

JOCK ITCH

Jock itch is a fungal or yeast infection of the groin. Jock Itch can be transferred from person to person through common use items such as towels or wash clothes or the sharing of clothing.

How do I know I have jock itch?

Jock itch may appear as a red to brown rash or sometimes as a ring (ring worm). It some times may have tiny pustules (pimples) associated with it and it is usually “itchy”

What do I do If I have jock itch?

In most cases jock itch can be treated with over the counter medications that contain Clotrimazole 1%, such as Lotrimin lotion/creme, Miconazole 2% Micatin, Tolnaftate 1% (Tinactin).

How do I treat jock itch?

Follow the instructions on the over the counter medication you select to treat the infection or follow specific instructions as given by your health care provider. It is important to keep the area clean, wash with soap and water frequently and dry completely. Avoid tight fitting non-absorbant athletic equipment, attire or undergarments.

What about my sex partner?

Your sex partner(s) should also have an exam. Jock Itch can be transmitted in skin to skin contact, you may need to avoid sexual contact during this time. The topical cremes and ointments used to treat Jock Itch are often oil based are not safe to use with condoms.

How can avoid jock itch?

Never share towels or clothing. Be sure to change undergarments daily. Make sure to wash athletic equipment (athletic supporters, gym clothing, socks) between uses. Be sure to dry your groin thoroughly. Avoid underwear made of nylon or other non absorbing materials.

Where can I learn more about jock itch?

Call your local health district or health care provider or call (800) 342-AIDS or the CareLine at (800) 926-2588.

