

## Tips to Enhance Treatment and Prevent Spread

1. Wash the sore thoroughly with soap and water to remove scabs or crusts.
2. Apply treatment as directed.
3. Wash your hands after applying anti-fungal cream.
4. Towels, washcloths, bedding, and clothing that have been in contact with the infected person should be washed in hot water and dried in a hot dryer.
5. Use a separate towel and washcloth for the infected person.
6. Combs and brushes should be thoroughly cleaned by soaking in boiling hot water for ten minutes or by washing with any household disinfectant/detergent and hot water.
7. Do not share combs, brushes, hats, or other headgear.
8. Continue treatment for two weeks after it appears to be healed.
9. Ringworm infection is very persistent **BUT DO NOT SKIP ANY DOSES OF MEDICINE.**
10. Inspect family pets for signs of ringworm that should be treated by a veterinarian.



**SAGINAW COUNTY  
DEPARTMENT OF PUBLIC HEALTH**  
*protecting and promoting the public's health since 1928*

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# RINGWORM



## Information Brochure

## Ringworm

Ringworm is actually not a worm at all! It is caused by a fungus (similar to molds and mushrooms) which is so small it can only be seen through a microscope. Ringworm fungus infects skin, hair, or nails. It is most commonly seen in children ages 2-20.

- Ringworm is **CONTAGIOUS** as long as lesions are present and live fungus remains in the lesions or on contaminated items.



- Ringworm grows best in moist places.

### Incubation Period

Scalp	10-14 days
Body	4-10 days



## RINGWORM (Tinea)

### Mode of Spread

The Ringworm fungus is spread through direct contact with other people (skin to skin), animals or soil. It is also spread indirectly by using items that have been contaminated by an infected person such as: hats, hair clippers, combs, brushes, towels, bedding, or clothing.

### Symptoms:

**Scalp** dandruff like scaling with patches of hair loss. Hair becomes brittle and breaks off easily either right at the scalp or slightly above the skin surface. There may be fluid or pus filled sores.

**Body** starts out as tiny reddish, itchy, scaly bumps that spread into a ring shaped sore. As the ring enlarges, the outside edges remain red and raised while the skin in the center of the ring takes on a more normal appearance.

### Treatment

**Scalp** - Treatment is by prescription only. Consult your family physician. Treatment usually consists of an antifungal medicine by mouth along with topical ointment and/or special shampoo. It takes **at least four weeks** to complete treatment.

**Body** - The preferred method of treatment is an anti-fungal cream prescribed by the doctor. It is usually applied once or twice a day.

- Over-the-counter anti-fungal cream may be used to treat ringworm on the body if prescription treatment is not available.

**Caution: Do not use over-the-counter treatment on children two years of age and under. Use only with supervision on children 2-12 years of age.**

- Treatment takes 2-4 weeks.

### Exclusion from School

Children are excluded for 24 hours after beginning effective treatment. While under treatment and until sores are completely healed, the child should be excluded from gym, swimming, and other activities likely to cause exposure to others, such as contact sports, for 2-4 weeks.

