

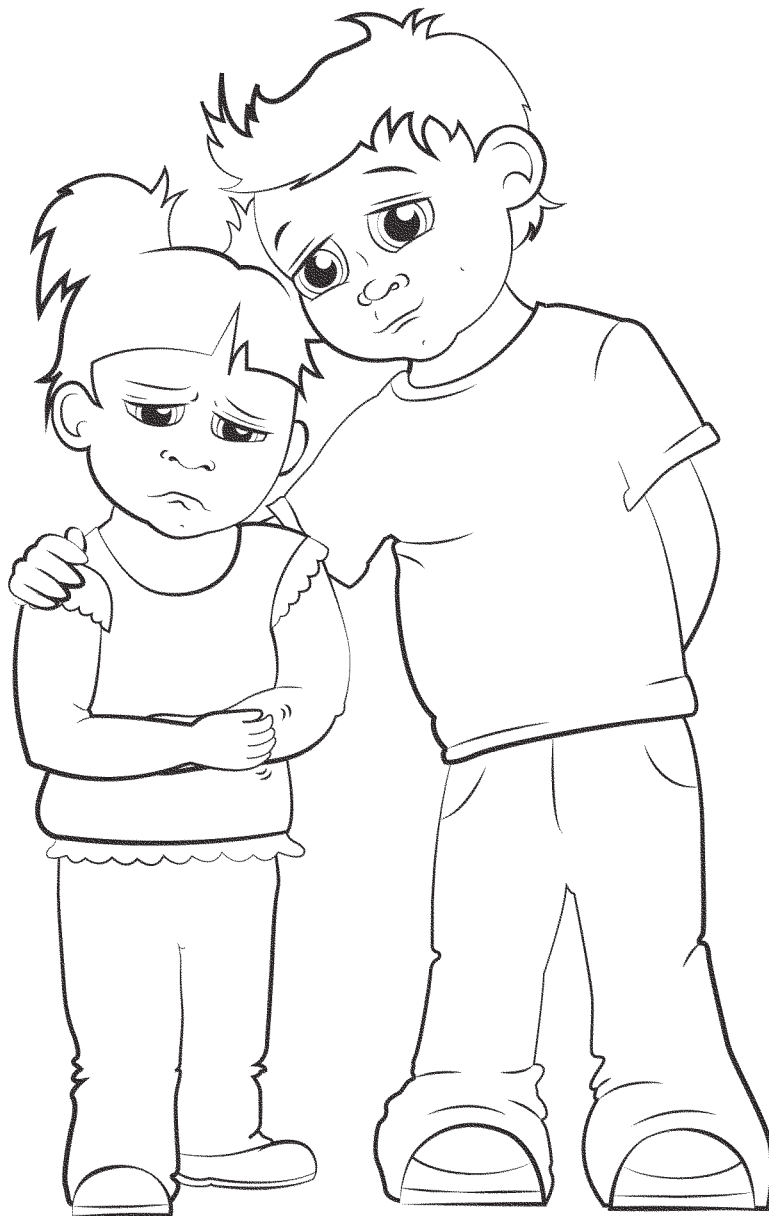
I have eczema!

Colouring Book & Skin Care Guide



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I have eczema. My brother and my dad have it too. Eczema is a skin condition that makes my skin dry and itchy, and I can have eczema flare-ups. A flare-up is when my skin becomes red, bumpy, angry, and very very itchy! I need to use medicine on my skin during a flare up.



There are things I can do myself to make my eczema better, like using cream on my skin. When I wake up in the morning, I have to put my cream on before I get dressed. It's part of my morning routine, just like brushing my teeth, and it doesn't take very long.

Using lots of cream on my skin is very important. It helps to take away the dryness.



At bedtime, I have to take my bath or shower. In the bath, I soak for 5 to 10 minutes in warm water. No bubble bath for me, as it could bother my skin. Instead, I use a gentle cleanser. After the bath or shower, I put my medication on the eczema patches. Then I put cream on the rest of my skin.



Sometimes my eczema makes me feel really upset! Having eczema can be frustrating.



