



# How to Treat Fungal Rash

Expert  
Reviewed

Three Methods: [Treating Fungal Rash At Home](#) [Treating Fungal Rash With Medicine](#) [Preventing Fungal Rash](#)

Fungal rash is very itchy and contagious. It can be easily transmitted from one person to another through sharing of personal things such as towels, and through personal contact. Fungus loves to thrive in warm and moist area of the body. It usually feeds on keratin, a protein found in your skin, nails, and hair. However it can be treated with home remedies and medications.

Method  
1

## Treating Fungal Rash At Home

- 1 Determine what type of fungus you have contracted.** Fungi that cause rashes are commonly known as Dermatophytes. They can infect the skin, mouth, hairs, and nails of the human body. There are several types of Dermatophytes, which appear in different areas of the body and cause different types of skin infections.<sup>[1]</sup>
  - Look for itchy, red, ring-shaped rashes. These are from ringworms, and can be found on exposed areas, such as the arms, legs and face. Ringworm is highly contagious.
  - Check for blisters, and peeling or cracking skin. If this is on your feet, it is Athlete's foot, and will probably be accompanied by a burning sensation. Blistering and rashes on your groin or inner thigh are Jock itch, which is similar to ringworm, but exists in a different part of your body.
  - Check your nails. Nail fungus will make your nails yellow and brittle. They can also thicken, and become painful when wearing shoes.
  - Look for patches of skin discoloration. If these patches are can be brown, pink, or white in color, and on your back, neck, and upper arms, then you have Pityriasis versicolor. If they are small white patches appearing on areas like your mouth or vagina, it is Thrush. Thrush is usually only harmful if you have a weakened immune system.<sup>[2]</sup>
- 2 Wash the affected area before treatment.** Use antiseptic soap, which will clean the area and eliminate nearby dirt and germs. Dry with a dry cloth or a hair dryer. This is a good habit for avoiding fungus as well, but you should clean the area before applying any kind of treatment.<sup>[3]</sup>
- 3 Apply tea tree oil to affected areas.** Tea tree oil has antifungal properties, and is effective in treating fungal infection. You can buy it in any local pharmacy. Apply the oil to affected areas 2 to 3 times a day.
  - Tea tree oil can be used at full strength or diluted. If you want to dilute it, try a mixing a ratio of 1 and a half tablespoons of tea tree oil to 1 cup of warm water.
  - Be very cautious when using tea tree oil when pregnant, breastfeeding, or undergoing childbirth. Some reports suggest the oil decreases contraction strength, though this is unclear due to a lack of significant scientific information.<sup>[4]</sup>
  - Avoid using tea tree oil on the skin of adolescent males, as it has been known to cause the growth of breasts (gynecomastia).<sup>[5]</sup>
- 4 Try apple cider vinegar.** Vinegar is known to have antifungal, antibacterial, and antiseptic properties. It can help treat fungal rash because it contains acid and enzymes that create a fungus-killing chemical reaction in the skin. There are several ways you can use vinegar to treat fungal rashes.
  - Dilute apple cider vinegar in a 50:50 ratio (1 cup of apple cider vinegar and 1 cup of water). You can pour a small amount of the vinegar onto a cotton ball and rub it on the affected areas 2 to 3 times per day. You can also soak the affected areas in 50:50 mix of apple cider vinegar to water for 10 to 15 minutes. Be sure to dry the area completely after soaking.
  - You can soak your entire body. Fill a tub with lukewarm water, then add 5 cups of vinegar. You can add little more you want your vinegar bath to be a bit more concentrated. Soak your body for about 10 to 20 minutes.

**5 Crush raw garlic and apply it directly to fungal rashes.** Garlic extract inhibits the growth of microorganisms due to allicin, an active ingredient of garlic produced only when it is crushed. Additionally, ajoene is another compound found in raw garlic that is very effective in treating fungal rashes. It kills fungus in the skin and promotes faster healing.

- You can apply crushed garlic to affected areas 2 times a day. Cover these areas with gauze for better absorption.
- You can try a garlic paste, made by crushing 1 clove of garlic into small pieces and mixing it with 1 tablespoon (14.8 ml) of olive oil. You can apply this to fungal rashes several times a day to promote healing.
- You can also eat 1 clove of raw garlic every day to detox your body, including any fungus living inside.

