

What is ringworm?

Ringworm (Tinea or Dermatophytosis) is a common skin infection that is caused by a fungus. It is called “ringworm” because it can cause a circular rash that is shaped like a ring. Other names for ringworm are based on its location on the body. For example, ringworm on the scalp (tinea capitis), on the body (tinea corporis) on the beard (tinea barbae), on the hands (tinea manuum), on the groin, inner thighs, or buttocks (tinea cruris, commonly called “jock itch”), on the feet (athlete’s foot or tinea pedis), and on the toenails or fingernails (tinea unguium, also called “onychomycosis”).

What are the symptoms?

Ringworm can affect skin on almost any part of the body as well as fingernails and toenails. The symptoms of ringworm generally include: itchy skin, ring-shaped rash, red, scaly, cracked skin, and hair loss. Symptoms of ringworm are different by location on the body: On feet, the symptoms include red, swollen, peeling, and itchy skin between the toes. In severe cases, the skin on the feet can blister. On scalp (tinea capitis): It usually looks like a scaly, itchy, red, circular bald spot. Ringworm on the scalp is more common in children than in adults. On the groin (tinea cruris or “jock itch”): Typically scaly, itchy, red spots, usually on the inner sides of the skin folds of the thigh. On beard (tinea barbae): Usually include scaly, itchy, red spots on the cheeks, chin, and upper neck. The spots might develop crust or filled with pus, and the affected hair might fall out.

How long does this disease last?

From onset of lesions until treatment begins and lesion begins to shrink.

How is ringworm spread?

The fungi that cause this infection can live on skin, surfaces, and on household items such as clothing, towels, and bedding. Ringworm can spread through direct contact with a person who has ringworm, through animal that has ringworm, and from the environment.

Who is at risk for ringworm infection?

Ringworm is very common, and anyone can get it. However, people who have weakened immune systems may be particularly at risk for infection and may not be able to fight off a ringworm infection. Other people at risk include:

- People who use public showers or locker rooms _
- Athletes (particularly those who are involved in contact sports such as wrestling) _
- People who wear tight shoes and have excessive sweating _
- People who have close contact with animals _



What preventive measures and treatments are available?

The treatment for ringworm depends on the location on the body and how serious the infection is. Some types of ringworm can be treated with non-prescription (over-the-counter) medications, but other types of ringworm may require prescription antifungal medication.

- Take your child to see a pediatrician if he or she develops ringworm symptoms. Wash your Hands with water and soap for a minimum of 20 seconds.
- Wash your hands with soap and running water after playing with pets. If you suspect that your pet has ringworm, take it to see a veterinarian. If your pet has ringworm, follow the steps below to prevent spreading the infection
- Keep your skin clean and dry. Change your socks and underwear at least once a day.
- Wear shoes that allow air to circulate freely around your feet. Don't walk barefoot in areas like locker rooms or public showers.
- Clip your fingernails and toenails short and keep them clean.
- Don't share clothing, towels, sheets, or other personal items with someone who has ringworm.
- If you're an athlete involved in close contact sports, shower immediately after your practice session or match, and keep sports gear and uniform clean. Don't share sports gear (helmet, etc.) with other players.

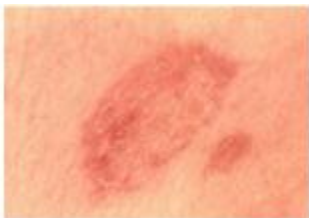
What should schools do?

- Individual cases are not reportable. Clusters of cases should be reported to CDPH.

What are recommendations for exclusion?

- No exclusion if lesion can be kept covered. Exclude from school until 24 hours after treatment begins if lesions can NOT be kept covered. _

For more information, visit <https://www.cdc.gov/fungal/diseases/ringworm/>.



Ringworm on the back



Ringworm on the arm



Ringworm on the scalp

