

A quick guide to Athlete's Foot

What you need to know

This leaflet explains the condition and what you can do to avoid developing it.

What is Athlete's Foot?

Athlete's foot is a fungal infection. Fungi often sit on the skin but in warm, moist conditions can multiply and cause a problem.

What does it Look Like?

The appearance may alter depending on whether it is: Itchy, Moist, Peeling, Itchy, Dry, Blistering, Itchy, Flaky.

What Causes Athlete's Foot?

The fungus (tinea pedis) can be transferred to the skin wherever people go barefoot, e.g. swimming pools, changing rooms, the bathroom at home.

Treatment

Athlete's Foot can be treated by an antifungal cream. These can either kill the fungus or slow its growth (e.g. Lamisil, Daktarin, Canesten).

Seek pharmacists advice

Always ask for advice from your pharmacist. As a health care professional they are able to offer good advice about choosing the right type of antifungal treatment that you require.

Follow the instructions in the box to ensure the cream works effectively and does not interact with any existing medications being taken.

If the antifungal cream does not work, you might need to have tablets prescribed by the Doctor.

Footwear

- Wearing leather shoes allows moisture to evaporate, reducing the moistness that fungus thrives in.
- Alternate between two or three pairs of shoes allowing them 24 hours to dry out between wear.
- Don't share towels, socks or shoes with someone who may have athlete's foot.

How Can I Stop it Coming Back?

- Continue using the antifungal cream for a week or two after the rash has disappeared to prevent any residual fungus from re-infecting your skin.
- Dry feet thoroughly after washing them, especially between toes.
- Change socks regularly and wear natural fibre socks to reduce the amount your feet will sweat.