

Ringworm Fact Sheet

- A fungus that thrives in moist, warm, dark environments
- A type of fungus called tinea that grows and multiplies on your skin
- Ringworm can spread easily from one person to another
- Ringworm is more likely when you are often wet (such as from sweating) and from minor injuries to your skin, scalp, or nails
- The highly contagious nature of the condition is why doctors recommend staying away from anyone who is infected, as well as their personal items
- Ringworm has a long incubation period. The red rash can actually take a few days to appear on your skin. However, you may not see any signs for a full two weeks after you were exposed
- While being treated, infected persons should be kept out of gymnasiums, swimming pools and other activities likely to lead to close contact exposure of others
 - Those infected with ringworm should not participate in contact sports
- Signs and Symptoms:
 - Itching
 - Redness or red-brown in color
 - Cracking and scaling of the skin
 - Raised border
 - Sore may blister and ooze
 - Red patches are often redder around the outside with normal skin tone in the center. This may look like a ring.
- How ringworm is spread:
 - Direct contact
 - Touching someone with the infection
 - Come in contact with contaminated clothing or practice jerseys
 - Students doing laundry touching the entire teams clothing, touching an infected persons clothing or bedding
 - Locker rooms or shower surfaces
 - May be spread by sharing sporting equipment
 - **Cats are common carriers of ringworm and spread it to other animals and humans**
 - Perspiration and friction increase susceptibility
- Treatment:
 - Keep your skin clean and dry
 - Don't wear clothing that rubs against and irritates the area
 - Prescription and over-the-counter fungal medications, lotions, creams and oral pills for a minimum of 2-4 weeks
 - Do not touch ANY lesions
 - To stop ringworm from spreading, keep it covered completely with the topical ointment and a band aid until it is gone. Treat any new areas immediately and watch for other signs of exposure.
- Cleaning your room:
 - Wash sheets and clothing every day while you are infected
 - Washing clothes in hot water with fungicidal soap and/or normal laundry detergent after suspected exposure to ringworm
 - Carpets or Rugs
 - Must be steam cleaned or cleaned in the washing machine with hot water

- Hard surfaces
 - Protect your hands with rubber gloves
 - Spray the surface with an anti-bacterial/anti-fungal spray (e.g. Lysol or bleach and water)
 - Wipe the area clean with a paper towel
- **Prevention:**
 - Keep your skin and feet clean and dry
 - Shampoo and shower regularly
 - After being exposed to places where the potential of being infected is great, one should wash with an antibacterial and anti-fungal soap
 - Shower immediately after practices and workouts
 - Do not share clothing, towels, hairbrushes, combs, headgear, or other personal care items
 - Wear sandals or shoes at gyms, lockers, and pools
 - All Stop is a line of non-toxic products that are designed to remove the ring worm fungus. There are products designed for all areas of the home. The products can be purchased online and area available separately or as a complete kit.

*If you or anyone on your team has a skin condition or rash that might be ringworm please send them to the athletic training room ASAP so we can get them started on medications and proper cleaning habits.

