

Ringworm



PREVENTION



Keep skin clean and dry



Don't walk barefoot in public bathrooms/damp places



Don't share personal hygiene items like **towels, hair combs**, etc.



Wash hands after touching shared objects



Use facility washing services to **wash clothes**

SYMPTOMS

Itchy, red circular rash on the skin



HOW IT SPREADS

- Skin to skin contact with another person who has ringworm
- Sharing personal objects
- Barefoot walking on damp surfaces like public bathroom floors

TREATMENT

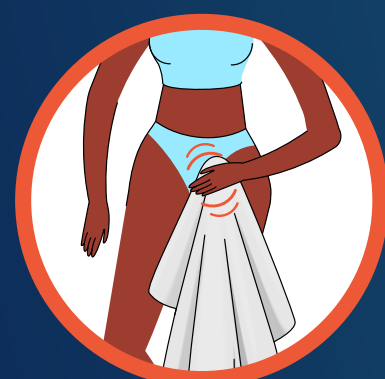


- If you have symptoms of ringworm, you can go to commissary and get **clotrimazole** or **tolnaftate**.
- If the symptoms remain after two weeks, you should see a health care professional.

Yeast Infection



PREVENTION



Keep areas **dry** where skin rubs up against skin



Good **oral hygiene**



Rinse **mouth** after using **steroid inhaler**



Only use **antibiotics** when **necessary**



Clean **clothes** and **underwear** and change them frequently

SYMPTOMS



Vagina/Genital:

- Itching
- White or yellow discharge
- Pain/discomfort while urinating



Skin:

- Occurs in moist, warm areas, often in skin folds (e.g., *armpits, groin*)
- Rash with redness and skin breakdown
- Itching or burning



Mouth/throat:

- Redness or soreness
- White patches in the mouth
- Painful eating or swallowing

TREATMENT

Vagina/Genital: Go to the commissary to get **vaginal/genital yeast infection medication**

Skin: Go to the commissary to get **clotrimazole** or **tolnaftate**

Mouth/Throat: Go to the dentist to have your mouth checked for an oral yeast infection



If symptoms remain after two weeks, you should see a **health care provider**