

Tips to Manage Fungal Infections

- Take bath twice daily, preferably in cold water. After bath, thoroughly wipe the body dry.
- Keep the skin around genital areas clean and dry. Wear loose -fitting, cotton undergarments.
- Keep your feet clean. After washing, thoroughly dry the skin between the toes.
- Keep your nails clean and clipped short.
- Avoid tight, synthetic garments such as jeans and leggings. Wear clean, dry, loose, cotton clothes.
- Wear clean, cotton socks. Change them daily.
- Avoid sharing clothes, towels, bed linen, pillow covers, combs, headgear or other personal hygiene items.
- Regularly wash clothes, bed linen, towels and pillow covers separately in hot water. Sun dry or reverse iron before use.
- Avoid tight footwear. It's best to choose open footwear.
- Wear sandals or shoes at gyms, locker rooms and public pools.
- Take the medicines as suggested by your doctor.
- Avoid over-the-counter (OTC) drugs, self - medication and sharing of prescriptions.

Reference

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