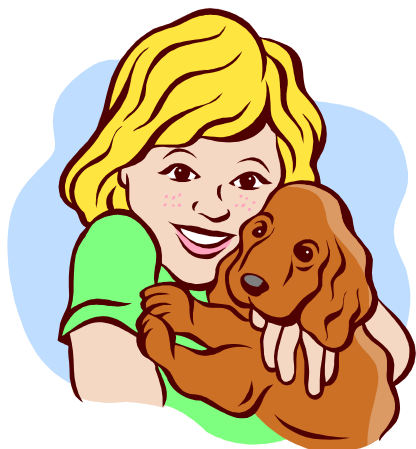


## What about staying away from school or preschool?

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
- Salmonella
- Slapped cheek disease
- Conjunctivitis
- Threadworms

COMMUNITY AND  
PUBLIC HEALTH

### Christchurch Office

76 Chester Street East  
P.O Box 1475  
Christchurch  
Phone: 03 364 7844  
Facsimile: 03 379 6125  
Email: [chic@cdhb.govt.nz](mailto:chic@cdhb.govt.nz)

### West Coast Office

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

### Ashburton Office

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

### Timaru Office

6b Sefton Street  
P.O Box 510  
Timaru  
Phone: 03 688 6019  
Facsimile: 03 688 6091  
Email: [timaru.chic@cdhb.govt.nz](mailto:timaru.chic@cdhb.govt.nz)

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

Communicable Diseases  
Community and Public Health

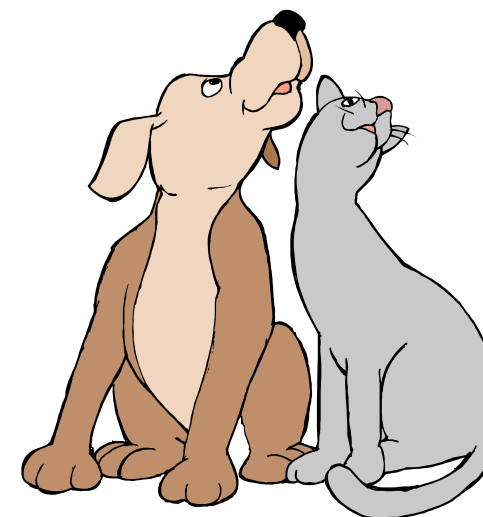
(a division of the Canterbury District Health Board)  
April 2008

Code/Reference: MED0045

Colour: Green

Authorised By: Resource Approval Panel

# Ringworm



# Canterbury

District Health Board

Te Poari Hauora ō Waitaha

# What is Ringworm?

Ringworm is an infection caused by a species of fungus which may affect skin or hair. There are many species of fungi and fungus infections are very common.

## What are the symptoms?

Ringworm may appear anywhere on the body. The sore will first be noticed as an irregular, slightly raised, scaly patch which is soon covered by small blisters. It may be itchy. It tends to spread from the centre which clears, leaving a ring-shaped sore. The rash can be scaly or wet and crusty.

### Scalp ringworm

Appears as small bald patches with falling hair and some scaling. 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. It is often first noticed on the arms or legs. The time between coming into contact with the fungus and sores developing is usually **4-10** days.

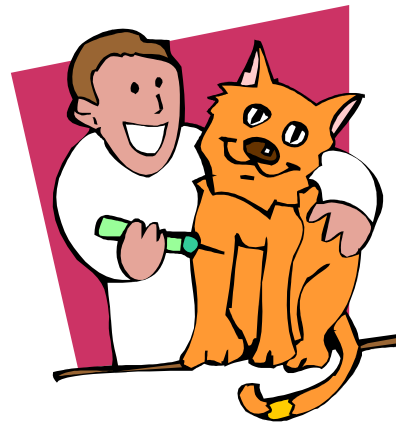
## How is it caught?

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?

- Avoid using other people's footwear, towels, flannels, combs and hats.
- Tell your children of the dangers of catching ringworm from infected animals. Warn them not to pat or play with hedgehogs, stray dogs or cats. Stress the importance of handwashing after touching any animal, even pets, and always before eating
- If you see hairless, circular scaly patches on the skin of an animal, especially round the head or neck, it may be ringworm. **DON'T HANDLE IT ANY MORE THAN IS NECESSARY** before getting it treated by a veterinary surgeon
- Ringworm is not always obvious in pets, so if a child has been in contact with an animal and becomes infected, have the animal examined by a vet
- **Do not scratch** — this may cause added infection and spread