

TINEA

infections

(RINGWORM & ATHLETE'S FOOT)

IMPORTANT POINTS

Ringworm

- * Can be passed from child to child and from pets to children.
- * Can be treated with antifungal creams and tablets.

Athlete's Foot

- * Dry feet well after bathing or showering.
- * Avoid feet remaining hot and damp.
- * Reduce time spent wearing sneakers/runners.
- * Change sweaty socks and shoes after sport.
- * Wear cotton or woollen socks.
- * Wear sandals or shoes that don't make feet hot and sweaty.

WHAT IS IT?

Tinea is a common infection of the skin due to a fungus. Tinea on the scalp and body is called ringworm and tinea on the feet is known as athlete's foot.

WHERE DOES IT OCCUR?

In the scalp, tinea appears as small patches of hair loss with some scaling. On the body it can look like ringworm with a clear centre and a red and scaling ring around the outside. On pigmented skin this may be more purple or brown than red. On the feet, it can cause itch and splitting between the toes or just a small amount of redness or brown discolouration and scaling on the sole. When tinea occurs in the nails there may be yellow or white colour change in the nail, lifting up at the end of the nail and the development of crusting underneath it.



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HOW IS IT TRANSMITTED?

Tinea is an infection due to a fungus which is easily transmitted or passed on.

Ringworm

Ringworm is a fungus that can be transmitted from one child to another by direct contact with the infected area. This type of tinea can also be transmitted from kittens and puppies. It appears as a red ring on the body or in the scalp.

Athlete's Foot

A different fungus causes tinea in the feet. This is frequently present in and around shower basins, swimming pools or other communal bathing areas. Children can also pick up tinea in their feet at home from parents or siblings who have tinea. Shoes such as runners/sneakers cause feet to become warm and sweaty which makes tinea more likely. Tinea in the toenails may also be present.

HOW IS IT PREVENTED & TREATED?

Ringworm

Tinea in the scalp and on the body is treated with antifungal antibiotics prescribed by a doctor. Antifungal creams available from the chemist/pharmacist may also be used. If a child has ringworm, pets such as kittens and puppies should be examined by a vet.

Athlete's Foot

Wearing thongs when walking around swimming pools or when using communal showers may prevent tinea of the feet. Carefully drying the skin of the feet and between the toes after bathing, showering or swimming may prevent infection. Absorbent socks containing wool or cotton are best to reduce the warm sweaty conditions, which increases the risk of tinea infection in the feet. Reduce the time spent wearing sneakers/runners.

Tinea in the feet usually gets better using antifungal creams or lotions available from the chemist/pharmacist. Tinea in the nails requires treatment with special antifungal tablets prescribed by a doctor.

WHAT DOES IT LOOK LIKE?



Ringworm on the body of a child who had been hugging a kitten. Usually only one or two spots are present.



Splitting in moist area between toes.

FURTHER INFORMATION

Your pharmacist. Your family doctor. A dermatologist.
Try our website: www.dermatology.svhm.org.au