



ECZEMA

- **Eczema is a skin condition.** It is more common in families and in those with asthma/allergies. The skin can get red, itchy, bumpy, or feel very dry; if it gets very severe it can blister and weep fluid.
- **You may notice that certain things cause your eczema to flare up or get worse:**
 - Pets (contact with saliva or dander)
 - Scratchy/rough clothing
 - Sweating frequently
 - Soaps, especially if they have added fragrances or chemicals
 - Cleaning products or other chemicals
 - A cold or the flu
- **There is no cure for eczema. However, there are treatments that can make it feel better.**
 - Avoid your triggers if you can
 - Avoid showering/bathing every single day, as this can dry out the skin
 - When showering or bathing, do not use water that is very hot or very cold
 - Use small amounts of a plain soap without added fragrances or chemicals (some examples of good ones are Dove and Cetaphil).
 - Do not rub your skin dry – gently pat yourself dry so that your skin is still moist but not dripping
 - Slather on a generous amount of a plain moisturizer cream or ointment, such as Lubriderm for Very Dry Skin, Aquaphor, Eucerin, or Aveeno. It may take a few minutes for this to absorb fully into your skin
 - Re-apply your moisturizer as needed throughout the day
- **What medications treat eczema?**
 - Severe flares can be treated with a topical steroid. These should be used in very small amounts for the shortest time possible, as they can cause thinning of the skin or changes in skin color if they are used too much
 - Oral antihistamines like Benadryl and Zyrtec can help with itching
 - Severe cases of eczema may require evaluation by a specialist (Dermatologist)