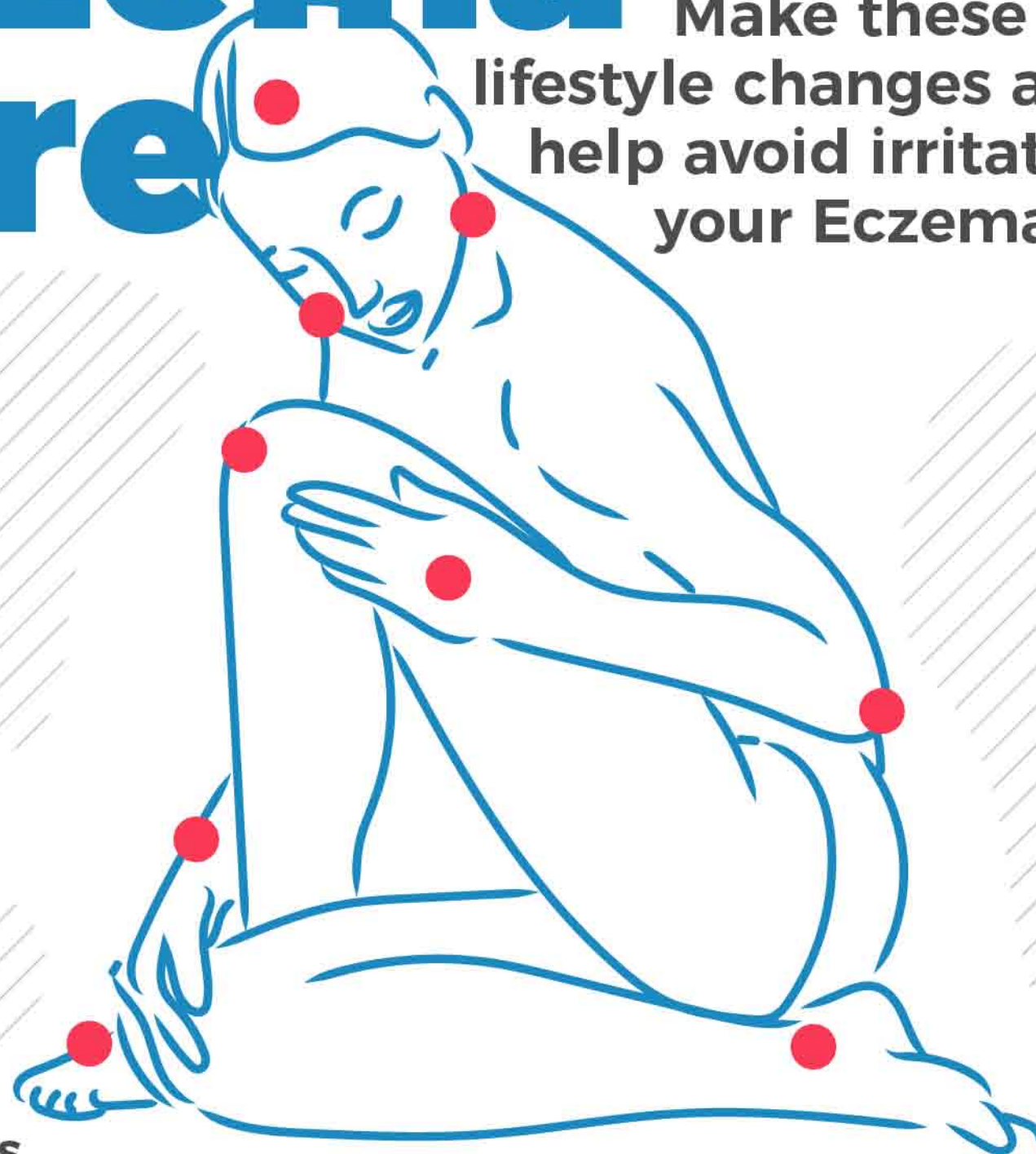




Eczema Care

Make these easy lifestyle changes and help avoid irritating your Eczema



AFFECTED AREAS

- Scalp
- Face
- Neck
- Elbow
- Knee
- Wrist
- Ankles
- Hands
- Feet

CAUSES

ALLERGIC DERMATITIS

Symptoms occur within 48 hrs after contact:

- Poison Ivy
- Metal
- Dyes
- Perfumes
- Preservatives

IRRITANT DERMATITIS

Symptoms occur from frequent exposure to:

- Soaps
- Detergent
- Cleaning Products



Hives



Burning Skin



Itchy Skin



Broken NaSkin

Symptoms

AVOID

- Tight Fitting Clothes • Dust • Fungus & Mold
- Hot Showers & Baths • Excessively Hot Weather
- Wool • Hemp • Denim & Leather
- Harsh Soaps • Detergents & Perfumes

Natural Support

Antihistamines • Moisturizer

Sun Protection • Cool Compress • Reduce Stress

Cotton linens and clothes • Hypoallergenic Makeup & Cleansers

(1) Eczema, Canadian Dermatology Association. Accessed April 1, 2017. <http://dermatology.ca/public-patients/skin/eczema/>

(2) EASE Program, Accessed April 1 2017. <http://www.eczemaCanada.ca/en>