



Eczema Support
AUSTRALIA

Eczema Care for *Everyone*

GET CONTROL OF ECZEMA

Available in other languages [HERE](#)

What is eczema?

Eczema is a condition that makes skin itchy. The skin can be dry and sometimes flaky.

It can't be cured but it can be controlled.



Keep skin moisturised

Moisturising all over, everyday, helps keep skin healthy.



Keep flares under control

When the skin gets sore and itchy, it is called a flare. There are safe treatments from the doctor that can help.



● Keep skin calm

Here are common things that may make eczema worse:

Common eczema triggers:	Try this:
Soaps, bubble baths, washing powders	Use soap-free and fragrance-free products.
Getting too hot	Wear soft cotton or bamboo clothes. Dress in light layers. Keep rooms cool.
Prickly fabrics (wool) or synthetics (nylon)	Wear loose, soft cotton or bamboo clothes.
Sand, carpet or grass	Cover skin with cotton or bamboo clothes or sit on a towel.
Scratching	Keep nails short. Use scratch sleeves or mittens if needed.
Over-chlorinated swimming pools	Rinse off after swimming and use lots of moisturiser.
Teething and dribbling (babies)	Apply a barrier cream like petroleum jelly around the mouth and chin.



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FOR MORE HELP

For the downloadable Eczema Care Plan, 'How To' video resources and helpful links visit www.eczemasupport.org.au/helpful-links/



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