

common eczema triggers

Identifying and avoiding triggers is important to your eczema management plan.



Common Irritants

Soaps, detergents & dryer sheets	Bubble-bath & certain shampoos	Wool or other coarse fabrics	Fragrances & dyes
Contact with juice from acidic fruits, raw meats, onion and garlic			

- Wash new clothes before putting them on your child
- Use dye-free and fragrance-free detergents and avoid using dryer sheets
- Use sunscreens made for sensitive skin



Common Allergens

House dust mites	Pets	Pollen (seasonal)	Molds
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For some people, their skin gets itchy and inflamed when they're in contact with certain things, causing an allergic reaction.

To reduce house dust mites:

- Vacuum and wet-dust the bedroom floor and furniture frequently
- Keep soft toys to a minimum



Climate & Environment

Hot or cold temperature	High or low humidity	Cigarette smoke	Pollution
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- Avoid letting your child get too hot or too cold
- Maintain an even temperature and humidity in your home



Stress

Stress doesn't cause eczema, but stress, anger and frustration can make eczema symptoms worse. Stress can also cause habit scratching known as the itch-scratch cycle.

- Keep your child's fingernails short. Consider cotton gloves or mittens at night if your child tends to scratch during sleep



Metals

Chromium	Cobalt chloride	Copper	Gold	Nickel
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Daily Care and Prevention

Proper bathing and moisturizing are essential for the daily care of skin with eczema. Mild cleansing can help prepare the skin for topical therapies. Moisturizers restore and strengthen the skin's moisture barrier. Continue a regular routine even when your child does not have a flare.



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