

# Athlete's Foot

Athlete's foot is a fungal infection

- It shows up on the skin between your toes or the bottom of your feet.
- It can cause dry skin, itching, blisters or peeling skin.



## What are the causes?

Fungus exposure	Athlete's foot is caused by tiny fungi that like warm, moist places. These fungi are found in places like locker rooms and swimming pools.
Moist feet	Fungi like to grow in warm and damp areas. Wearing wet socks or shoes for a long time can help them spread.
Prior skin issues	If you already have certain skin problems, like eczema, you are more likely to get athlete's foot.

## How do I prevent athlete's foot?

- Keep your feet dry.
- Wear cotton or cotton blend socks. This helps keep sweat away from your skin.
- Change your socks every day.
- Wash your feet at least once a day with soap and water and dry them well.

## What are my treatment options?

Your foot doctor can prescribe pills and creams to help you get rid of athlete's foot. Use the medicine as your doctor tells you to make sure the fungus is fully gone.



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