



香港紅十字會
HONG KONG RED CROSS

Tinea pedis



Smelly Feet always happen in spring which have high humidity level. It is one of the signs and symptoms of Tinea pedis (commonly known as “athlete’s foot”). Tinea is an infectious skin disease caused by fungal parasites on the skin. Fungus is a parasitic microorganism fond of humid environments. Things going “moldy”, a common phenomenon in our everyday life, is one example of fungal growth.



Tinea pedis

The infected sites: Usually infecting the skin between toes

Signs and symptoms

- Blisters
- Peeling off dry and cracked skin
- Strong itchiness
- Smelly Feet

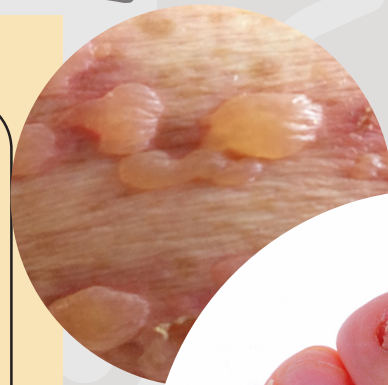


Improper treatment may lead to the development of bacterial dermatitis and pus-producing lesions.

Preventions

Main Purpose

- Reduce the amount of sweat that collects on your feet
- Reduce the amount of bacteria on your feet





Preventive measures

Practicing good foot hygiene

- Bathe and wash your feet daily in warm water with mild soap.
- Dry feet well after washing, especially between the toes
- Avoid sharing shoes or socks with others



Wearing clean and proper socks

- Wear clean socks
- Wear soft socks, which are made of cotton, or other absorbent materials
- Always wear socks when wearing closed shoes



Reducing sweating and excess moisture

- Ensure shoes fit properly and rest your feet as much as possible
- Keep your body cool to reduce sweating
- Wear cotton socks to absorb moisture from feet



Wearing proper footwear

- Wear breathable shoes, such as those made of leather, canvas etc.
- Avoid the use of plastic shoes
- Wear well-ventilated footwear instead of very constrictive shoes such as boots
- Leave your shoes in well-ventilated places to dry properly
- Avoid wearing the same pair of shoes in two consecutive days
- If the odour in the shoes doesn't go away, even with the help of odour elimination products, discard the shoes



WARNING

If the problem persists despite all the preventive measures and having athlete's foot which is caused by fungal infections, get help from your doctor immediately.

References:

The Centre for Health Protection, Department of Health
Drug Office, Department of Health
Elderly Health Services, Department of Health

The above information is for reference only.

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