

# RINGWORM FACT SHEET

## WHAT YOU NEED TO KNOW

### 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 (head), hands, toenails and arms and legs.

### What are the symptoms?

Symptoms may include:

- 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, and 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.

### How is it spread?

- Through person to person contact with someone who has the infection
- Through contact with items such as towels, clothes, and combs used by the infected person
- By touching an animal with ringworm such as cats or dogs

### How is it treated?

- There are both prescription and non-prescription antifungal creams available.
- If it is on your scalp, prescription antifungal medication is required.

**See your healthcare provider for treatment recommendations.**

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

This FACT SHEET is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a healthcare provider. For more information call your healthcare provider.

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