



RINGWORM (TINEA CORPORIS)

What is Ringworm?

Ringworm is a rash caused by a fungal infection. It is characterized by an itchy, scaly, red, ring-shaped rash that has been called "Ringworm" although there is no actual worm involved.

"**Athlete's Foot**" and "**Jock Itch**" are types of ringworm infections.

Signs and symptoms:

- Scaly, ring-shaped patches that could develop nearly anywhere on the body
- Itchiness
- Slightly raised edges on expanding rings; can have clear skin inside, or several scattered bumps of varying color inside ring edge

Treatment/Prevention:

- **Keep clean and dry**
- **Over the counter medications:** antifungal cream, ointments such as clotrimazole (Lotrimin AF) or terbinafine (Lamisil AT). You have to use it consistently for at least 2 weeks to completely rid the fungus. It may take up to 4 weeks to clear.
- **Don't share** sports equipment, towels/clothing, brushes or other personal items

When to seek further care:

- Call UHS if you have a rash that doesn't begin to improve within 2 weeks of consistent use of over the counter antifungal treatment.
- You may need prescription medication.



Ringworm is caused by common mold-like parasites that live on the outer layer of skin.

Commonly spread by:

- **Human to human:** by direct, skin-to-skin contact with an infected person.
- **Animal to human:** by petting or grooming infected animals. Dogs, cats and cows most common
- **Object to human:** touching surfaces or objects that an infected person has recently touched such as towels, mats/sports equipment, brushes/combs, or bedding.

Check out the latest updates and more details from
the Mayo Clinic:



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