

Ringworm Guidelines

WHAT IS RINGWORM?

Ringworm (dermatophytosis tinea) is a highly contagious, fungal infection of the skin or scalp. It can affect any part of the body as well as fingernails and toenails.

COMMON SIGNS & SYMPTOMS

- Red, circular patches with raised edges
- Cracking/peeling between toes
- Dandruff-like scaling areas
- Possible hair loss in area on scalp
- Itchy skin

CONTAGIOUS TIME PERIOD:

As long as lesions are present or until treatment begins.

TIME FROM EXPOSURE TO SYMPTOMS:

Body: 4-10 days; Scalp: 10-14 days

SPREAD BY:

Direct or indirect contact with lesions or contaminated personal objects or surfaces.

TREATMENT / SELF-CARE:

The treatment for ringworm depends on its location on the body and how serious the infection is. Ringworm on the skin like athlete's foot (tinea pedis) and jock itch (tinea cruris) can usually be treated with non-prescription antifungal creams, lotions, or powders applied to the skin for 2 to 4 weeks. Ringworm on the scalp (tinea capitis) usually needs to be treated with prescription antifungal medication taken by mouth for 1 to 3 months.

ACTION AT SCHOOL:

Exclude until treatment is initiated or lesions are covered.

CONSIDERATIONS AND PREVENTION MEASURES:

Good handwashing and hygiene. Proper disinfection of surfaces. Avoid direct contact. Avoid sharing combs, brushes, hats, clothing, towels. Disinfect areas with a fungicidal agent. Keep your skin clean and dry. 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. Change your socks and underwear at least once a day.

