

RINGWORM

People can become infected with ringworm through contact with infected pets. However, they can also become infected through contact with other infected people and through contact with contaminated objects and surfaces. Ringworm infection is characterized by itchy, scaly patches on the skin, fingernails, and scalp. Ringworm of the feet is known as athlete's foot, and ringworm of the groin is known as jock itch.



Although ringworm is contagious, you or your child doesn't usually have to stay home from school or daily errands while you are being treated for ringworm. If you want to be extra careful that you don't infect anyone else, you could cover the ringworm for the first 48 hours of treatment, since it does usually require direct contact to spread the infection. After 48 hours, a ringworm is usually not contagious anymore.

Treatment: Keep skin clean and dry, and apply topical anti-fungal creams -- such as nystatin, terbinafine, clotrimazole, or miconazole -- once or twice every day for 14 to 21 days. If the infection does not resolve with these treatments, antifungal pills may be prescribed.

For a natural way to treat ringworm in people clean the area several times per day with Apple Cider Vinegar, then dab with Tea Tree Oil, Oil of Oregano, Coconut Oil or Colloidal Silver. Let dry and – if necessary, cover the area.

Prognosis: With proper treatment and rigid hygiene, ringworm usually resolves within 2 to 4 weeks.