



PUBLIC FACT SHEET

ATHLETE'S FOOT

What is athlete's foot?

Athlete's foot is an infection of the feet caused by a fungus.

How is athlete's foot spread?

Athlete's foot may be spread through the following ways:

- Direct contact with an infected person.
- Contact with shoes or socks of an infected person.
- Contact with infected gym or pool floors.

What are possible symptoms?

Symptoms may include:

- Cracked or peeling skin
- Red and itchy skin on the toes or heels
- Can also occur on the palms of hands and between the fingers
- If infection spreads to nails they can become thick and discolored.

How is athlete's foot diagnosed?

A doctor can diagnose athlete's foot based on the appearance of your skin. They may also do skin cultures or biopsy.

What is the treatment for athlete's foot?

- Lotions and creams available at the drugstore. Tinactin and Micatin are examples.
- Expose feet to air so they can dry.
- Air out shoes and wear cotton socks.
- Continue using medications for 1-2 weeks after feet have healed to prevent infection from returning.

For more information on athlete's foot:

Ottawa County Health Department

www.miOttawa.org

Medline Plus/National Institutes of Health

www.nlm.nih.gov/medlineplus/ency/article/000875.htm