

Athlete's Foot, also known as *tinea pedis*, is a skin infection caused by a fungus that usually occurs between the toes and can spread to the soles of the feet and to the toenails. Warm and humid environments, like shoes, encourage fungus growth, so it is important to have good foot hygiene every day.

Symptoms include:

- Dry-looking skin
- Itching and burning between toes: if you scratch the infected areas, you can potentially infect other body areas.
- Scaling or peeling skin
- Inflammation or swelling
- Blisters: small areas of tissue can become exposed once the blister breaks

You can prevent Athlete's Foot by:

- Washing and drying feet, particularly between the toes.
- Not walking barefoot, particularly at public pools, locker rooms and hotel rooms.
- Using talcum powder or Arm & Hammer deodorant sprays to reduce perspiration.
- Wearing light and airy shoes.
- Wearing socks that keep your feet dry and changing them frequently if you perspire heavily.
- Using a SteriShoe sanitizer along with your other treatment. The SteriShoe sanitizer will not cure your infection, but it will provide a cleaner environment for your feet and will help prevent reinfection.
- If reinfection occurs, begin OTC treatment first. Use SteriShoe to clean shoes after wearing them. If infection worsens, contact the doctor.