



Lenawee County
HEALTH
DEPARTMENT

WHAT YOU NEED TO KNOW

RINGWORM FACT SHEET

What is Ringworm?

Ringworm is a common fungal skin infection known for its characteristic circular rash shaped like a ring that is usually red or itchy. It can affect many different areas of the skin such as feet, groin, scalp, hands, toenails and arms and legs.

What are the symptoms?

- Itchy skin
- Ring-shaped rash
- Red, scaly, cracked skin
- Hair loss

Symptoms appear usually 4 to 14 days after exposure.

How can it be prevented?

- Do not share clothing, towels, combs or other personal items
- Keep skin clean and dry, wear breathable shoes
- Don't walk barefoot in locker rooms or public showers
- Clean and trim fingernails and toenails
- Change socks and underwear at least once a day
- Wash your hands thoroughly after playing with pets.
- Athletes should be sure to shower immediately after a practice, session or match. Keep all equipment clean and don't share equipment.
- Take your pets for regular check ups at the veterinarian.

How can it be spread?

- Person to person contact with someone who has the infection. This includes items such as towels, clothes and combs
- Touching an animal with ringworm such as cats or dogs.

How it is treated?

- There are both prescription and non prescription antifungal creams available. See your healthcare provider for treatment recommendations.
- If it is on your scalp you need prescription antifungal medications