

RINGWORM

PERSONAL HEALTH FACT SHEET

What is Ringworm?

Ringworm is a skin disease caused by a fungus. It is found on the feet (“Athlete’s Foot”), groin (“Jock Itch”), scalp, face or nails. Anyone, at any age can get Ringworm.

How is it spread?

A person may get Ringworm by touching an infected “patch” on another person or an animal. It can also be spread by handling combs, towels or clothing of an infected person. Walking barefoot on floors contaminated with fungi can also spread “Athlete’s Foot.” Symptoms occur usually 4-14 days after exposure.

How is it treated?

- ▶ See your doctor. Ringworm is not easy to diagnose.
- ▶ Use the medication or ointment that your doctor prescribes for the number of days that he/she tells you. Wash your hands with soap and water before/after treatment.
- ▶ Do not stop using the medication, until directed.
- ▶ After each use, launder washcloths and towels in hot, soapy water.

How can we prevent Ringworm?

- ▶ Do not use other people’s combs, brushes, hair ornaments, hats, scarves, towels, washcloths, socks or shoes.
- ▶ Do not walk barefoot in public places. Use shower shoes/thongs in public shower areas.
- ▶ Clean floors in gymnasiums, dressing rooms, showers, and pool areas with an antifungal agent.
- ▶ After bathing or swimming, dry feet thoroughly
- ▶ Use separate towels and washcloths for each person in the home.

SYMPTOMS OF RINGWORM

- ▶ Round patches of red, dry skin surrounded by red raised ring.
- ▶ Sometimes the ring has blisters or is crusted with blisters. Hair in the ring is broken or absent.
- ▶ As the patch spreads or enlarges, the skin in the center may appear clear.



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