



Ringworm

What is Ringworm?

Ringworm is a contagious fungal infection that can affect your skin, nails or hair. Ringworm can affect skin on your body, scalp, groin area or feet. Ringworm is common especially among children, but can affect people of all ages. It gets its name from the ring-shaped red, itchy rash that's frequently seen on the skin.

Athlete's foot, jock itch and fungal nail infections (onychomycosis) are forms of ringworm.

After exposure to ring worm, it may take 4 to 14 days to begin showing symptoms.

How is Ringworm 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, towels, bedding and shower or pool surfaces. You can get ringworm from pets that carry the fungus. Cats are common carriers.

How is Ringworm treated?

- Ringworm can be managed with over the counter medication or by seeing a doctor and using prescription medication. Treatments come in the form of creams, lotions, powder, ointments or pills.
- Apply over-the-counter antifungal medication to the affected area. Those containing miconazole or clotrimazole or similar ingredients 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 prescribed for the number of days recommended. Wash your hands with soap and water before and after applying the medication.

How can Ringworm be prevented?

- Early treatment of infected people is important and consider other household contacts.
- Do not share clothing, towels, hairbrushes, combs, headgear, socks, shoes, hats, scarves, hair ornaments, or other personal care items.
- Launder bed linens, wash clothes 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 wash clothes for each person in the home.
- Avoid handling pets with bald spots.
- Cover any active skin lesions if possible.

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 will have bald patches.

Jackson County Health Department
Communicable Disease Dept.
1715 Lansing Ave.
Jackson, MI 49202
(517) 788-4655

www.mijackson.org



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CDC Public Information

800-232-4636 (800-CDC-INFO)

TTY 888-232-6348