



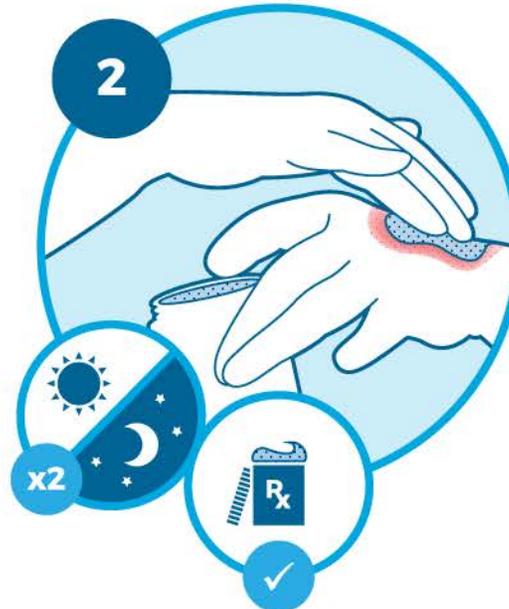
# ECZEMA SKIN CARE MADE SIMPLE

## BATHING, MEDICATIONS & MOISTURIZING



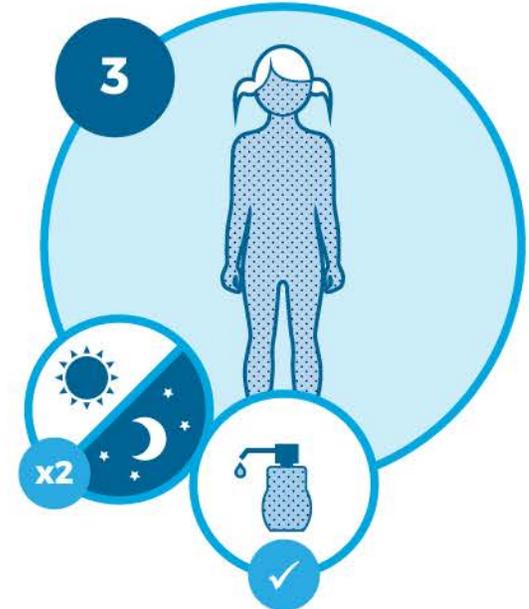
### BATHING

- 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

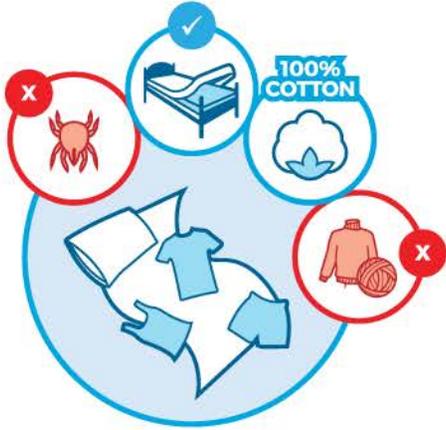
- Put a generous amount of moisturizer on the entire body **at least twice a day** (three if you can!).

NOTES:

Need help finding suitable skin care products? Look for the **Eczema Society of Canada Seal of Acceptance**.  
[www.eczema-help.ca](http://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](http://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