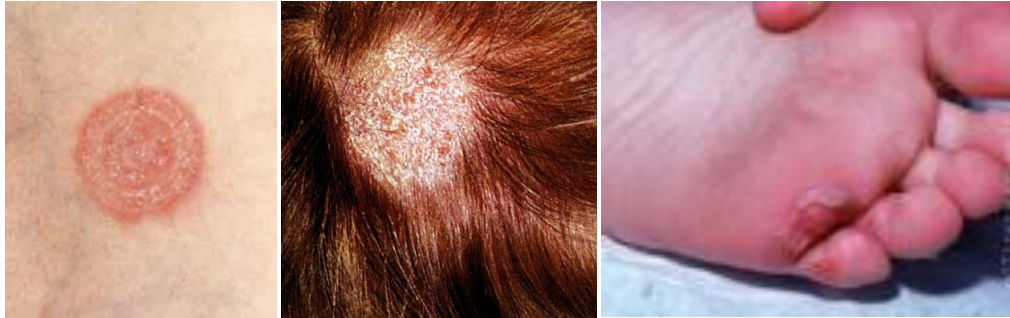


Ringworm (a skin infection caused by a fungus, not a worm)

Ringworm can affect skin on your body, scalp, groin area (jock itch), or feet (athlete's foot)



Symptoms:

- Itchy, red, raised, scaly patches that may blister and ooze. The patches often have sharply-defined edges. They are often redder around the outside with normal skin tone in the center. This may create the appearance of a ring.
- When your scalp or beard is infected, you will have bald patches.
- If nails are infected, they become discolored, thick, and even crumble.

Treatment:

Ringworm usually responds well to self-care within 4 weeks without having to see a doctor.

- Keep your skin clean and dry.
- Apply over-the-counter antifungal or drying powders, lotions, or creams. Those that contain miconazole, clotrimazole are often effective.
- Wash sheets and nightclothes every day while infected.

Prevention:

- Keep your skin and feet clean and dry.
- Do not share clothing, towels, hairbrushes, or other personal care items. Such items should be thoroughly cleaned and dried after use.
- Wear sandals or shoes at gyms, lockers, and pools.