

PROTECT Yourself From Itchy Rashes

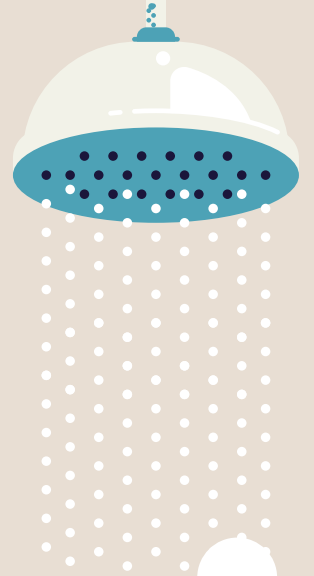
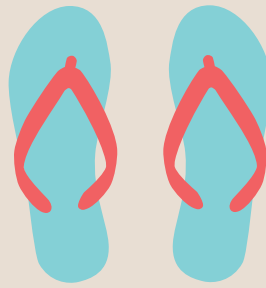
YOU can get an itchy rash called ringworm from fungus in **locker rooms**.

Here's what **YOU** can do to prevent ringworm:

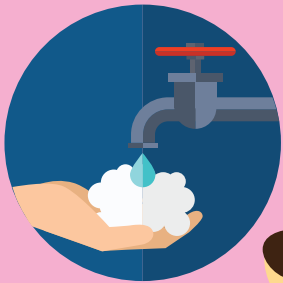
DO: Keep your skin clean and dry.



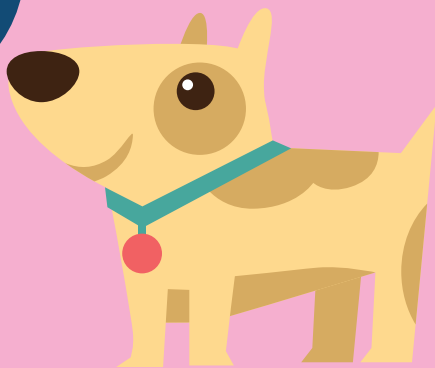
DON'T: Walk barefoot in locker rooms, gyms, or public showers.



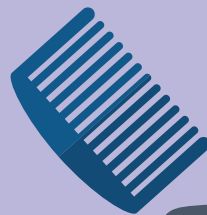
DO: Wash your hands after touching pets or other animals.



soap



DON'T: Share towels, sports gear, or other personal items.



DO: Change your socks and underwear every day.



Ringworm...

- Is an itchy rash that's caused by fungus, not a worm!
- Spreads from other people, animals, and contaminated surfaces.
- Is known by other names, like "athlete's foot" or "jock itch," depending on which part of the body it's on.
- Needs to be treated with antifungal medicine.



See your school nurse or your doctor if you think you have **ringworm**.

For more information visit: <https://www.cdc.gov/fungal/diseases/ringworm>