

Ringworm

What is ringworm?

Ringworm is a rash caused by a fungus that has infected your skin. (Despite its name, this rash is not caused by a worm or parasite.)

How does it occur?

Ringworm is spread by contact with an infected person or infected surface, such as clothes, towels, and bedding. It is more common among people participating in sports that involve a lot of contact with other people, such as wrestling. Children going to day care and people living in crowded conditions are also more likely to get ringworm.

Ringworm on the skin is called *tinea corporis*. When ringworm is on the feet, it is called *tinea pedis*, and when it is on the scalp, it is called *tinea capitis*.

What are the symptoms?

The rash caused by a ringworm infection is usually round or oval and has a raised border. It starts small and slowly grows larger. As it grows, the central part of the rash usually becomes clear. The rash may itch and the skin may become scaly. There may be some small, pus-filled bumps. Over time the rash spreads from one part of the body to other parts.

Ringworm on the scalp usually causes patches of hair loss.

How is it diagnosed?

Your health care provider will ask about your symptoms and examine you. Your provider may scrape the skin and look at it under a microscope or use an ultraviolet (UV) light to look for ringworm on the scalp.

How is it treated?

The treatment of ringworm depends on your health and how much the infection has spread on your skin or scalp. Most of the time putting an antifungal cream on the area of the rash, rubbing it in well, once or twice a day is all that is needed. It's important to

keep using the medicine for a week after you no longer see a rash to make sure it's completely gone.

You may be given an oral medicine that can clear up the infection faster and allow you to participate in your sport sooner.

How long will the effects last?

Ringworm may take several weeks to clear up with a cream, depending on the extent of the rash. If you are given an oral medicine, it may clear up faster. It is common to get it again after you've had it. Sometimes it becomes a long-term problem.

How can I take care of myself?

- ▶ Try to keep your skin dry. Fungus likes to grow on moist skin.
- ▶ Use the medicine as prescribed. If you are using the cream, remember to rub it in well.
- ▶ For scalp infections, shampoo your hair every day. It may help to have your hair cut short but don't shave your head.
- ▶ If you have ringworm in your beard and decide to shave your beard instead of just cutting it short, use an electric razor instead of a blade.

When can I return to my sport or activity?

In contact sports or activities such as wrestling, you may not participate while you have the rash. This prevents it from spreading to other people. If the rash area is very small it may be covered with a bandage.

What can I do to help prevent ringworm?

- ▶ Wash all your clothes, towels, and bedding that might have come into contact with the infection.
- ▶ If you participate in sports such as wrestling, gymnastics, or martial arts, make sure the mats are cleaned regularly.
- ▶ Don't share personal-care products or clothes with others if you or they have a rash.