

## Rationale

Ringworm is a fungal infection that can cause a red or silvery ring-like rash on the skin. Athlete's foot is a rash caused by a fungus that usually appears between the toes. These fungal infections are not serious and are usually easily treated with over the counter treatments. However, they are contagious and easily spread so it is important to practice good foot hygiene.

## Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate.
- Advise patients of safe and effective self-care measures:
  - See pharmacist for advice as to which treatment is most suitable . If a pet might have ringworm (e.g. missing fur), take them to the vet
  - Clean clothes and bed sheets regularly and in athlete's foot, do not wear the same pair of shoes 2 days in a row
  - Do not share clothes/ towels or items with others and in athlete's foot use a separate towel for the feet.
  - Do not scratch affected area
  - For athlete's foot, dry feet thoroughly after washing them particularly between the toes. Wear clean cotton socks every day. Do not walk around bare foot, wear slippers in changing rooms and showers
- Advise patients to seek medical attention and consider treatment with a prescription in the following circumstances:
  - Neither condition has improved after 2 weeks of using an over the counter product
  - See doctor if ring worm is on the scalp or in athlete's foot, foot is red , hot and painful
  - Patient is diabetic/ Immunocompromised

## Example of products available to buy over the counter\*

Terbinafine – Only licensed for adults over 16 (£6.00-£7.00 for 15g)

Miconazole – Licensed for children and adults (~£4.00 for 15g)

Ketoconazole – Only licensed for adults (~£5.10 for 15g)

Clotrimazole – Licensed for children and adults (£4.50-£5.00 for 20g)

For further information see Self-care forum <http://www.selfcareforum.org/>, NHS UK <https://www.nhs.uk/conditions/>, Patient UK <https://patient.info/>

\*Prices correct at time of writing and are subject to change

