

# **ATHLETE'S FOOT/FUNGAL INFECTION**

## *Symptoms*

- Dry, itchy, scaling, burning, tingling skin
- Tiny blisters containing a clear fluid
- Foul odour
- Thickened, yellowish, or deformed nails
- Brittle or flaking of the nails
- Peeling with cracks and redness between the toes

## *Causes*

- Microscopic organism
- History of athlete's foot, excessive perspiration, compromised immune system

## *What can I do?*

Good foot hygiene including careful drying after bathing, especially between the toes and regular changing of your shoes and hose is helpful in preventing a fungal infection.

- Wear sandals in public areas such as pools, gyms, locker or shower rooms
- Avoid cream between the toes
- Keep feet as dry as possible

It is important to note that other medical conditions can look and feel like athlete's foot. If condition does not improve, you should seek medical attention.

Clients with diabetes or poor circulations are encouraged to seek professional help.

If you are looking for a foot care nurse, refer to the foot care nurse website at [www.footcarenurse.ca](http://www.footcarenurse.ca)



*Information provided by:*

**Manitoba Association  
of Foot Care Nurses**

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