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# Ringworm

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## ***What is ringworm?***

- An infection caused by a fungus.
- It can affect skin, scalp, hair or nails.

## ***How does a person get ringworm?***

- Direct physical contact with someone who has ringworm.
- Sharing clothes, towels or hairbrushes used by someone with ringworm.
- Using common areas such as pool floors, and shower stalls.
- Coming into contact with the hair or dander of an infected animal (pets and domestic farm animals).

## ***What are the signs and symptoms?***

- Symptoms can appear 4 to 14 days after contact with the fungus.
- Symptoms include:
  - circular, itchy, red rash on the head or skin
  - scaly patches on head with brittle or thinning hair.

## ***How is ringworm treated?***

- Diagnosis is made by taking a scraping of the lesions and viewing it under a microscope.

- Ringworm can be treated by purchasing an over-the-counter antifungal cream or by a prescription from a doctor.
- Wash all clothing, bedding and towels used by the infected person in hot, soapy water and dry in a hot dryer.
- Check people in the same household and others who may have been in contact with the rash.

## ***How is ringworm prevented?***

- Prompt diagnosis prevents spread to others.
- Practice good hand washing.
- Avoid sharing clothes and personal items with others.
- Exclude infected people from school, daycare or work until treatment has been started.
- Avoid contact sports and community/public swimming pools while under treatment and/or while lesions exist.
- Wear protective footwear when using common showers or pools.

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For more information contact your doctor, Provincial HealthLine at **811**,  
Or Population and Public Health at **306-655-4612**

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