

RINGWORM FACT SHEET

What is Ringworm?

Ringworm is a common fungal skin infection known for its characteristic ring-shaped rash that is usually red or itchy. It can affect many different areas of the skin such as the 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 usually appear 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 hands thoroughly after playing with pets
- Athletes should shower immediately after a practice or match. Keep all equipment clean and don't share equipment
- Take pets for regular check-ups at the veterinarian

More Information: <http://www.cdc.gov/fungal/diseases/ringworm>

How can it be spread?

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

How is it treated?

- There are both prescription and non-prescription antifungal creams available. See your healthcare provider for treatment recommendations.
- If it is on your scalp, prescription antifungal medication is required

