

FUNGI

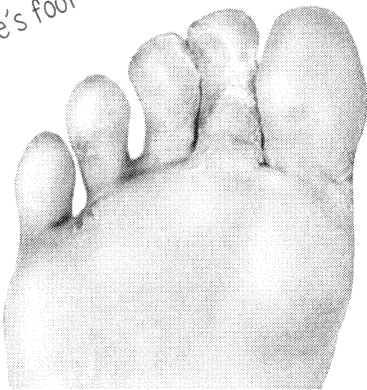
Fungi can be found in soil, on plants, trees, and other vegetation, and on our skin, mucous membranes, and intestinal tracts. Most fungi are not dangerous, and some can even be helpful — for example, penicillin, bread, wine, and beer use ingredients made from fungi. However, some types of fungi can be harmful to health (like bacteria and viruses are) and can act as pathogens or toxins.

Fungi are living organisms that can be either single-celled yeasts or multicellular. They are slightly larger than bacteria. Often they are long, threadlike structures, but can also occur in forms like mushrooms. Fungi pathogens can cause disease such as athlete's foot, ringworm, and thrush. The symptoms of fungal diseases depend on the type of infection and location within the body. Some types of fungal infections can be mild, such as a rash or a mild respiratory illness. However, other fungal infections can be severe, such as fungal pneumonia or bloodstream infection, and can lead to serious complications such as meningitis or death. Fungi spread using agents such as wind, water, or animals through its spore's tiny reproductive cells. Some common fungal infections include tinea, athlete's foot, jock itch and Candida which can be cured (treated) using antifungal creams, shampoos and medicine.

Fungi thrive in warm, dark, and humid places. To prevent fungal infections it is best to

- make sure you thoroughly wash your hands
- practice good hygiene,
- do not share shoes,
- wear dry socks (or take off sweaty socks)
- NOT walk barefoot on locker room floors.

Athlete's foot — fungal infection



Ringworm / fungal infection