### Method 2

## Treating Fungal Rash With Medicine

**1 Discuss your rash with a doctor.** There are a number of treatments available for different kinds of fungal rash. Some of them are available without a prescription (over the counter, or OTC), and may be cheaper options than prescription medication. Your doctor can advise you if these treatments are likely to help, or write a prescription if necessary.

**2 Apply antifungal powder to areas prone to moisture.** When fungal rash is already present and the area is still warm and moist, it can worsen the condition and aggravate your symptoms. Buy an antifungal powder that can be used daily. Powder prevents moisture from accumulating by absorbing it and keeping the surface of the skin dry at all times.

- Baby powder can be used in shoes to keep your feet dry during the day, especially if you work in wet conditions, or your feet sweat a lot.

**3 Apply antifungal cream on fungal rashes.** Ketoconazole cream, an OTC drug available at any local pharmacy, is widely used to treat all forms of fungal rashes. This medication works by slowing the growth of the fungi that is infecting the skin. You can apply this cream once a day for 2 to 6 weeks until the rash totally goes away.<sup>[6]</sup> Other common antifungal creams include:

- Clotrimazole, which is sold under the brand names Canesten and Lotrimin. This is also an OTC medication that is used to treat a wide variety of fungal infections, especially yeast infections. It can be applied 2-3 times a day for 4 weeks.
- Terbinafine, sold under the brand name Lamisil. This can also be bought without a prescription. It can be taken in cream or powder form for skin infections. There is a tablet form for fungal nail infections. Lamisil can be applied for 2 to 3 days.

**4 Take prescription medication as directed.** In some severe cases, fungal rash can become worse, even after trying various home and OTC remedies. If that is the case, your doctor can write a prescription. In addition to creams and powders, some of these prescriptions are taken as pills, or injected directly into the bloodstream intravenously.

### Method 3

## Preventing Fungal Rash

**1 Maintain good hygiene to avoid fungus development.** Hygiene plays an important role in fungal growth. Chances are, if you don't normally clean the areas of your body that are usually warm and moist, you will grow fungus easily. Ensure that you regularly clean and dry all parts of your body.<sup>[7]</sup>

- You should make sure that all parts of your body are cool, dry, and moisture-free.
- Keep affected areas dry and clean, especially in areas where there are skin folds.
- Always dry your feet after washing them.
- Always cut and trim your nails.

**2 Avoid sharing personal items.** Sharing these items, such as towels, toothbrushes, socks, and underwear, can

bring you into contact with fungus. In order to be certain that you don't pick up an infection from anyone, try to avoid sharing items that come in regular contact with the body.

- Use slippers when walking in saunas and communal shower facilities to avoid stepping on fungus.

**3 Always wash your clothes and undergarments.** Regularly washing clothes, especially undergarments, will remove fungus from the garments. Additionally, keeping garments clean and free of sweat will prevent the creation of an environment suitable for fungal development.

- Change your socks every day. Wear socks made of cotton, which is a more breathable material that will help keep your feet dry.

**4 Keep your home clean.** This is especially important for rooms like the bedroom or bathroom, where you might spend a lot of time with exposed skin. Use disinfectants in the bathroom, and try to keep sinks, tubs, and showers dry when not in use. For the bedroom, wash bed sheets and covers regularly.

**5 Be on the lookout for additional risk factors.** If you are overweight, diabetic, incontinent, or sweat heavily, you will be at greater risk for contracting a fungal rash. Certain lifestyle changes may also increase the risk of fungal rash. People who are taking high-dose or long-term antibiotics, have started using new skin care products, or have lost their mobility could contract a fungus as a result of these conditions.<sup>[8]</sup>

## Tips

- Some treatments may take time to take effect. Don't get impatient if you don't see results right away. If, after the suggested treatment period, you are not getting any results, talk to a doctor about stronger treatments.
- Read the instructions on medications very carefully before taking them. Be aware of any restrictions or side effects that may result.
- Do not mix medications. It may cause them to work improperly, and could be dangerous to your health.

## Sources and Citations

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3. [http://my.clevelandclinic.org/health/diseases\\_conditions/hic\\_Contact\\_Dermatitis/hic\\_How\\_to\\_Care\\_for\\_a\\_Fungal\\_Rash](http://my.clevelandclinic.org/health/diseases_conditions/hic_Contact_Dermatitis/hic_How_to_Care_for_a_Fungal_Rash)

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