



Athlete's foot

Athlete's foot is a fungal infection. It usually affects the skin between the toes.

SIGNS & SYMPTOMS

- Moist, soft, red or gray-white scales on the feet, especially between the toes.
- Scaling or peeling skin
- Itching and burning between the toes
- Sometimes small blisters on the feet

CAUSES

People usually pick up the fungus from walking barefoot over wet floors, around swimming pools and locker rooms, and in public showers.

TREATMENT

Self-care treats most cases of athlete's foot.



TRIAGE QUESTIONS



Do you have signs of athlete's foot and do you have diabetes or poor leg circulation?

NO
↓

YES ➔ SEE DOCTOR



Does the fungus infection affect the toenails and do the toenails look thick or distorted?

NO
↓

YES ➔ SEE DOCTOR



Do you have recurrent episodes of athlete's foot?

NO
↓

YES ➔ SEE DOCTOR



Do you have a fever and/or is the infection spreading or getting worse despite using the self-care measures listed?

NO
↓

YES ➔ SEE DOCTOR



USE SELF-CARE



SELF-CARE / PREVENTION

- Wash your feet daily, especially between your toes. Dry the area thoroughly. Don't use antibacterial soaps.
- Use an over-the-counter antifungal powder, cream, or spray between your toes and inside your socks and shoes.
- Wear clean socks made of natural fibers (cotton or wool) or synthetic materials that wick away moisture. Change your socks during the day to help your feet stay dry. Wear shoes, such as sandals or canvas loafers, that allow ventilation.
- Alternate shoes daily to let each pair dry out.

