

WARNING - FUNGAL INFECTION SPREADING AGGRESSIVELY IN THE PERFORMER POOL

Ringworm — also known as “jock itch” or “athlete’s foot” is not a ‘worm’ but an itchy fungus. The fungus is spread through direct contact with an infected person, pet, or object. The fungus thrives in warm, moist environments, which is why it commonly affects areas of the body prone to sweat - such as the feet and groin.

While it is highly contagious and there is no way to guarantee prevention, maintaining strict hygiene practices can help reduce the risk. While most people report itching and redness, in serious cases, ringworm can also cause hair loss, fingernails lifting of the nailbed, secondary infections, and an increased risk for contracting STIs due to raw open skin. Over-the-counter treatments are available, depending on the severity and affected area. While redness may clear after 72hrs, in many cases it can take between 2-4 weeks to fully eliminate the fungus.

DO NOT:

- Shoot with untreated or suspected ringworm
- Share unwashed towels, clothes, makeup brushes or bedding with performers or partners
- Cover any skin redness with makeup; It can worsen the infection and possibly expose others to the fungus.

DO:

- Inspect yourself, *and* your scene partners, for redness, circular marks or areas that may itch or seem inflamed. You can see what ringworm looks like [here](#).
- Wash thoroughly with soap and water immediately after each scene. Be sure to dry completely.
- Bring your own brushes and or makeup if needed
- Inspect potential partners for redness or tell-tale marks
- Consult a doctor, and treat infected areas quickly to prevent spreading
- Check your pets for signs of ringworm and have them treated by a veterinarian

STEPS PERFORMERS CAN TAKE TO PREVENT RINGWORM:

- Share this information with other performers and production companies, and talent agents.
- Examine yourself for signs of ringworm, and seek treatment if necessary. If you are unsure of what to look for, consult a medical provider.
- Examine the performers you work with consensually for signs of ringworm before makeup and wardrobe.
- When possible, bring your own supplies (makeup, wardrobe, sanitary supplies, etc...) for personal use.
- Thoroughly bathe with soap and water after each scene. Make sure you dry yourself completely.
- Do not share towels
- If you believe you have ringworm DO NOT conceal it with make-up, this can worsen and lengthen the fungal infection. Seek treatment immediately; if you are unsure, consult with a medical provider.

IF YOU HAVE RINGWORM

- Do not be ashamed. Ringworm, Athlete’s Foot, and Jock Itch are common fungal infections that could easily have been contracted in the gym, from pets, or other common places.
- Take care of yourself and the people around you by completing the entire treatment course as directed. Using topical medications may show improvement or clear the infected area in as little as two or three days – however, if the entire treatment course is not adhered to the infection may reappear. Follow the directions listed on the medication or as prescribed by a physician.
- Keep the infected area clean and dry. Try to avoid scratching or wearing clothing that irritates the infected area. Keep the area clean and dry – cover with a bandage, if necessary.
- Wash or change bedding and towels daily during the course of the infection. It is very easy to re-infect yourself with ringworm if you do not disinfect the items you come into contact with during your course of treatment. Be diligent in making sure you’re not re-exposing yourself to the fungal spores and prolonging the length of recovery time.