

THINGS TO KNOW ABOUT **Eczema**

Eczema (also known as Atopic Dermatitis) is a chronic non-contagious skin disorder, It occurs in both children and adults, sometimes with other allergies and Asthma. Onset usually occurs in infancy after 2 months of age. Eczema is a very itchy, dry red, sometimes scaly rash, and usually begins early in life. There are several kinds of eczema, some are caused by allergic reactions (medications, food) or touched (plants, certain clothing). Most often the cause is unknown.

WHEN SKIN IS CLEAR:

- ☞ Bathe using Alpha-Keri or Nivea oil (one teaspoon to one quart of water).
- ☞ Apply emollients that seal water into skin after it is moistened by bathing (Nivea, Eucerin, Aquaphor, Alpha-Keri, Domol).
- ☞ Other treatment as prescribed.

DRY, PINK PERSISTANT ITCHING:

- ☞ Avoid soap and *hot* water (lukewarm water only)
- ☞ Soap substitutes (Lowila cake, neutrogena, Cetaphil) can be used. Apply with wash cloth to cleanse bottom, underarm, neck folds.
- ☞ Apply emollients that seal water into skin after it is moistened by bathing (Nivea, Eucerin, Aquaphor, Alpha-Keri, Domol).
- ☞ Other treatment as prescribed

ACUTE WEEPING STATE :

- ☞ For general involvement, bathe in lukewarm water for fifteen minutes, twice a day
- ☞ Avoid use of soaps.
- ☞ For small areas of involvement, apply soft cloth compresses of clear water at room temperature for fifteen minutes, two-four times a day.
- ☞ Avoid use of soap.
- ☞ Other treatment as prescribed.



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GENERAL INFORMATION to avoid flare-ups:

- ☞ Foods may aggravate this condition.
- ☞ Check with your doctor before using new over the counter products
- ☞ Environmental control may be indicated in individuals with positive skin tests, pollen sensitivity or with significant symptoms of allergy including food sensitivity.
- ☞ If you are allergic to any of the following, avoid exposure to skin irritants such as wool, wool carpets, silk, feathers, stuffed animals, down pillows and comforters.
- ☞ Launder clothing and sheets in mild detergent. Rinse twice to remove all residues. Avoid fabric softener if you suspect it is part of the problem.
- ☞ Avoid all oily, greasy topical preparations, harsh soaps & bubble bath.
- ☞ Avoid overdressing or overheating.
- ☞ Use a humidifier in the bedroom.
- ☞ Short fingernails, long sleeves, long pants and one-piece outfits prevent scratching of exposed skin areas.
- ☞ Give your child lots of attention and affection. He/she needs to be cuddled and played with often.
- ☞ Avoid persons with active herpes lesions (cold sores) and persons who have recently been vaccinated.



Jefferson County Public Health
Community Health Services
260 S. Kipling
Lakewood, CO 80226
303-239-7033

Nov-11



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