

# FUNGUS FACTS

Warts & Fungus Handout, ages 8-10

Both nail and foot fungus like to grow in warm, wet places.

## How do you know if you have a fungal infection?

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### NAILS

- Nails might turn white, yellow, or green
- Nails might get really thick
- If the nails become brown or black, go see a skin doctor (dermatologist)!

### FEET (commonly known as athlete's foot)

- Varies
  - Peeling, cracking, or scaling between your toes
  - Redness, dryness, or scaling on soles or along sides of feet
  - Sometimes itchy
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Although the signs are different for both nail and feet fungus (also known as athlete's foot), their prevention is the same.

## Prevention

- Keep your feet clean and dry (especially after sweating!)
- Wear flip flops around pools, public bathrooms, and locker rooms.

## Treatment

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### NAILS

- The dermatologist can prescribe you a cream to treat the infection.
- Over-the-counter medicines (medicine you can buy at the store without a prescription) usually does not work.

### FEET (commonly known as athlete's foot)

- Over-the-counter antifungal creams may work.
  - You may need a prescription from your doctor.
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**You should always talk to your parents and dermatologist first if you think you have a nail or foot fungus!**

