

Protect Yourself From **Ringworm**

Ringworm is a rash caused by a fungus. It spreads easily between people and pets and through shared surfaces.

Here's what you can do to prevent ringworm:

Keep your skin clean and dry.



Wear protective footwear in areas like public showers or locker rooms.



Wash your hands after touching pets.



Do not share towels, sports gear, or other personal items.



Change your socks and underwear every day.



Keep your fingernails and toenails short and clean.



Jock itch and athlete's foot are two common types of ringworm. The same fungi that causes ringworm can cause nail infections. Ringworm is treated with antifungal medication.

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See your healthcare provider if you think you have **ringworm**.

For more information visit: www.cdc.gov/ringworm/about/

