

RINGWORM

PERSONAL HEALTH FACT SHEET

What is Ringworm?

Ringworm is a skin infection caused by a fungus. Ringworm can affect skin on your trunk, scalp, groin area or feet. Ringworm is a common skin disorder especially among children, but can affect people of all ages.

How is it spread?

Ringworm is contagious. It can be passed from one person to another by direct skin-to-skin contact by contaminated items such as combs, unwashed clothing and shower and pool surfaces. You can also get ringworm from direct contact with an infected animal's skin or hair, especially puppies or kittens.

How is it treated?

- Ringworm usually reponds to self-care within four weeks without having to see the doctor. Apply over-the-counter antifungal or drying powder, lotion or cream. Those containing miconazole or clotrimazole are often effective.
- Call your doctor if you have ringworm of the scalp or beard or if your infection does not improve after four weeks of self-treatment.
- Use medication as prescribed until treatment is completed. Wash your hands with soap and water before and after applying the medication.
- Do not stop using the medication, until directed.

How can Ringworm be prevented?

- Do not share clothing, towels, hairbrushes, combs, headgear, socks, shoes, hats, scarves, hair ornaments or other personel care items.
- Launder bed linens, washcloths and towels in hot soapy water after each use.
- Do not walk barefoot in public places. Wear sandals or shoes at gyms, lockers and pools.
- Keep your skin and feet clean and dry.
- Use separate towels and washcloths for each person in the home.
- Avoid touching pets with bald spots.
- Shampoo hair regularly, especially after haircuts.

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.
- When scalp or beard is infected, you may have bald patches.

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