**Ringworm** *(Tinea Capitis, Tinea Corporis)*

Patient and Family Education

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This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.

**What is ringworm?**

Ringworm is caused by a fungus, not a worm. It affects the skin or scalp. It can spread by skin-to-skin and person-to-skin contact. After 48 hours of treatment, it is not contagious (spread easily from person-to-person).

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<table>
<thead>
<tr>
<th><strong>What are the possible symptoms?</strong> Your child may have one or more of these:</th>
<th><strong>What is the treatment?</strong> Some general guidelines to follow include:</th>
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</table>
| ● Corporis occurs on the body and causes an itchy, ring-shaped, red patch, usually ½ inch to 1 inch in size. It has a scaly, raised border and a clear center.  
● Jock itch is a red, itchy rash in the groin area.  
● Athlete’s foot is a scaly, itchy rash on the feet. | ● Use an anti-fungal cream as directed by your child’s doctor.  
- Apply the cream to the rash and 1 inch beyond the edge of the rash.  
- Keep using the cream after the rash is gone, usually for at least one week.  
● Teach your child not to scratch the area.  
● Wash clothes, socks and bed linens in hot, soapy water.  
● Pets may not itch. Take them to a veterinarian if they have a rash or sores. |
| | ● Hair loss  
● Flaky, scaly or crusty patches which may become tender, swollen and weepy  
● Black dots on the scalp after hair falls out  
● Swollen glands  

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In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.
# Ringworm, continued

<table>
<thead>
<tr>
<th>When should I call the doctor?</th>
<th>Skin - Tinea Corporis (Body), Jock Itch and Athlete’s Foot</th>
<th>Scalp - Tinea Capitus</th>
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</thead>
</table>
| Call your child’s doctor if the rash: | ● Has not cleared up in 3 weeks  
● Gets worse or continues to spread after one week of treatment  
● Spreads from the scalp to the body or from the body to the scalp  
● Has pus draining from it | ● Does not improve some in 2 weeks  
● Is not totally clear in 8 weeks - your child may need another course of medicine.  
● Spreads from the scalp to the body or from the body to the scalp  
● Has pus draining from it |
| Also call your child’s doctor if you have questions or concerns about how your child looks or feels. | | Also call your child’s doctor if you have questions or concerns about how your child looks or feels. |

## How can I help prevent ringworm?

To help prevent ringworm, have your child:
- Keep his skin, hair and feet clean and dry.
- Wear sandals or shoes at gyms, lockers and pools.
- Avoid touching pets with bald spots.
- Teach your child not to share clothing, towels, hairbrushes, combs, headgear or other personal care items. Clean and dry these items well after use.

## When can my child return to daycare or school?

Your child may return after treatment begins or as directed by his doctor.

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