ATHLETE’S FOOT

What is it?

Athlete’s foot is a skin infection caused by a fungus.

How do I know someone has it?

The person will have scaling or cracking of the skin, especially between the toes, or blisters containing fluid; it can be very itchy.

Is it infectious?

Yes, athlete’s foot is infectious. It is generally spread by prolonged direct or indirect contact with skin lesions on infected people or contaminated floors, shower stalls and other articles used by infected people. It is uncommon in schools.

What is the incubation period?

The incubation period is unknown.

Is there any treatment?

Athlete’s foot can be treated with fungicides. It is best first to see your GP or a Pharmacist before buying treatments over the counter.

What should I do if someone has athlete’s foot?

- Cover the affected foot with a rubber sock when going swimming.
- Visit your GP, for advice or treatment.
- Take special care to dry between the toes after bathing, then use a fungicide dusting powder on the feet, between the toes and in socks and shoes.
- Use footwear that allows your feet to breathe and change footwear frequently.
- Do not share towels, bath mats or footwear when infected.
- Keep showers, benches and communal changing areas scrupulously clean.

How soon can someone return to school / work?

A person does not need to stay away from school or work and can go swimming if the affected foot is covered with a rubber sock.