

Contact Information

The Corner House Foot & Health Clinic
Tel 01480 532883



For Out-Of-Hours service

**Please call NHS 111 for health advice
and support**

In an emergency, call 999

Fungal Skin Infections

Fungal Skin Infection Advice

Fungal skin infections such as Athlete's foot (Tinea Pedis) is a common fungal infection that affects the feet. You can usually treat it with creams, sprays or powders from a pharmacy, but it can keep coming back.

Symptoms include:

- Itchy white patches between your toes
- Red, sore and flaky patches
- Skin that may crack or bleed

Fungal skin infections can also affect your soles or sides of your feet. If it's not treated, it can spread to your toenails and cause a fungal nail infection. Athlete's foot sometimes causes fluid-filled blisters.

How you get athlete's foot

- you can catch athlete's foot from other people with the infection.
- walking barefoot in places where someone else has athlete's foot – especially changing rooms and showers
- touching the affected skin of someone with athlete's foot
- You're more likely to get it if you have wet or sweaty feet, or if the skin on your feet is damaged.

Fungal Skin Infection Advice

If you have a fungal skin infection

- Modify your footwear and ensure good foot hygiene.
- Wear footwear that keeps the feet cool and dry. Consider replacing old shoes that could be contaminated with fungal spores.
- Wear cotton socks.
- Change to a different pair of shoes every 2–3 days.
- After washing, dry the feet thoroughly, especially between the toes.

To reduce the risk of transmission

- avoid scratching affected skin, as this may spread the infection to other sites.
- avoid going barefoot in public places
- Do not share towels and to wash them frequently.
- It is not necessary to keep children away from school. However, to ensure that the infection is not transmitted to others, advise parents or carers to carefully follow the recommendations on hygiene and treatment.

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Treatment

For mild, non-extensive disease, treat with topical clotrimazole, econazole, or miconazole. Alternative treatments that can be considered are:

- Topical ketoconazole (not licensed for use in children).
- Topical terbinafine (not licensed for use in children).
- Undecenoic acid (Mycota® cream).
- Topical preparations containing tolnaftate

Tea tree oil is not recommended.

In an adult with severe or extensive disease, or when topical treatment has failed, consider seeing a GP for oral antifungal treatment and/or a referral to dermatology.

In a child with severe or extensive disease, or when topical treatment has failed, seek specialist advice with a referral to paediatric dermatologist.

Prevention

Routinely wash your feet and dry in between toes thoroughly. Wear clean socks daily. If feet prone to sweating then routine use of surgical spirit in between toes. Avoid barefoot walking.