



## Ringworm

Your child may have been exposed to this disease

*If your child has symptoms, please contact your child's healthcare provider.*

### **If my child has this disease, when can he or she return to school or child care?**

A child with ringworm **on the body** may return after receiving treatment.

A child with ringworm **on the scalp** needs approval by his or her doctor or health care provider to return to school or child care.

**Ringworm is a common infection of the skin and/or scalp caused by fungus.**

It causes:

- Itchy skin
- A rash shaped like a ring or circle
- Red, scaly, cracked skin
- Hair loss

For ringworm **on the body**, symptoms usually start 4 days after a person is exposed, but it can take up to 10 days.

For ringworm **on the scalp**, symptoms usually start 10 days after a person is exposed, but it can take up to 14 days.

### **How is Ringworm spread?**

- Direct skin-to-skin contact to someone who has ringworm
- Sharing clothing, towels, combs or other personal items with a person who has ringworm
- Touching an animal that has ringworm

### **What can I do now?**

**Watch your child** for symptoms of this disease and call your child's doctor or health care provider if your child becomes sick.

**If your child gets sick, prevent others from getting ill by:**

- Do not allow a child with ringworm to swim in a pool
- Keep skin clean and dry
- Do not share clothing, towels, sheets, combs, hair brushes, or other personal items
- Wash towels and clothes in hot water (131 degrees F or higher)

For more information, contact your health care provider, your School Nurse 619-258-2231, the San Diego County Health Department at (858) 694-3900, or visit: [www.cdc.gov/fungal/diseases/ringworm/index.html](http://www.cdc.gov/fungal/diseases/ringworm/index.html)