



Ringworm

Additional Information:

Animals including dogs, cats, and cattle can also be a source of infection. Ringworm is not caused by a “worm,” it is caused by a fungus

[CDC Ringworm in Pets](#)

Signs and symptoms of ringworms vary depending on the location

- **Scalp:** Red, itchy bumps which enlarge in size and leave a central clearing with a red scaly outer ring. They can be single or multiple lesions
- **Body:** Involve the face, trunk, and skin. Lesions either occur as a red rash or as itchy rings
- **Feet (“athlete’s foot”):** Red, swollen, peeling, and itchy skin between the toes (most commonly between the third and the fourth toe or the fourth and the fifth toe or around the sides of the feet). There is a predisposition to fissures and scaling
- **Groin (“jock itch”):** Scaly, itchy, red spots on the inner sides of the thigh
- **Beard:** Scaly, itchy, red spots on the cheeks, chin, and upper neck. These lesions may become crusted causing hair loss

Incubation Period	1–3 weeks
Contagious Period	As long as untreated lesions are present until 48 hours after beginning treatment.

Recommended Actions

Cover exposed lesions with a bandage if practical. Refer to a health care provider.

Cases:

Exclude cases until treatment has been initiated.

Contacts:

None

If you have questions please call public health for assistance and recommendations.

Transmission

Direct contact with the sores or articles contaminated with the fungus such as clothing, towels, sheets, combs, brushes, hats, or other personal items. Using public showers or locker rooms also increases the risk of having ringworm.

Prevention

Scalp: Avoid direct contact with hair or hair care items, towels, and face cloths.
Body: Launder towels, face cloths and clothing in hot water. Store nap mats so sleeping surfaces do not touch each other.

Jock itch: Loose undergarments should be worn and potentially involved areas should be kept dry.

Athlete’s foot: Swimming pool areas should not be used by people with active infection.

Fungicidal agents must be used on tables, showers, dressing rooms, sinks, benches and floors. Assure rapid draining of shower rooms.

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Image by CDC

Resources

- [ADHS Ringworm Fact Sheet](#)
- [CDC Ringworm](#)