

Fungal Skin Infections

Follow-up Advice	<ul style="list-style-type: none">• Advise if symptoms do not begin to resolve within 2 weeks to make an appointment to see a GP
Counselling Points	<ul style="list-style-type: none">• Wash the affected skin daily and dry thoroughly afterwards, particularly in the skin folds.• Keep nails short• Wash clothes and bed linen frequently to eradicate the fungus.• Do not to share towels and to wash them frequently.• To wear loose-fitting clothes made of cotton or a material designed to keep moisture away from the skin. <p>For athlete's foot:</p> <ul style="list-style-type: none">• Feet should be washed and dried thoroughly, especially between toes, before applying treatment.• Advise patient to use dusting powders in shoes and socks as a preventative measure, since boiling socks will not kill fungal spores.• Wear cotton socks and footwear that keeps the feet cool and dry.• Change to a different pair of shoes every 2–3 days.• Avoid going barefoot in public places (for example use protective footwear such as flip-flops in communal changing areas).• Avoid scratching affected skin as this may spread the infection to other sites.