

# FUNGUS FACTS

Warts & Wisdom 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?

NAILS	FEET (commonly known as athlete's foot)
<ul style="list-style-type: none"><li>• Nails might turn white, yellow, or green</li><li>• Nails might get really thick</li><li>• If the nails become brown or black, go see a skin doctor (dermatologist)!</li></ul>	<ul style="list-style-type: none"><li>• Varies</li><li>• Peeling, cracking, or scaling between your toes</li><li>• Redness, dryness, or scaling on soles or along sides of feet</li><li>• Sometimes itchy</li></ul>

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

NAILS	FEET (commonly known as athlete's foot)
<ul style="list-style-type: none"><li>• The dermatologist can prescribe you a cream to treat the infection.</li><li>• Over-the-counter medicines (medicine you can buy at the store without a prescription) usually does not work.</li></ul>	<ul style="list-style-type: none"><li>• Over-the-counter antifungal creams may work</li><li>• You may need a prescription from your doctor.</li></ul>



# WART WISDOM

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Warts, just like people, come in all shapes and sizes. Below are some of the characteristics:

- Tiny or big
- White, pink, brown, or the same color as your skin
- Flat, skinny, or long
- Rough or small
- Can get them on face, fingers, and (bottom of) feet

## WANT TO GET RID OF THE WARTS? HERE'S HOW!

**Salicylic Acid:** Don't worry! This acid is okay to use and goes on your wart just like nail polish. There are also little patches that like bandages that have salicylic acid in them. Make sure you read the instructions before you use them!

**Freezing:** No, you don't have to leave your hand in the freezer! There are special freezing sprays you can buy at the store that make a blister around the wart. Eventually the blister and wart fall off.

**Taping:** You should ask your doctor if it is okay to try this. Some people say wrapping duct tape (the thick silver tape) around your wart helps it go away. You change it every few days to help peel off different layers of the wart.

**\*\*\*IT IS COMMON FOR PEOPLE OF ALL AGES TO GET WARTS AND FUNGUS. NOT ONLY DIRTY PEOPLE GET IT.\*\*\***

(F needs to make sure this question is asked during the game. The answer is either, so the student will be correct regardless.)