



Ringworm and Intertrigo

Patient information leaflet



GIG
CYMRU
NHS
WALES



Common Ailments Service

Only use this leaflet if your pharmacist has advised you about your or your child's condition.

Ringworm is a skin infection caused by a yeast (fungus) called Candida. Candida usually lives on the skin in small amounts without causing problems.

Ringworm can appear anywhere on the body, including the scalp (tinea capitis) and groin (jock itch). It causes a ring-shaped rash that looks red, silver, or darker than surrounding skin, depending on your skin tone. The rash may grow outwards or spread to other areas of the body. It may be itchy, dry, scaly and swollen. Ringworm has nothing to do with worms.



A ringworm infection

Intertrigo looks like a red or darker coloured rash, depending on your skin tone. It develops in areas where skin rubs against other skin, such as the armpits, groin and under the breasts. These areas can get warm and moist, and the skin in the folds may become irritated and swollen. Candida grows well in warm, moist conditions, and may infect the skin, making it itchy and sore.

Infections with Candida can be passed on by touching:

- a person or animal with the infection
- towels, clothes, sheets or other items that an infected person has used

Skin affected by ringworm or intertrigo may also get infected with bacteria and need antibiotic treatment.



Treatment and Prevention

Medicines that can help

These medicines are not suitable for everyone. Make sure you have asked your pharmacist for advice about what treatment is best for you or your child.

Antifungal creams such as **clotrimazole 1% cream**, **miconazole 2% cream** or **terbinafine 1% cream** stop the Candida growing. Once you have started treatment, you do not need to stay away from school or work.

It is important to use the cream for the right amount of time, even if the rash has gone away.

Avoid smoking or going near unprotected flames while using the cream – some creams have ingredients that can easily catch fire.

If your skin is inflamed, your pharmacist may suggest using **hydrocortisone 1% cream** (a steroid cream) along with the antifungal cream to make your skin less itchy, sore and red.

Always read the patient information leaflet that comes with your medicine.

If you are concerned about any side effects from a treatment, report it to a doctor, nurse or pharmacist. You can also report side effects on the Yellow Card [app](#) or [website](#).



Treatment and Prevention

To stop the fungal infection spreading to other parts of your body, or coming back:

- avoid scratching the infected skin
- wash the affected skin every day and dry it carefully afterwards, especially in the folds
- clean your bath or shower after you have washed
- wash your clothes, towels and bed linen regularly
- wear loose-fitting clothes made of cotton or a material that keeps moisture away from your skin
- avoid hot, humid or high temperature environments
- if you're overweight, losing weight may help – [free NHS help is available](#)
- if you think your pet has ringworm (for example, patches of missing fur), take them to the vet



When to Get Help

Contact your GP or call 111 if:

- you have ringworm on your face or scalp
- your rash looks different or starts spreading after treatment
- you have a weakened immune system, for example from cancer therapy or steroid therapy
- you have diabetes and have problems controlling your blood sugar level
- you suffer from excessive sweating
- you have a high temperature or the skin is hot, red, swollen and painful around your rash
- your rash keeps coming back
- you've treated your rash for 2 weeks but it has not got better, or it's getting worse

If you are worried that your or your child's condition is not getting better, or is getting worse, talk to your GP.



More information

For more information on ringworm, intertrigo, or a medicine, talk to your pharmacist or look at the following websites:

NHS 111 Wales: <https://111.wales.nhs.uk/Ringworm/>

Patient UK: <https://patient.info/infections/fungal-infections/ringworm-tinea-corporis>

Medicines A-Z: <https://www.nhs.uk/medicines/>

Information from the above resources is included in this leaflet.



Mae'r daflen hon hefyd ar gael yn Gymraeg. This leaflet is also available in Welsh.

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