyes, nose and mouth.

People will no longer be infectious within 24 hours of treatment, but it can take up to two months until the skin lesions and itch disappear. A repeat treatment may be advised 14 days after the first treatment, particularly for moderate to severe infestations. Antihistamines and calamine lotion are sometimes helpful to counteract itchiness. Antibiotics may be needed if there is a bacterial infection from scratching.

Stopping the spread of scabies

Preventing the spread of scabies requires:

• maintaining good personal hygiene;
• not sharing clothes, towels or bed linen with others;
• excluding affected children from school until treatment has commenced;
• limiting close physical contact with others until treatment has commenced;
• the mite can live on bed linen, clothes, towels and other personal items used by a sufferer so these items should be machine washed in hot water.