



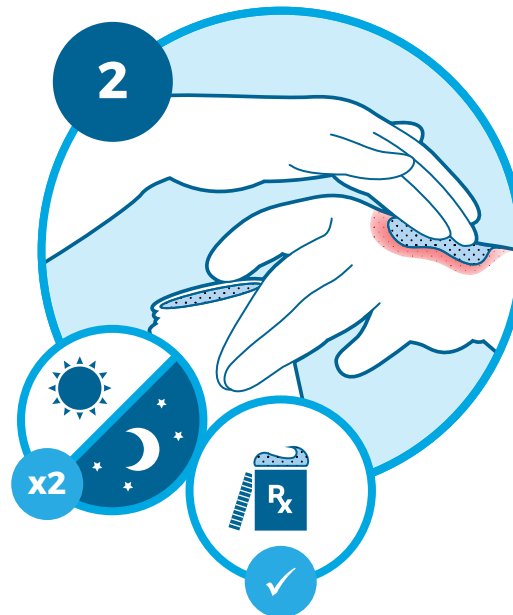
ECZEMA SKIN CARE MADE SIMPLE

BATHING, MEDICATIONS & MOISTURIZING



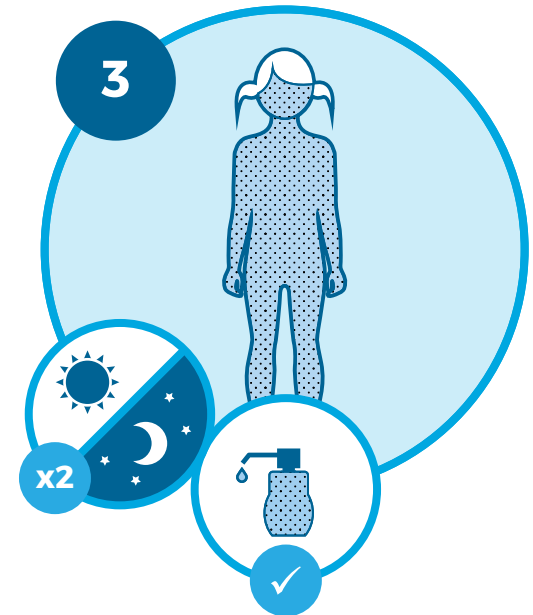
BATHING

- Bathe **once daily** with **warm water** for **5 to 10 minutes**.
- Clean with gentle, non-scented cleansers. Right after the bath, pat skin gently with a clean, soft towel.
- Make sure you apply moisturizer after every bath or shower.



MEDICATION

- Apply a layer of prescription creams or ointments on the **red, itchy and rough rash areas** as prescribed by your doctor (e.g. twice a day).
- One application can be after having a bath.

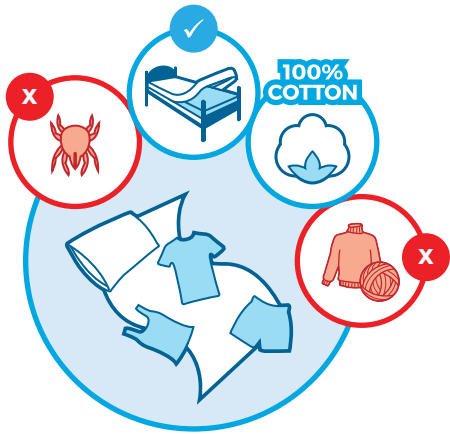


MOISTURIZING

- Put a good amount of moisturizer on the entire body **at least twice a day** (three if you can!).
- See our Seal of Acceptance products for some suggestions.

Need help finding suitable skin care products? Look for the **Eczema Society of Canada Seal of Acceptance** on moisturizers and cleansers at your local drug or grocery store. eczemahelp.ca

AROUND THE HOME



CLOTHING & BEDDING

Use 100% cotton clothing and bedding, protect your mattress with a dust mite cover, wash sheets weekly, and avoid overheating.



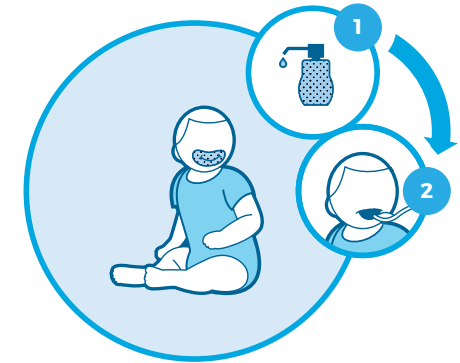
LAUNDRY

Wash laundry with mild, fragrance- and dye-free detergents. Rinse twice if possible.



ENVIRONMENT

Keep your house cool, try a humidifier in the winter, avoid playing in grass or leaves, and avoid products that might irritate your skin.



FEEDING

For babies and young children, apply moisturizer around the mouth before feeding.

KEEP IN MIND



Infected eczema (yellow scabbing, visible pus, swollen skin, or increasing pain and warmth) needs to be seen by a doctor immediately.



Keep skin moisturized to reduce itch.



Keep nails smooth and trimmed short. Wear soft cotton gloves at night if this helps.

MANAGING FLARE-UPS



Reduce stress as much as possible as stress can make your eczema worse.



During a flare up or period of intense itching, try a cool compress, take a cool bath or shower and apply moisturizer.



Try finding a distracting activity such as reading, watching television or playing a video game.

For more information or support, contact Eczema Society of Canada at **1-855-ECZEMA-1** or **eczemahelp.ca**

We thank **Dr. Rachel Asiniwasis, MD, FRCPC (Dermatology)** and **Dr. Joseph Lam, MD, FRCPC (Paediatrics)** for their contributions on this resource. Copyright © 2015-2016