

Athlete's Foot Can Affect Anyone – Not Just Athletes!

It may start as just a tingle by one toe, then a nagging itch. Or you may first notice a scaly, red rash. These are common signs of athlete's foot, or *tinea pedis*.^{1,2}

— Causes —

Athlete's foot is a fungal infection of the skin. In fact, it's the most common one. Athlete's foot most often appears between the toes.^{1,3}

Athlete's foot can spread easily. Many people catch it by walking barefoot in warm, wet, shared spaces like gym locker rooms or bathrooms. You could catch athlete's foot and then pass it to other people by accident. You could also spread the fungus from your feet to your nails, hands, or groin.^{1,3}

— Symptoms —

Athlete's foot can make the skin between your toes.^{1,3,4}

- Itchy
- Dry
- Scaly
- Red
- Flaky

Other symptoms may include burning, stinging, or blisters.^{1,3,4}

The symptoms of athlete's foot may get worse if it is not treated. Scaly skin may thicken and crack. Cracking can allow infection into the skin.¹

It's especially important to get treatment if you have diabetes and think you may have athlete's foot.³

— Prevention —

Try these tips to take care of your feet and steer clear of athlete's foot.^{1,3,4}

Keep your feet clean and dry.

Wash your feet often – twice a day, if possible. Dry your feet well, especially between your toes.



Let your feet air out.

When you can, wear sandals or other open shoes.



Change your socks often.

Wear clean socks every day, and carry a spare pair. Change into fresh socks when you get sweaty.



Protect your feet.

Wear sandals or shoes in places like the gym or pool. Don't go barefoot in public areas.



Do any of these describe you?

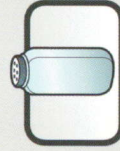
- ☒ Wear closed, tight shoes
- ☒ Active in sports/exercise
- ☒ Often sweaty
- ☒ Share shoes or towels
- ☒ Barefoot at the gym or pool
- ☒ Live with someone with athlete's foot

If so, you may have a **higher chance of getting athlete's foot**.^{2,3}



Choose good shoes.

Go for light-weight shoes made of materials that "breathe."



Use antifungal powder.

If you get athlete's foot often, try antifungal powder in your shoes.



Change your shoes often.

Switch pairs of shoes each day. Time off after each use allows shoes to dry.



Keep your shoes to yourself.

Don't share shoes. You may end up sharing a fungal infection, too.

