



Ringworm

Ringworm is a fungal infection of the skin, hair, or nails. It is not a worm. The scalp infection is most common in children. Infection of the feet is more common in adolescents and adults.

If you think your child has ringworm:

- Tell your childcare provider or call the school.
- For ringworm of the body/feet or scalp, keep your child home from childcare and school until treatment has been started.
- Limit gym, swimming and other close contact activities if the lesions cannot be covered or until 72 hours after treatment has begun.
- Athletes should follow their health care provider's recommendations and the specific sports league rules.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or your local health department.

Parent/Guardian information

Symptoms

Body – Flat, spreading, round, red shapes (lesions) on the skin.

Feet (“athlete’s foot”) – Patchy scaling or cracking of the skin or blisters. Itching is common.

Scalp – Begins as small scaly patch on the scalp and may cover more of the head. Mild redness, swelling, itching, and pus-filled bumps may occur. Infected hairs can become brittle and break off easily.

If your child is infected, it may take 4 to 14 days for symptoms to appear.

Spread

- By touching the infected skin of a person or pet (usually dogs and cats).
- By sharing or touching contaminated objects like hats, hairbrushes, clothing, furniture, shower stalls, swimming pool decks, locker room benches, or floors.

Contagious period

As long as you can see the ringworm on your child’s skin. Once rash starts shrinking and treatment has begun, your child is less contagious.

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Call your health care provider

- If anyone in your home has symptoms. Your doctor will decide if treatment is needed. It is important to follow your doctor's treatment directions exactly.
- If you think a pet has ringworm, call a veterinarian.

Prevention

- Wash hands after touching infected skin on humans or pets. Your child may need help with handwashing.
- Do not let children touch an infected pet's skin until it has been treated and heals.
- Cover skin lesions.
- Wash bedding, clothing, combs, and brushes in hot, soapy water.

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