Tinea Cruris
(Jock Itch, Fungal Infection of the Groin)

Tinea cruris is a fungal infection of the groin and upper thighs. A fungus is a type of germ. Tinea cruris is itchy and often feels like it is burning. It is common in people who play sports. Sweating and wearing certain athletic gear can cause this type of rash.

HOME CARE

- Take all medicines as directed by your doctor.
- Be sure to treat the rash completely. Follow your doctor's instructions. It can take 2 weeks to treat. If you do not treat it long enough, the rash can come back.
- Wear loose fitting clothing.
- Men should wear cotton boxer shorts.
- Women should wear cotton underwear.
- Avoid hot baths.
- Dry the groin area well after bathing.

GET HELP IF:

- The rash is worse or is spreading.
- The rash returns after treatment is finished.
- The rash is not gone in 4 weeks. Fungal infections are slow to respond to treatment. Some redness may remain for several weeks after the fungus is gone.

GET HELP RIGHT AWAY IF:

- The area becomes red, warm, tender, and puffy (*swollen*).
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.

Document Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.