



## Self-care Information

# Athlete's Foot

Tips on how you can self manage Athlete's Foot.

“Supporting you to look after you”

Athlete's foot is a common fungal infection that affects the feet and is usually found between your toes.

### Symptoms include:

- Itchy white patches between your toes.
- Sore flaky patches on your feet.
- The skin can look red, but this may be less noticeable on brown or black skin.
- Sometimes the skin on your feet may become cracked or bleed.
- The soles or sides of your feet may be affected and it sometimes causes fluid filled blisters.

## Your local community pharmacy can help with athlete's foot

### Antifungal treatments:

- Are available as creams, sprays or powders.
- Are not suitable for everyone - ask your pharmacist if you're not sure which one is best for you or the person you are caring for.
- They usually take a few weeks to work and you might need to try a few to find one that works best for you.
- **Ask your pharmacist which treatment to buy if you are pregnant, breastfeeding or buying for a child, some treatments are not suitable for younger children.**

### Did you know?

It's important to keep your feet clean and dry. You do not need to stay off work or school.

### See your GP or call 111 if:

- You have tried a few treatments from the pharmacy and they have not worked.
- You're in a lot of discomfort.
- Your foot or leg is hot, painful and red (the redness may be less noticeable on brown or black skin) - this could be a sign of a more serious infection.
- The infection spreads to other parts of your body such as your hands.
- You have diabetes—foot problems can be more serious if you have diabetes.
- You have a weakened immune system e.g. you have had an organ transplant or are having chemotherapy.

## You could try

- ✓ Drying your feet after washing them, particularly in-between your toes - dab them dry rather than rubbing them.
- ✓ Using a separate towel for your feet and wash it regularly.
- ✓ Taking your shoes off when you're at home.
- ✓ Wearing clean socks every day - cotton socks are best.
- ✓ Wearing well fitting shoes made of natural material e.g. leather - this will allow your feet to "breathe".
- ✓ Wearing protective footwear when using gyms, locker rooms, showers and swimming pools.



## Try not to

- ✗ Share your towels, socks or shoes with other people.
- ✗ Scratch the affected skin because this could spread the infection.
- ✗ Walk around barefoot – especially in places like changing rooms and showers.
- ✗ Wear the same pair of shoes for more than 2 days in a row.
- ✗ Wear shoes that make your feet hot and sweaty.



### Here are some useful links to further information

NHS Website	<a href="https://www.nhs.uk/conditions/athletes-foot/">https://www.nhs.uk/conditions/athletes-foot/</a>
Further information	<a href="https://patient.info/infections/fungal-infections/athletes-foot-tinea-pedis">https://patient.info/infections/fungal-infections/athletes-foot-tinea-pedis</a>
<b>Or visit your local pharmacy for advice</b>	



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<https://notts.icb.nhs.uk/your-health/personalised-care-2/my->