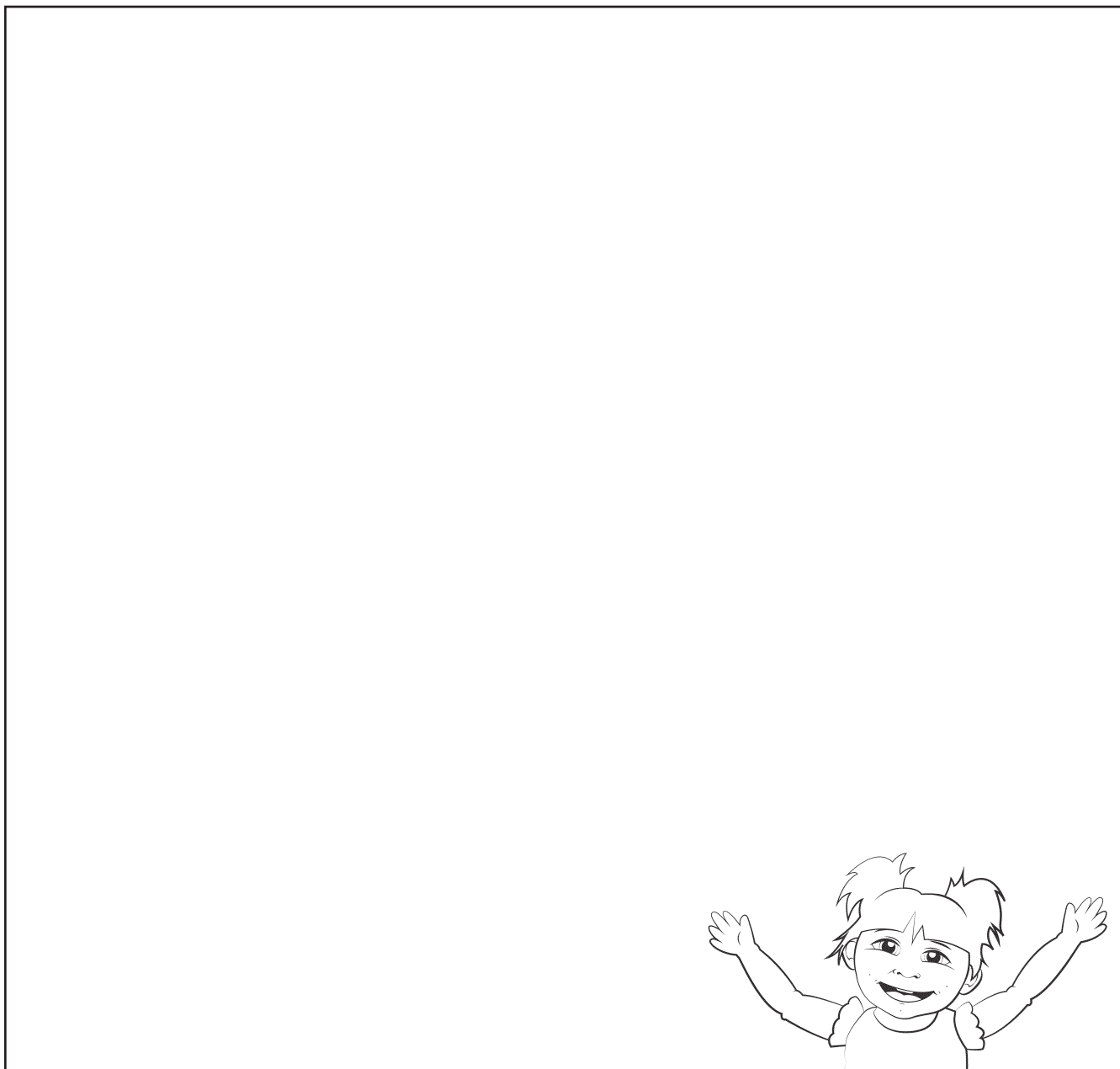
There are other things I can do to help with my eczema:

- Keep nails trimmed short and filed smooth – long, rough nails can do a lot of damage when scratching!
- Put cream on as soon as skin feels dry and itchy.
- Keep cream in the refrigerator for a cooling feeling during a flare-up.
- During an eczema flare-up, use a cool pack or cold compress to make skin feel better.
- Use medications exactly as the doctor says.
- Dress in light layers of clothing in natural soft fabrics and try to stay cool.
- After sweating, such as when playing sports or during the summer months, try a cool bath or shower, then apply cream.



My Eczema

Draw a picture of what it's like to live with eczema.



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