



What are the triggers of Eczema?

Avoiding triggers and controlling flare ups/inflammation are ways in which you can manage your condition. However, the triggers of eczema will often be different for each individual with rarely just one trigger being responsible. It can be extremely frustrating to try and work out the cause of each flare up. Below are some common triggers to help in identifying your triggers.

Common triggers



Dry skin



Stress



Clothing

coarse, scratchy wool, synthetic materials like polyester, tags on clothing.



Pet dander and saliva



Skin irritants

such as soaps and detergents.



Dust mite

if there is an allergy to household dust mite.



Viral and bacterial infections

can both seriously aggravate eczema. Herpes simplex (cold sores) may become widespread and require hospitalisation.



Skin allergens

such as perfume, preservatives in skincare products, metals such as nickel and many others cause allergic contact dermatitis.



Weather

dry, low humidity or hot humid sweaty weather.



Food allergies or intolerances

seek doctors/ allergist/ immunologist advice before eliminating foods.



Pollens, grasses and moulds



ABOUT US

Eczema Support Australia provides support to Australians who are significantly impacted by chronic eczema and other atopic or allergic conditions. The registered charity believes all families and individuals living with these chronic conditions deserve our community support and is guided by the three pillars of: **1. Advocacy 2. Connection 3. Information**