



# QUICK FACTS ABOUT RINGWORM...

## WHAT IS RINGWORM?

Ringworm is NOT a worm, and is not caused by a worm. Ringworm is a fungal infection (tinea) of the skin that can appear on any area of the body. While ringworm is generally not serious, except in persons with weakened immune systems, it can cause considerable discomfort, such as itching.

## HOW IS RINGWORM SPREAD?

Ringworm can be passed from person to person by direct skin-to-skin contact or by coming into contact with contaminated items, such as combs, unwashed clothing, bedding, and shower or swimming pool surfaces. A variety of animals, including dogs, cats, and horses can also pass ringworm to humans.

## WHO IS AT RISK FOR RINGWORM?

The fungus that causes ringworm prefers damp, close environments. Warm, humid settings that promote heavy sweating aid in spreading ringworm, so athletes are at increased risk. Ringworm is common in young children, and outbreaks can occur in schools, child-care centers, and nurseries. Children with pets are also at increased risk.

## HOW DO I KNOW IF I MIGHT HAVE RINGWORM?

Ringworm presents itself in slightly different ways depending on the body area that is affected. It usually appears as a reddened, raised, circular rash as small as a dime or larger, depending upon length of time of involvement. See your Healthcare Provider for any unexplained rash, of any kind, on the body. It may or may not be itchy.

## HOW IS RINGWORM TREATED?

It is treated with an anti-fungal cream, either over-the-counter or prescribed.

## HOW IS IT PREVENTED/RISK-REDUCED?

- Practice good hygiene, wash hands often, especially after touching pets
- Avoid walking barefoot in public places, showers, locker rooms
- Keep clothing and bedclothes clean
- Avoid sharing personal items such as towels, shoes, undergarments