

**MSAD # 13 / RSU #83
Health Alert**

**Athlete's Foot (Tinea Pedis)
Important Notice to Parents
<Date>**

Athlete's foot is a skin infection caused by a fungus in which there is scaling, cracking, and peeling between the toes and on the feet. There may be blisters with thin, watery fluid. Athlete's foot usually causes itching, stinging, and burning. Foul odor may occur. Athlete's foot is a common infection in adolescents and adults, but relatively uncommon in children.

Athlete's foot is spread through contact with skin scales containing fungi, or with fungi in damp areas, such as swimming pools, locker rooms, and showers. It can also be spread through family household members.

Athlete's foot is infectious as long as the fungus is present on the skin and on contaminated surfaces. The fungus that causes athlete's foot thrives in damp, moist environments. Therefore, thorough, frequent cleansing and drying of shower, and any areas that may be moist, like bathroom floors.

Because the fungus thrives in damp, moist areas, students with an active infection should not use wet or damp areas within the school, such as showers, where the infection can be easily transmitted. Individuals using such facilities should consider flip-flops or other water proof foot wear to prevent contact with, or spread of, the infection.

Over-the-counter topical medications are usually sufficient to treat athlete's foot. In persistent, severe cases, or when a secondary infection is suspected, please see your primary care provider.

Individuals with athlete's foot should:

- Keep feet dry, especially between the toes.
- Thoroughly dry feet and toes when wet from water or sweat.
- Remove shoes and socks to expose feet to the air whenever possible.
- Wear clean, dry socks or stockings made of natural material, such as cotton, or a synthetic fabric designed to draw moisture away from the feet.
- Change socks or stockings more than once a day, as necessary.

Please contact the school nurse, Mel Chadbourne, RN if you have any questions. More information is also available at the Maine CDC web site.

