Fungal Infections
Community Podiatry

The most common fungal infections of the skin are those that occur on the feet - commonly called "Athlete’s Foot" (although anyone can get it).

What causes it?
Fungal infections may be caused by a number of different organisms, and can appear on the skin and nails.

This leaflet can also be made available upon request in Braille, audio cassette, large print or in other languages.

Chinese
此份單張備有中文譯本，請垂詢索取。

Kurdish Sorani
ئەرەکەیەدەمەشی نەوەکیکیبەرەبە سەدە شەوەدەکیبەشەیەمەزەبە سەدەوانەمەبەمەدەيی سەدەوانەمەدەبەمەدەیی

Lithuanian
Paprašius, šį lankstinuką galima gauti ir lietuvių kalba.

Polish
Niniejsza ulotka może być na życzenie dostępna w języku polskim.

Portuguese
Este folheto também pode estar disponível, sob pedido, em português.

Russian
Эту брошюру можно также получить по желанию на Русском языке.

“Putting you first is at the heart of everything we do”
What are the symptoms?

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<th>Most often:</th>
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<td>• Itching between the toes,</td>
<td>• Sore, pus-filled, weeping rash,</td>
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<td>• Red, raw or sometimes moist white skin,</td>
<td>• Small spot-like blisters,</td>
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<td>• Skin that flakes peels or cracks,</td>
<td>• Dry, red, scaly skin over the soles.</td>
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<td>• Crumbly, discoloured, often thickened nails.</td>
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How do I treat it?
You can treat athlete’s foot with antifungal drugs. These are available as creams, powders and sprays, most of which can be bought over the counter (OTC) at the pharmacist.

Most people can successfully treat their athlete's foot in about four weeks. The two main antifungals are terbinafine and a group of medicines called azoles.

Nail infection is harder to treat and may require a prescribed medication from your GP.

How do I prevent it returning?

✓ You should wash your feet and toes daily, and dry between your toes.
✓ Do not wear shoes without socks or tights.
✓ Always change your socks or tights daily.
✓ Wear socks and shoes made from natural materials.
✓ Do not share towels.
✓ Wear plastic shoes or flip-flops in communal showers, changing rooms and around pools.
✓ Around your home, try to spend time in bare feet, leaving your shoes and socks off as much as possible.
✓ Fungal spores can hang-around in shoes. It may be worth using an athlete’s foot spray inside them.