



# RINGWORM SCHOOL FACT SHEET

## EXCLUSION

- Until 24 hours after treatment has started.

## CAUSE

- Fungus (It's not a worm at all!)

## SYMPTOMS

- Symptoms for the **body (tinea corporis)**:
  - ▶ Itchy, red, scaly, round patches that may blister and have drainage. Patches are often clearly defined, making the appearance of a ring and often are redder on the outside with a more normal color "skin tone" on the inside.
- Symptoms for the **scalp (tinea capitis)**:
  - ▶ Redness, itching, swelling, scaling blisters (with drainage) may occur. Infected hairs may become brittle and break easily.
- Symptoms for the **feet (tinea pedis)**:
  - ▶ Known as athlete's foot. Itching, scaling, cracking of skin between the toes. Blisters with drainage may be seen. Not common in younger children.
- Symptoms for the **groin (tinea cruris)**:
  - ▶ Known as jock itch. Redness, itching, scaling blisters of the groin and upper thigh. Not common in young children.

## SPREAD

- Direct skin to skin contact with infected persons or pets (usually cats or dogs).
- Sharing contaminated items such as combs, bedding, hats, clothing, pillows, or furniture.
- (Athlete's foot) Contact with contaminated surfaces in pools, locker rooms and showers.

## CONTAGIOUS PERIOD

- As long as lesions are present, but less so after 48 hours of treatment. Students participating in contact sports should keep lesions covered.

## PREVENTION OR CONTROL

- Keep skin and feet clean and dry.
- Do not share clothing, combs, towels, hairbrushes, helmets or other personal items.
- Wear sandals and shoes at the pool, locker rooms and gym.
- Avoid touching pets with bald spots. Infected pets should be treated by a veterinarian.

## WHAT TO DO

- Consult a health care provider.
- Complete treatment as ordered. Can require weeks or months of medication (differs based on body part affected).

*References:* AAP (2006). *Red Book: 2006 Report of the Committee on Infectious Diseases*.  
Hennepin County Community Health Department (2003). *Ringworm*.  
National Institute of Health, Medline Plus at <http://www.nlm.nih.gov/medlineplus/ency/article/001439.htm> (2007). *Ringworm*.