You can get an itchy rash called ringworm from fungus in locker rooms.

Here's what you can do to prevent ringworm:

**DO:** Keep your skin clean and dry.

**DON'T:** Walk barefoot in locker rooms, gyms, or public showers.

**DO:** Wash your hands after touching pets or other animals.

**DON'T:** Share towels, sports gear, or other personal items.

**DO:** Change your socks and underwear every day.

Ringworm...
- Is an itchy rash that's caused by fungus, not a worm!
- Spreads from other people, animals, and contaminated surfaces.
- Is known by other names, like "athlete's foot" or "jock itch," depending on which part of the body it's on.
- Needs to be treated with antifungal medicine.

See your school nurse or your doctor if you think you have ringworm.

For more information visit: https://www.cdc.gov/fungal/diseases/ringworm