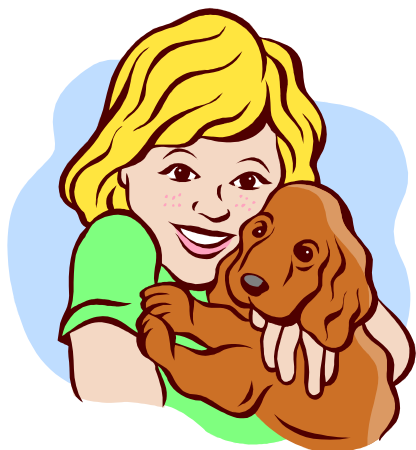


## What about staying away from school or preschool?

Children may attend school or preschool once they are receiving treatment.



## Do you require further information?

For further information contact:

- Your local doctor or practice nurse
- Your local Public Health Nurse
- Communicable Diseases at Community and Public Health

## Other resources available on childhood infections:

- Rotavirus
- Impetigo
- Hand, foot and mouth disease
- Slapped Cheek
- Conjunctivitis
- Threadworms

### COMMUNITY AND PUBLIC HEALTH

#### Christchurch Office

310 Manchester Street  
P.O Box 1475  
Christchurch  
Phone: 03 364 7844  
Facsimile: 03 379 6125  
Email: [chic@cdhb.health.nz](mailto:chic@cdhb.health.nz)

#### West Coast Office

3 Tarapuhi Street  
P.O Box 443  
Greymouth  
Phone: 03 768 1160  
Facsimile: 03 768 1169  
Email: [westcoast.chic@cdhb.health.nz](mailto:westcoast.chic@cdhb.health.nz)

#### Ashburton Office

Elizabeth Street  
P.O Box 110  
Ashburton  
Phone: 03 307 6902  
Facsimile: 03 307 8081  
Email: [ashburton.chic@cdhb.health.nz](mailto:ashburton.chic@cdhb.health.nz)

#### Timaru Office

18 Woollcombe Street  
P.O Box 510  
Timaru  
Phone: 03 687 2600  
Facsimile: 03 688 6091  
Email: [timaru.chic@cdhb.health.nz](mailto:timaru.chic@cdhb.health.nz)

[www.cph.co.nz](http://www.cph.co.nz)

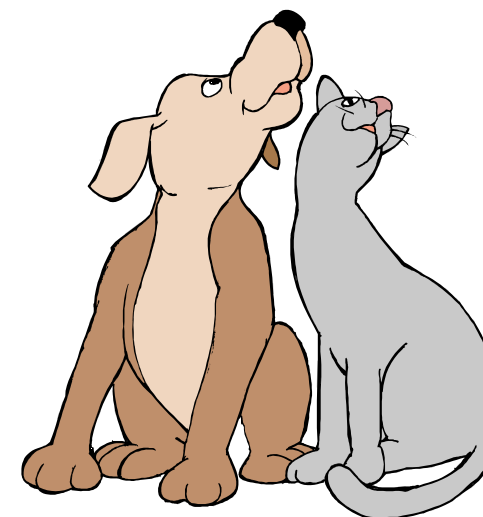
Communicable Diseases  
Community and Public Health

(a division of the Canterbury District Health Board)  
October 2011

Code/Reference: MED0045

Authorised By: Resource Approval Panel

# Ringworm



# Canterbury

District Health Board

Te Poari Hauora o Waitaha

# What is Ringworm?

Ringworm (also known as tinea) is an infection caused by a species of fungus which may affect skin or hair. Infections are very common.

Ringworm may appear anywhere on the body. It may be itchy and tends to spread from the centre which clears, leaving a ring-shaped sore.

## What are the symptoms?

### Scalp ringworm

Appears as small bald patches with hair loss and some scaling. It can also be wet and crusty.

The time between coming into contact with the fungus and sores developing is usually **10-14** days.

### Body ringworm

Appears as round sores with a red, scaly edge raised above the surrounding skin. The rash can be dry and scaly, or wet and crusty.

The time between coming into contact with the fungus and sores developing is usually **4-10** days.

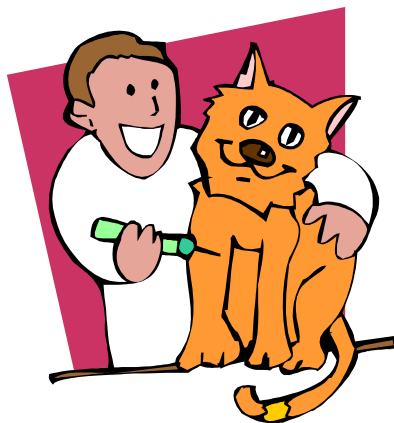
## How is it caught?

By direct or indirect contact with skin sores of infected people or contaminated floors, shower stalls or other articles used by infected people or animals.

A person is infectious for as long as the sores are present and fungus remains on contaminated articles.

## How is it treated?

Your Public Health Nurse, Chemist or GP may be able to tell you if it is Ringworm. Antifungal creams are available — follow the instructions on the packet and/or the advice of your chemist or doctor.



## How is spread prevented?

- Cover the lesions
- Don't share other people's footwear, towels, flannels, combs and hats etc.
- Wash bedding, towels and clothes with hot water and detergent
- Regularly clean the shower and/or bath with bleach or fungicide
- Wash hands frequently and thoroughly with soap and water
- Check pets for hairless, circular scaly patches on the skin, especially round the head or neck
- Seek treatment for infections
- **Do not scratch** — this may cause added infection and spread