



IS ALOPECIA AREATA INFECTIOUS?

The Short Answer

- No. Alopecia Areata is not contagious.
- It cannot be passed from person to person through touch, air, or sharing items.
- The condition arises from an internal immune response, not from bacteria, viruses, or fungi.
- Alopecia Areata develops inside the body, not from an outside infection.

Sources:

- [Epidemiology and burden of alopecia areata: a systematic review. CCID. \(2015\). Link](#)
- [Alopecia Areata: An Updated Review for 2023. JCMS. \(2023\). Link](#)



WHY IT'S NOT CONTAGIOUS

- Alopecia Areata is caused by autoimmune inflammation, where the immune system mistakenly attacks hair follicles.
- There are no infectious agents (like viruses or bacteria) involved.
- People living with Alopecia Areata can safely share spaces, objects, or physical contact with others.
- The condition is non-communicable and poses no risk to others.

Sources:

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WHAT IT IS, NOT WHAT IT ISN'T

- It is: an autoimmune condition driven by genetic and immune factors.
- It isn't: caused by germs, infections, or poor hygiene.
- Some forms of hair loss can result from infections (like fungal scalp infections), but Alopecia Areata is not one of them.

Even though it looks like hair "falling out," it's actually hair growth being paused by the immune system.

Sources:

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Quick Facts Box

Fact	Information	Source
Underlying cause	Autoimmune attack on hair follicles	CCID (2015)
Inflammation	Immune cells surround follicles and halt hair growth	JCMS (2023)
Follicle survival	Hair follicles stay alive; regrowth possible	JCMS (2023)
Main immune cells	T-cells, cytokines, and interferon pathways	CCID (2015)
Possible triggers	Genetic susceptibility, infections, stress, hormonal changes	PubMed (2025)
Contagious?	✗ No	CCID (2015)

Sources:

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Learn more about Alopecia Areata, treatment options, and real-life stories at aaaf.org.au

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