

Trigger Chart

Look around you and write down all of the possible things in your surroundings that could be contributing to your flare-ups. For example, do you experience a flare-up or worsening of your eczema when you wear a certain sweater? Is your eczema worse in the winter? Do you itch on the days when you clean your house? Does perfume irritate your skin?

Use this Trigger Chart to help to identify your triggers.



Environmental Factor/Trigger	Name of Product	Date and Time	Symptoms Experienced	Pain Level (Low, Med, High)	Approach/Treatment Used
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Dust Mites

Soaps/detergents/fabric softener sheets

Lotions/creams

Pet dander

Change in seasons

Deodorants

Perfumes

Cosmetics

Shampoo/hair products

Bubble bath/bath oils/scented bath salts

Wool/other fabrics

Latex/rubber/plastic

Water (hot baths, chlorinated)

Tobacco smoke

Plants

Cleaning products

Foods (eggs, milk, wheat, citrus foods, soy, seafood, etc.)

Sweating

Change in weather