Athlete's Foot

Athlete's foot is a skin infection caused by a common fungus. It is not serious or dangerous. It is often seen between or under the toes. It can also be seen on the bottom of the foot. It can spread to others by sharing towels or shower stalls.

HOME CARE

- Only take medicine as directed by your doctor.
- Wash your feet daily. Dry them well, especially between your toes.
- Change your socks every day.
  - Use cotton socks.
  - In hot places, you may need to change your socks often.
- Throw away shoes or sneakers that are worn out. Never borrow other people's shoes.
- When at home, take off your shoes and socks.
- Avoid walking barefoot in public places. Wear sandals, flip-flops, or water shoes.
- If you have blisters, soak your feet in Epsom salt solution as directed by your doctor.
- Continue treatment even if no progress seems to be made. Fungal infections can take many weeks to get better.

GET HELP IF:

- You get a fever of 100.5° F (38.1º C) or higher.
- Your foot is puffy (*swollen*), red and hot.
- Your infection is spreading.
- Treatment is not helping after 7 days, or the infection is not completely cured in 30 days.
- You are having problems related to the medicine you are taking.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 06/05/2009 Document Re-Released: 10/14/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.