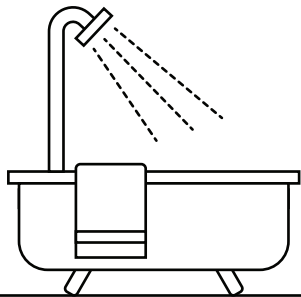




ECZEMA SKIN CARE BASICS

Eczema Society of Canada (ESC) thanks Canadian doctors Rachel Asiniwasis, MD, FRCPC (dermatology), Joseph Lam, MD, FRCPC (paediatrics), and Simon Nigen, MD, FRCPC (dermatology) for providing the content in this resource.

DISCLAIMER: Information provided in this resource does not constitute medical advice and is not intended to be used as a diagnostic tool. The information is up-to-date at time of publication. All medications, interventions, and treatment plans have risks and benefits, and it is important that individuals discuss their or their child's specific health care needs with a qualified health care professional.



BATHING

Baths or showers using warm water (not hot!) can be limited to 5 to 10 minutes in duration to avoid over-drying the skin.



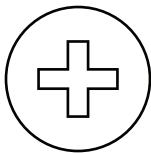
MOISTURIZING

Applying moisturizer to dry skin can help to reduce itch and make dry skin feel more comfortable. You can view ESC's Seal of Acceptance program online at eczemahelp.ca



TOPICAL MEDICATIONS

Prescription topical medications may be prescribed to treat the patches or areas of inflammation, and should be used as per your/your child's doctor's instructions.



REMEMBER

Infected eczema (e.g. yellow scabbing, visible pus, swollen skin, and/or increasing pain and warmth) needs to be seen by a doctor immediately.



DID YOU KNOW?

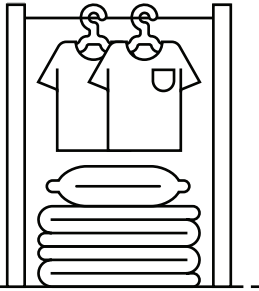
Atopic dermatitis (AD) is the most common form of eczema, and the terms AD and eczema are often used interchangeably.

For more information about Eczema Society of Canada visit eczemahelp.ca

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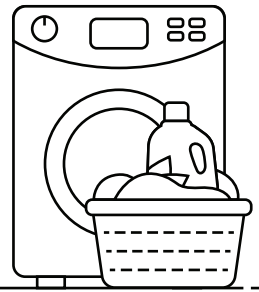
AROUND THE HOME

KEEP IN MIND



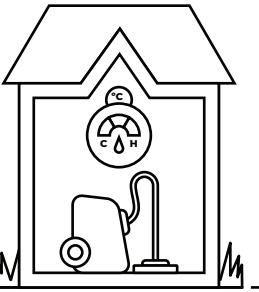
CLOTHING & BEDDING

Soft clothing and bedding, such as those made from 100% cotton, may be preferred. Bed linens and towels should be washed regularly.



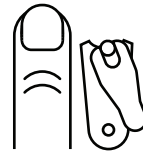
LAUNDRY

Look for fragrance-free and dye-free laundry products formulated for sensitive skin. Rinsing laundry twice may be helpful.



ENVIRONMENT

The skin may feel more comfortable if the home is kept cool instead of hot. Avoiding or reducing triggers as much as possible may also help.



Keep nails smooth and trimmed short to reduce damage done by scratching.



Moisturizing dry skin may help to reduce itch.



When feeling itchy, try a distracting activity such as reading, watching television, or playing a video game.



Try to reduce stress as much as possible as stress can make your eczema worse. Taking a walk, meditating or doing something you enjoy may help.

NOTES:

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