

Dear Parents,

The safety and wellness of our students is a top priority. Ringworm on the body (excluding the scalp) is an incredibly common pediatric problem, easily treated with over the counter remedies and is not dangerous. The treatment takes place at home and does not require a doctor's visit. If a student should be treated but need not be sent home from school on the day it is discovered since it is not a serious or urgent health problem. Keeping the rash covered with clothing or a band-aid is an appropriate response for that day until the patient can be treated at home. Once treated, a student may return immediately to school.

Following the recommendation of CPS' Office of Student Health & Wellness, please follow the prevention and treatment advice below.

What is Ringworm?

Ringworm is a common skin infection caused by a fungus. Contact with the germ may cause a red, itchy circular rash (shaped like a ring).

How Does Ringworm Spread?

Ringworm is spread by direct skin-to-skin contact or by skin contact with a contaminated damp surface (like a locker room shower or pool deck), bedding, towels, clothing or shoes.

How Do I Avoid Ringworm?

- Avoid skin-to-skin contact with affected people or animals
- Do not share hats, scarves, hair ribbons, combs, brushes, etc
- Do not share bedding (pillows, cases, sheets, blankets or stuffed animals) or towels
- Machine wash and dry clothing and linens that have been in contact with affected people
- Do not go barefoot in public showers or locker rooms
- Wash hands with soap and water, dry thoroughly and clip nails
- Change socks and underwear daily

How Do I Treat Ringworm?

Ringworm **on the body** (not including scalp) is usually treated twice/day for about two weeks with one of the following over the counter topical antifungal creams/ointments/powders, without a prescription:

- Clotrimazole
- Miconazole
- Terbenafine
- Ketoconazole

Ringworm **on the scalp** (*Tinea capitis*) is treated with an oral medicine that requires a prescription. Topical medicines will not work for scalp ringworm.

For additional information see www.cdc.gov/fungal/diseases/ringworm or Contact the Office of Student Health and Wellness (oshw@cps.edu)