



**Jock itch** is an infection of the skin on the groin and upper inner thigh areas.

## Signs & Symptoms

- Redness.
- Itching.
- Raised red rash with borders. Center areas of the rash are dry with small scales.

## Treatment

Over-the-counter antifungal creams treat most cases of jock itch. Stronger creams or an oral medicine can be prescribed, if needed.



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# Jock Itch

## Causes

Jock itch is usually caused by a fungus. It can also result from garments that irritate the skin. Jock itch is more likely to occur after taking antibiotics or steroids, or in persons who have diabetes or a weakened immune system.

## Questions to Ask

Does any liquid ooze from the rash? Or, do symptoms worsen or last longer than 2 weeks despite using self-care?

YES



NO



## Self-Care / Prevention

### To Treat Jock Itch

- Use over-the-counter antifungal cream, powder, or lotion for jock itch. Follow package directions.

### To Prevent Jock Itch

- Don't wear tight, close-fitting clothing. Wear boxer shorts, not briefs. Put socks on before underwear. Fungus on the feet, such as from athlete's foot can transfer to the groin. Change underwear often, especially after tasks that leave you hot and sweaty.
- Bathe or shower right after a workout. Don't use antibacterial soaps. Dry the groin area well.
- Apply talc or other powder to the groin area to help keep it dry. If you sweat a lot or are very overweight, use a drying powder with miconazole nitrate.
- Wash workout clothes after each wearing. Don't store damp clothing in a locker or gym bag.
- Sleep in the nude or in a nightshirt.
- Don't share towels or clothes that have come in contact with the rash.



*Wear loose-fitting clothes during exercise.*