

For Further Information

The information supplied is a guide only and not to be used instead of medical advice.

If you require further advice or assistance contact your local doctor.

CONTACT INFORMATION

ANGLISS HOSPITAL

Phone (03) 9764 6111

BOX HILL HOSPITAL

Phone (03) 9895 3333

MAROONDAH HOSPITAL

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YARRA RANGES HEALTH

Phone (03) 9091 8888



Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and disclose information about you only when required by law.



If you have any English language difficulties and would like to contact us, you can use a telephone interpreter service - call 131450. At first, a person will answer the call in English and you will need to follow these steps:

1) Name the language you speak and wait on the phone

You will be connected to an interpreter who speaks your language, then

2) Provide the telephone number you want to call

3) If you know, provide the name of the person you want to speak to

4) Wait on the phone to be connected and the interpreter will assist you. Interpreter services are provided **free of charge** to you.

We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our web site www.easternhealth.org.au

Eastern Health is accredited by the Australian Council on Healthcare Standards



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TINEA

This leaflet provides information to help you understand Tinea.

If you have further questions, please consult your doctor or pharmacist.

TINEA

WHAT IS TINEA?

Tinea is a fungal infection that can infect the skin. Commonly affected areas include the feet (Tinea Pedis or athlete's foot), groin (jock itch), scalp and under the breasts. Tinea is highly contagious and can be spread by skin-to-skin contact or indirectly. It is also known as ringworm, although no worm is involved. Treatment includes antifungal medication and good hygiene.

The range of symptoms can be mild to severe and include:

- Itchiness and/or stinging between the toes
- Red, scaly rash that is shaped like a ring
- Cracking, splitting and peeling between the toe web spaces
- Blisters and/or cellulitis

WHAT CAUSES TINEA?

Tinea is caused by fungi. It thrives in warm, moist areas and is commonly transmitted in moist areas where people walk barefoot, such as showers and locker rooms.

HOW IS IT TREATED?

Tinea responds well to antifungal creams, many of which are available without prescription (Your pharmacist will be able to assist you).

There are many antifungal products available. Make sure that you follow the instructions on the packaging. Most products will need to be applied once or twice daily for up to 4 weeks.

Some infections are harder to treat and might also require an antifungal medication in the form of a tablet. If antifungal creams are unsuccessful, see your doctor.

HOW DO YOU AVOID INFECTION?

Everyone is susceptible to developing Tinea. Overheating and perspiration contribute to Tinea infections. Suggestions to avoid Tinea infection include:

- Good personal hygiene with careful drying of the skin especially between the toes
- Expose the skin to as much air as possible
- Wear cotton socks instead of synthetic.
- Use an antiperspirant foot powder to control excessive foot sweating
- Wear thongs to swimming pools, locker rooms, gyms and other communal areas.

HOW DO YOU PREVENT THE SPREAD OF TINEA?

It is important to remember that Tinea is contagious. Suggestions on how to prevent the spread of infection include:

- Treat the infection with antifungal cream
- Daily washing of feet with soap & water as well as careful drying of the feet
- Wash hands after touching the infected area
- Do not share towels
- Clean the shower/bath and bathroom floor after use
- Do not walk around in bare feet
- Do not share footwear
- Complete the Tinea treatment as Instructed by your pharmacist or doctor
- Seek medical advice if pregnant or breast feeding