



Name of Child: _____ Date: _____

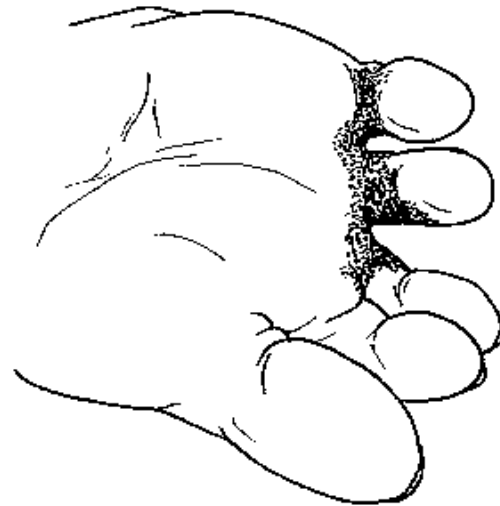
Athlete's Foot

What is it?

Athlete's foot is a fungus infection between the toes or on the feet.

Signs:

- Red, moist, scaly, and cracked areas between the toes or on the top of the foot.
- Feet that itch or burn.
- Feet may have an unpleasant smell.



Athlete's foot is a fungus infection between the toes or on the feet.

Do at home:

- Wash your child's feet two times a day in a foot basin. Use plain warm water or add 1 ounce of vinegar.
- Dry well between the toes.
- Ask your pharmacist to help you pick a cream or spray to treat your child's athlete's foot. After each foot bath, put the medicine on and around your child's athlete's foot infection. Use the medicine two time a day. Keep using it for 7 days after the infection is gone.
- After putting on medicine, put clean, dry socks on your child's feet. Cotton socks

are best.

- If possible, have your child wear open, cool shoes so the feet stay dry. Sandals or sneakers with air holes are best.
- Do not let your child wear someone else's shoes or share towels.
- Shoes will dry out better if your child does not wear the same shoes two days in a row.

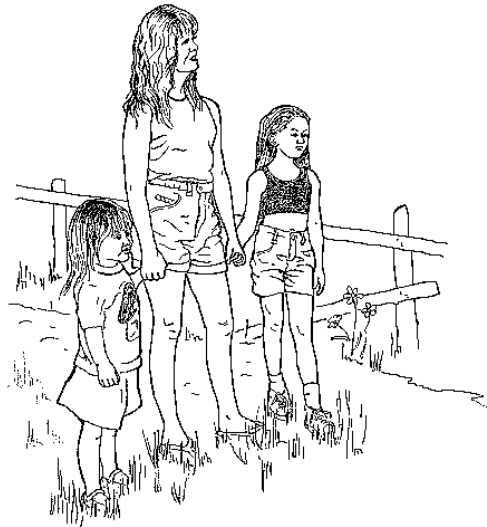


Call the doctor or clinic if:

- The foot becomes infected so that the foot swells, have pus, or becomes very painful.
 - The athlete's foot infection spreads to the hands.
- It does not get better within seven days of home treatment.
 - It does not go away completely in 3 or 4 weeks.

You should know:

- The athlete's foot fungus grows in moist places like locker room floors or public showers. Your child should use rubber sandals in those places.
- Athlete's foot infection is very common in older children.
- It can occur on only one foot or on both.
- It can occur again after treatment.



If possible, have your child wear open, cool shoes so the feet stay dry. Sandals or sneakers with air holes are best.



If you have any questions or concerns,
 call your child's doctor or call _____

**If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital:
1919 East Thomas Road in Phoenix
602-546-1400
www.phoenixchildrenshospital.com**

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Thursday, April 18, 2002 • DRAFT to family review
#630 • Written by From Do At Home or Call the Doctor; updated by Eileen Mitchell, MN, RN
• Illustrated by Dennis Swain



Name of Health Care Provider: _____ Number: 630

For office use: Date returned: _____ db nb xls

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes **No**

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!