

Health Care Education Ringworm



Hidayah Foundation

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And when I am sick, then He heals me. - - - Al Quran – Ash-Shuraa, Verse 26:80

Ringworm

What is Ringworm?

A fungus that grows on the skin causes Ringworm disease. Once the fungus is established, it spreads out in ring like circles. Ringworm is characterized by a red ring of small blisters or a red ring of scaly skin that grows outward as the infection spreads.



Why is the skin so important?

The skin is made up of several different components, including water, protein, lipids, and different minerals and chemicals. Its job is to protect you from infections and germs. The skin also contains nerves that sense cold, heat, pain, pressure, and touch.

How is Ringworm spread?

Scalp Ringworm often strikes young children; outbreaks have been recognized in schools, day-care centers, and infant nurseries. School athletes are at risk for scalp Ringworm, Ringworm of the body, and foot Ringworm; there have been outbreaks among high school wrestling teams.

Children with young pets are at increased risk for Ringworm of the body.

How does one get Ringworm?

Ringworm is spread either by:

- Direct (skin-to-skin) contact with an infected person or pet
- Indirect contact with objects or surfaces that an infected person or pet has touched, such as hats, combs, brushes, bed sheets, stuffed animals, telephones, gym mats, and shower stalls.

In rare cases Ringworm can also be spread by contact with soil.

Ringworm also can be transmitted from an infected dog or cat, so avoid animals that look mangy or have bald spots in their coats. If you have an animal that you think may have ringworm, take it to your veterinarian for treatment.

What are the symptoms?

Symptoms for Ringworm disease of the scalp include:

- Dry, brittle hair or hair loss in patches
- Severe itching
- Red-ringed patch of small blisters, or
- Scaly skin.

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Symptoms for the Ringworm disease on other parts of the body include:

- Red-ringed patch of small blisters or scaly skin, and
- Severe itching.

How can I prevent Ringworm?

Good personal hygiene helps prevent the spread of ringworm. Do not to share combs, brushes, hats, towels, clothes or sports equipment that have not been properly cleaned.

How do you kill Ringworm?

By keeping your surroundings clean. For a person infected with Ringworm, his/her clothes and bed sheets have to be washed in hot water everyday.

Who should get tested for Ringworm?

If you can answer “YES” to any of these questions, please see your doctor immediately because you might be at risk for Ringworm infection.

Please answer these questions honestly

Do you have any family members who have Ringworm?	Yes	No
Currently– have you:		
- Had dry, brittle hair or hair loss in patches?	Yes	No
- Had severe itching, red-ringed patch of small blisters, or scaly skin?	Yes	No
- Shared a comb or hairbrush with someone who has Ringworm?	Yes	No
- Come in contact with someone who has Ringworm?	Yes	No

How is ringworm treated?

Body ringworm: Wear loose clothing and check daily for open sores. Apply wet dressings to those sores two to three times a day.

Ringworm of the nails: Cut infected nails short and clear dead cells with an emery board.

Ringworm of the groin: Wear cotton underwear and change it more than once a day. Keep the infected area dry. Use antifungal powder and/or lotion.

Scalp Ringworm: Use antifungal shampoo containing selenium sulfide or a prescription shampoo.

Herbalists have suggested that regular application of either Oregano oil, Olive oil, or Tea Tree oil will help eliminate ringworm. Some products include sepia, tellurium, graphite, and sulfur. The oil extracted by burning the wood of the olive branch is also effective against all fungal infections.

Sources: American Academy of Family Physicians. Medically updated by [Cynthia Haines, MD](#), WebMD, August 2005 and information available freely on the Internet.

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