

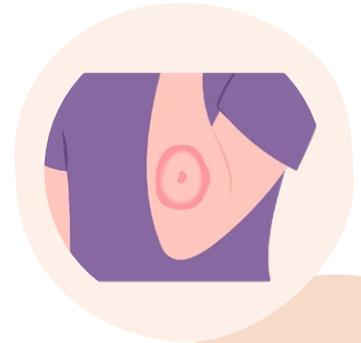
Ringworm (tinea)

What is it?

Ringworm is a fungal infection of the skin, scalp or nails.

- **ON THE SKIN** it can look like a red, scaly ring (which is why it is called “ringworm” even though it is not caused by a worm).
- **ON THE SCALP** it can cause flaky skin, small bumps or hair loss.
- **ON THE NAILS** it causes the nails to become thick, crumbly and yellow.

The fungus that causes ringworm can live on people, bedding, hair brushes, hats, beanies, hoodies, hair ties, socks, clothing, damp floors, gym mats, in the soil, and on pets. You can get ringworm from touching any of these things.



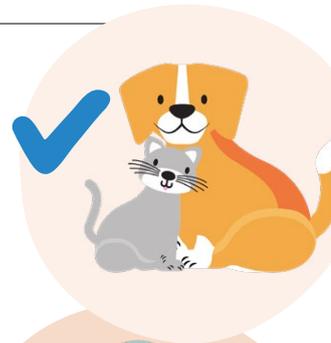
How do we treat it?

Before you start treatment, a sample of the skin, hair or nail is taken for testing. Infection of the skin is treated with an anti-fungal cream, usually for several weeks. Infection of the scalp and nails needs a medication taken by mouth, usually for several weeks to months.

Today you have been prescribed:

How can we stop it from spreading?

- ✓ All people living in your house should have their skin, scalp and nails checked – otherwise infection may be passed back and forth between family members.
- ✓ If your pets have skin rash or missing fur, take them to the vet – they may also need treatment.
- ✓ Don't share combs, hair brushes, hair ties, hats, beanies, hoodies or pillows.
- ✓ Towel-dry well after baths/showers – especially the feet and skin between the toes.
- ✓ Wear sandals or thongs in and around public showers and pools.
- ✓ Change your socks every day.



Your skin care plan:

Want more information?

dermnetnz.org
dermcoll.edu.au/a-to-z-of-skin

This factsheet was developed as part of the Koolungar Moorditj Healthy Skin Project.