

RINGWORM

WHAT IS RINGWORM?

Ringworm is a skin infection caused by a fungus. It's called "ringworm" because it can cause a circular rash that is shaped like a ring.

WHAT SHOULD I KNOW?

You can get ringworm from a person or animal that has it. You can also catch ringworm from things the germs are living on, like a locker room floor or a towel.

HOW DO I KNOW IF I HAVE IT?



Itchy skin



Ring-shaped rash



Red, scaly skin



Hair loss

HOW CAN I PREVENT IT?



Keep your skin clean and dry.



Do not walk barefoot in locker rooms or public showers.



Do not share items, like towels or sports gear.



Wash your hands after touching pets.

TREATMENT TIPS:

- **Ringworm on the skin:** treat with over-the-counter antifungal creams, lotions, or powders.
- **Ringworm on the scalp:** treat with antifungal medicine prescribed by your doctor.

WHEN TO ASK A DOCTOR?

You should contact your doctor if your infection gets worse or does not go away after using over-the-counter medicine. You need to see a doctor if you have ringworm on your scalp.

To learn more, visit the Ringworm webpage at www.cdc.gov.

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