

Thursday 29th January 2026

Dear Parents and Carers,

We are writing to let you know there has been a recent rise in scabies cases across the UK, including in Portsmouth. We want to reassure you that this is a very common condition, it is not dangerous, and it can be treated easily and effectively. We have only had a few confirmed cases in our school community, and these have already been treated appropriately and in line with NHS guidance.

One of the first symptoms is intense itching, especially at night. The rash can appear anywhere, but it often starts between the fingers. The rash spreads and turns into tiny red spots. Although scabies is infectious, it often takes several weeks for symptoms to appear, which means people may spread it without realising. The important thing to remember is that it is readily treatable.

What to do if you think your child may have scabies

The NHS advises that a pharmacist is the best first point of contact. They will recommend a simple cream or lotion that is applied to the whole body. Treatment is then repeated one week later. Scabies is not usually serious, but it does need to be treated promptly. Everyone in the household should be treated at the same time, even if they do not have symptoms. Children can return to school after their first treatment.

Helping to reduce the spread

These steps, recommended by UK Health Security Agency (UKHSA) and the NHS, can help:

- Begin treatment as soon as possible if symptoms appear or a diagnosis is confirmed
- Wash bedding, towels and clothing used in the three days before treatment at 60°C, or seal items in a bag for 72 hours if they cannot be washed
- Encourage children to avoid close skin-to-skin contact with others until after the first treatment.

For more information, please see the NHS guidance: <https://www.nhs.uk/conditions/scabies>.

Please inform us if your child develops symptoms or starts treatment, so we can continue to monitor the situation and support families appropriately: studentservices.trafalgar@salterns.org

Yours sincerely,

Student Services Team
Trafalgar School