



You have told us your child has an Ringworm

You may be confident to care for your child and know what steps to take. If not, we hope this information will be useful.



advice says: Ringworm is a common fungal infection. It's not caused by worms. You can usually buy medicine from a pharmacy to treat it. If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

- The main symptom of ringworm is a rash. It may look red or darker than the surrounding skin, depending on your skin tone.
- The rash may be scaly, dry, swollen or itchy.
- Ringworm can appear anywhere on the body, including the scalp (tinea capitis) and groin (jock itch).



A pharmacist can help with ringworm. Speak to a pharmacist first if you think your child has ringworm. They can look at the rash and recommend the best antifungal medicine. This might be tablets, cream, gel or spray depending on where the rash is.

You may need to use an antifungal medicine every day for up to 4 weeks. It's important to use it for the right amount of time, even if the rash has gone away. A pharmacist will tell you if they think your child should see a GP.



How to stop ringworm spreading:

Do

- ✓ start treatment as soon as possible
- ✓ wash towels and bedsheets regularly
- ✓ keep your skin clean and wash your hands after touching animals or soil
- ✓ regularly check your skin if you have been in contact with an infected person or animal
- ✓ take your pet to the vet if they might have ringworm – for example, if they have patches of missing fur

Don't

- ✗ do not share towels, combs or bedsheets with someone who has ringworm
- ✗ do not scratch a ringworm rash because this could spread it to other parts of your body

We look forward to seeing your child back in school as soon as possible. Please do not hesitate to contact us if you need any advice or support regarding their health or wellbeing.

All the NHS advice above can be found here

<https://www.nhs.uk/conditions/ringworm/>