



**Athlete's foot** is a fungal infection. It usually affects the skin between the toes.

## Signs & Symptoms

- Moist, soft, red or gray-white scales on the feet, especially between the toes.
- Cracked, peeling, dead skin areas.
- Itching.
- Sometimes small blisters on the feet.

## Treatment

Self-care treats most cases of athlete's foot.



**Get more information from:**

HealthyLearn®  
[www.HealthyLearn.com](http://www.HealthyLearn.com)

American Academy of Dermatology  
866.503.SKIN (503.7546)  
[www.aad.org](http://www.aad.org)

# Athlete's Foot

## Causes

People usually pick up the fungus from walking barefoot over wet floors, around swimming pools and locker rooms, and in public showers.

## Questions to Ask

Do you have **signs of athlete's foot** and are you diabetic or do you have poor leg circulation?

YES



NO

Does the fungus infection affect the toenails and do the toenails look thick or distorted?

YES



NO

Do you have recurrent episodes of athlete's foot?

YES



NO

Do you have a fever and/or is the infection spreading or getting worse despite using the self-care measures listed below?

YES



NO



## Self-Care / Prevention

- Wash your feet twice a day, especially between your toes. Dry the area thoroughly. Don't use deodorant soaps.
- Use an over-the-counter antifungal powder, cream, or spray between your toes and inside your socks and shoes.
- Wear clean socks made of natural fibers (cotton or wool). Change your socks during the day to help your feet stay dry. Wear shoes, such as sandals or canvas loafers, that allow ventilation.
- Alternate shoes daily to let each pair dry out.



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