



CINCINNATI HEALTH DEPARTMENT
SCHOOL HEALTH PROGRAM

**SCALP RINGWORM INSTRUCTION SHEET
(TINEA CAPITIS)**

**Your child must bring back a doctor's note upon returning to school.*

If your child is diagnosed with scalp ringworm, the recommendations for treatment include the following:

- Scalp ringworm is treated by an oral prescription medicine such as Griseofulvin, or Nizoral (Ketoconazole). **(You must see your doctor to get a prescription for the medicine.)**
- Griseofulvin is taken by mouth and should be taken with a fatty food like whole milk or ice cream.
- Your child will be on this medicine 4-8 weeks. Even after the scalp looks better, do not stop giving your child the medicine before your doctor says to stop. Because ringworm is a fungus, it takes a long time to get rid of scalp ringworm completely. If you don't see improvement in 2-3 weeks, call your doctor.
- The child and all household members should shampoo with selenium sulfide (Selsun Blue, Head & Shoulders in Navy Bottle, or Nizoral) twice a week.
- Wash the following items in selenium sulfide shampoo: all brushes, combs, barrettes, clips, hair jewelry and ornaments, hair extensions (unbraided), headbands, hair scissors, clippers, or razors.
- Pets should be checked by a veterinarian because they can also get ringworm.

Is there anything I can do to prevent ringworm?

Teach your children not to share combs, brushes, hats, towels, helmets, earphones, or anything else that touches the head.

If you have any questions or concerns, please call your child's doctor. **Your child should not miss more than one day of school for this condition.** If you are having difficulty getting a doctor's appointment, please call your school nurse.

***Good handwashing can help prevent the spread of ringworm
and other communicable diseases.***



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**SKIN RINGWORM INSTRUCTION SHEET
(TINEA CORPORIS)**

Recommendations for treatment include the following:

- Obtain an antifungal medication (examples are Lamisil, Lotrimin, Clotrimazole, Miconazole, Mycelex, Halotex, Tolnafate 1%, Clotroazole 1%, Tinactin, Mycotin, or Cruex) from any pharmacy. **You don't need a doctor's prescription.** The pharmacist can help you if needed.
- Follow directions on the medication label. Usually, the medication is applied twice a day (morning and evening) after the rash has been thoroughly cleansed with soap and water, and then dried.
- Continue to apply medication until the rash is completely cleared. It can take up to eight weeks for the rash to disappear completely.
- If you have been applying the antifungal medicine as directed to the rash for two weeks and it hasn't improved, you should contact a doctor. The doctor may determine that the rash is not ringworm or your child may need a prescription medication such as Spectrazole, Oxystat, or Loprox gel.

When can my child return to school?

Your child can return to school as soon as treatment has begun. When your child returns to school, send the label or box from the medication you are using to show to the school secretary or nurse. Cover the ringworm with a band-aid or clothing if possible.

Is there anything I can do to help prevent ringworm?

Teach your child about ringworm. Ringworm is a fungus that lives on the skin of humans and animals. Also, it can live on clothing, towels, shower stalls, toilet articles, or on things that are frequently warm, dark and moist. Don't touch someone else's ringworm. Don't wear someone else's hat or use their comb. Have a bath towel and wash cloth for each person -- don't share. It is important to wash towels and clothing frequently. Towels should be washed in hot water. Showers and bathtubs can be a source of ringworm and should be cleaned with cleanser or bleach to cut down on fungal growth. You can also get ringworm from gym mats or walking barefoot in public places, like a pool. Pets can also be a source of ringworm, so have your pet checked by a veterinarian if you or your child has ringworm.

If you have any questions or concerns, please call your child's doctor.

***Good handwashing can help prevent the spread of ringworm
and other communicable diseases.***