



Central Michigan District Health Department
“Promoting Healthy Families, Healthy Communities”

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RINGWORM

What is Ringworm?

Ringworm is an infection of the skin, hair, or nails caused by a fungus. It gets its name from its appearance on the skin, because the rash is often ring-shaped. Other names for ringworm include tinea, dermatophytosis, athlete’s foot (ringworm of the feet), and jock itch (ringworm of the groin). Despite the name, ringworm is not caused by a worm.

How is it spread?

You can get ringworm from people, animals, or places such as:

- Touching a person who has ringworm.
- Using items such as clothes, towels, or hairbrushes that were used by someone with a ringworm infection.
- Coming in contact with the hair or dander of an infected animal.
- Using common areas like gyms, shower stalls, and floors if used by someone with ringworm.

What are the symptoms?



What is the treatment for Ringworm?

A doctor can do a simple test to determine whether a rash is ringworm. Treatment is usually an antifungal cream applied to the site of infection or antifungal pills taken by mouth.

How can I guard against the spread of this disease?

- Follow your doctor’s advice for proper treatment.
- Keep your skin, hair, and nails clean and dry.

- Do not share towels, clothing, or hairbrushes.
- Wash towels and clothing in hot water and soap to destroy the fungus.
- Stay away from common areas such as community pools and gyms until your infection goes away.

Ringworm can be prevented by:

- Keeping common-use areas clean.
- Use a floor and bath cleaner that contains a fungus-killing (called “fungicidal”) agent.
- Avoid physical contact with a person or animal that has ringworm.
- Do not share clothing, towels, hairbrushes, or other personal items.