

Athlete's Foot (Tinea Pedis)

Athlete's foot is a common infection caused by a fungus. It can spread to your toenails and to other people. This means it's contagious.

- The fungus:
 - Spreads by sharing socks or shoes or walking barefoot on the same floor as someone with athlete's foot.
 - Grows best in dark, warm, moist places.
- People are at greater risk of getting athlete's foot if they:
 - Have sweaty feet.
 - Wear tight shoes or socks that don't get good airflow.
 - Don't completely dry their feet after being wet.
- The athlete's foot rash appears between the toes or on the arch of the foot. The skin can be:
 - Red with clear bumps and small blisters, or it will peel, crack, or flake.
 - Very itchy and sometimes burn.

Diagnosis

- Your child's doctor or health care provider:
 - Will examine their feet.
 - Ask about what sports they do.
 - May scrape some skin for testing.

Treatment

Simple cases of athlete's foot are treated with topical (on the skin) creams. For more severe cases, your child will get a prescription for an oral (taken by mouth) medicine.

Prevention

To help prevent athlete's foot, your child should:

- Avoid sharing shoes, socks, washcloths, and towels.
- Wear socks that wick away moisture.
- Change their socks if they get damp or sweaty.
- Avoid tight footwear.
- Wear shoes with breathable fabric. Avoid vinyl and rubber shoes.
- Completely dry their feet and between their toes after sweating, swimming, or bathing. They need to use their own clean towel.
- Wear flip-flops or waterproof shoes in locker rooms, showers, and at swimming pools.
- Wash their feet each day and their hands after touching the rash.
- Dust an antifungal powder on their feet and in their shoes.