

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

Mom Junction Source: https://www.momjunction.com/articles/jock-itch-in-kids-treatment-home-

remedies_00651613/