



Effective Preventive Measures For Jock Itch In Children



Encourage taking baths after playing

Have them change their undergarments daily



Dress them in loose clothing during warm and humid weather

Choose breathable cotton undergarments instead of polyester ones



Wash their sports outfits, towels, and bedsheets frequently

Encourage them to avoid sharing clothes and towels



Encourage them to avoid public showers and shared lockers