



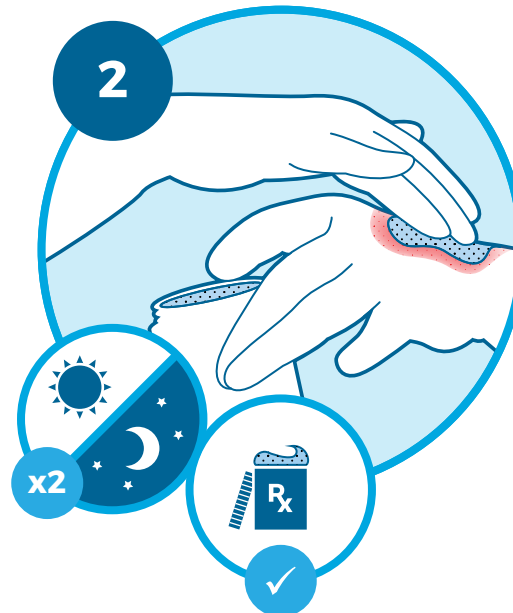
ECZEMA SKIN CARE MADE SIMPLE

BATHING, MEDICATIONS & MOISTURIZING



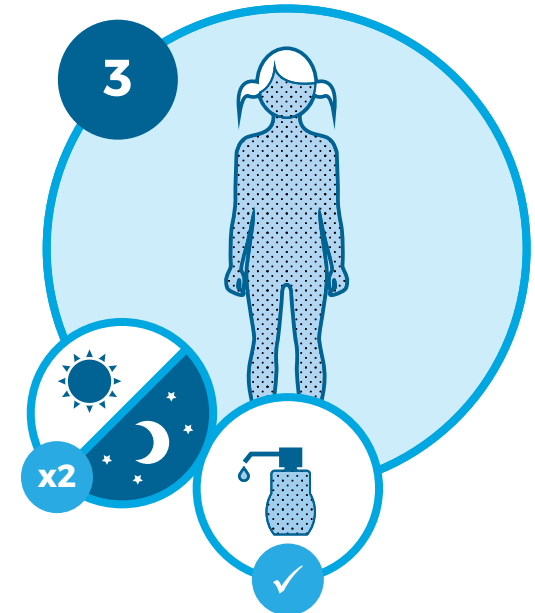
BATHING

- Bathe **once daily** with **warm water** for **5 to 10 minutes**.
 - Clean with gentle cleansers.
 - Make sure you apply moisturizer soon 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.



MOISTURIZING

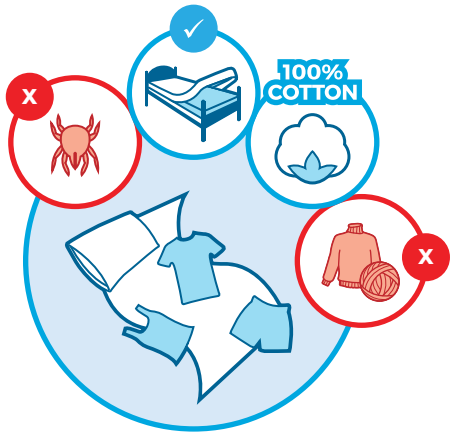
- Put a generous amount of moisturizer on the entire body **at least twice a day** (three if you can!).

NOTES:

Need help finding suitable skin care products? Look for the **Eczema Society of Canada Seal of Acceptance**.
www.eczema-help.ca



AROUND THE HOME



CLOTHING & BEDDING

You may prefer 100% cotton clothing and bedding. You can also protect your mattress with a dust mite cover, wash sheets weekly, and avoid overheating.



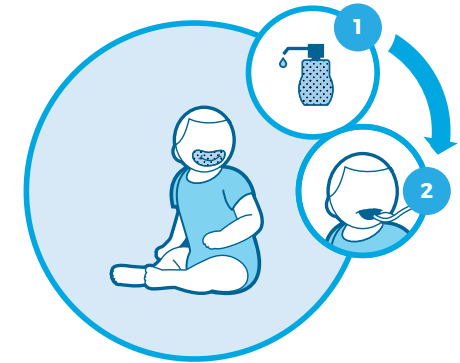
LAUNDRY

You may prefer washing laundry with mild, fragrance- and dye-free detergents. Rinse twice if possible.



ENVIRONMENT

Keep your house cool, try a humidifier in the winter, and avoid your triggers (common triggers include grass, dust, and overheating).



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 that is pleasurable such as reading, watching television or playing a game.

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

We thank Dr. Rachel Asiniwasis, MD, FRCPC (Dermatology) and Dr. Joseph Lam, MD, FRCPC (Paediatrics) for their contributions on this resource. Copyright © 2015-2018