

Helpful tips for managing eczema

There are several steps to take that can help you manage your, or your child's, chronic condition.



Avoid triggers

Know and avoid the things that can trigger symptoms.

Triggers may include:

- Tobacco smoke
- Air pollutants
- Dust mites, pollen, animal dander
- Weather: Changing temperatures and seasons, humidity, extreme heat or cold



Reduce irritation

If eczema does become uncomfortable, there are helpful ways to soothe or reduce irritation.

- **Avoid** scratching or rubbing, which can increase inflammation and itchiness
- **Moisturize** the skin at least twice a day
- **Bathe** and moisturize with slightly damp skin and wait until moisturizer soaks in before getting dressed



Share with others

It's not always easy, but here are some steps to take to help start the conversation.

- **Ask** who you are sharing with, what their relationship is with you or your child, and why you want to share with this person
- **Describe** how the condition affects daily activities
- **Think** about the most important thing you want this person to know