



## LAKELAND JOINT SCHOOL DISTRICT #272

15506 N. Washington Street

P.O. Box 39

Rathdrum, Idaho 83858

208.687.431

Fax 208.687.1884 Web: [sd272.k12.id.us](http://sd272.k12.id.us)

### Communicable Disease Fact Sheet

#### RINGWORM

##### What is Ringworm?

- ◆ Ringworm is a skin infection caused by a fungus called tinea.
- ◆ Ringworm can affect the skin on your body, scalp, groin area, or feet. It may also infect the nails.

##### Symptoms:

- ◆ Ringworm of the body appears as flat, spreading ring-shaped areas. The edge is reddish and may be either dry and scaly or moist and crusted. As it spreads, the center area clears and appears like normal skin color.
- ◆ Ringworm of the scalp usually begins as a small pimple which becomes larger in size and leaves scaly patches of temporary baldness. Infected hairs become brittle and break off easily. Occasionally, yellowish crusty areas are seen.
- ◆ Ringworm of the nails causes the affected nail to become thicker, discolored and brittle, or they may become chalky and disintegrate.
- ◆ Ringworm of the feet (athlete's foot) appears as a scaling or cracking of the skin, especially between the toes.

##### How is it spread?

- ◆ Ringworm is spread from direct skin-to-skin contact with infected people or pets. Cats are common carriers. You can also catch ringworm from contaminated items such as barber clippers, combs, unwashed clothing and shower or pool surfaces.

##### Treatment:

- ◆ Keep the skin clean and dry.
- ◆ Apply over-the-counter antifungal creams, powders or lotions. Those that contain miconazole, clotrimazol or similar ingredients are most affective. Keep the lesions covered.
- ◆ Call your doctor if ringworm affects the scalp or beard, if your skin does not improve after 4 weeks of self-care or if there are signs of a bacterial infection.

##### Prevention:

- ◆ Keep your skin and feet clean and dry.
- ◆ Shampoo regularly, especially after haircuts.
- ◆ Do not share clothing, towels, hairbrushes, combs, headgear, or other person care items.
- ◆ Young children who are infected should minimize close contact with other children until effectively treated.
- ◆ Wear sandals or shoes at gyms, lockers, and pools.
- ◆ Avoid touching pets with bald spots.

##### Exclusion from school:

- ◆ Exclude from school until appropriate treatment started.
- ◆ Exclude infected students from wrestling, swimming pools, and other direct body contact sports.