



RINGWORM (Tinea)

What is RINGWORM?

Ringworm is a common skin infection caused by a fungus. Despite the name, ringworm is not caused by a worm. It is not dangerous and can be treated easily. Ringworm can affect skin on the body (tinea corporis), scalp (tinea capitis), groin area (tinea cruris, also called jock itch), or feet (tinea pedis, also called athlete's foot).

How is ringworm spread?

Ringworm is spread by direct skin-to-skin contact with infected people or pets, or indirectly by contact with items such as combs, unwashed clothing, shower or pool surfaces, gyms and locker rooms.

What are the symptoms?

Symptoms of ringworm include itchy, red, raised patches on the skin that may blister and ooze. The patches are often redder around the outside with normal skin tone in the center, creating the appearance of a ring. When the scalp or beard is infected, there can be bald patches. If the nails are infected, they can become discolored, thick, and even crumble.

What is the treatment for ringworm?

Ringworm usually responds well to self-care within four weeks without having to see a health care provider. Keep skin clean and dry. Apply over-the-counter antifungal or drying powders, lotions or creams such as Miconazole or Clotrimazole. Wash sheets and pajamas frequently. Severe or persistent infections may require treatment by a doctor. Prescription medications are stronger than over-the-counter products and may be needed.

When can my child return to daycare or school?

Children can return to daycare or school the same day treatment begins.