

Name:



MY ECZEMA ACTION PLAN

WHAT IS ECZEMA?

You may have been told that your child has atopic dermatitis: This is just the scientific name for eczema. Eczema is a common disease that affects 1 in 5 children. It will often affect several members of the same family. This disease is said to be chronic, which means that we are never really cured of eczema since it flares up from time to time.

When your child has eczema, the skin is dry and red. Sometimes, it may even become infected. Plus, it is very itchy, often enough to prevent your child from sleeping comfortably. It is not contagious or dangerous, but it can be very uncomfortable and cause a lot of trouble.

There are several tips to help control eczema in order to feel comfortable. Over time, this disease tends to improve, but it takes patience.

SHOULD YOU WORRY ABOUT THE SIDE EFFECTS OF CORTISONE?

To soothe your child, you can apply creams that contain a medicine called cortisone. These creams are prescribed by your doctor and they are **safe to use**. However, they must be used correctly.

Cortisone creams may have side effects if used incorrectly or for a long period of time, meaning more than 4 weeks in a row. In these cases, you may see thinning of the skin, stretch marks or acne and the skin may not heal as well. In your case, the doctor has prescribed creams that are well suited to the needs of your child. If you follow the directions properly, you do not need to worry.

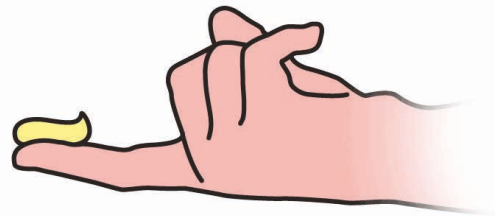
Certain areas of your child's body are more fragile (face, scalp, area covered by a baby's diaper, underarm, and folds behind the knee). This is why your doctor gave you a cream that is a little gentler for those areas of the body. It is important that you follow the directions and apply the right cream to the right area.

If you believe that your child is not doing well under the prescribed treatment, it is important that you consult your doctor.

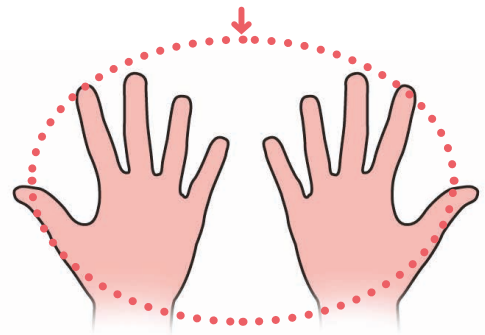
HOW TO CORRECTLY APPLY THE CREAMS?

It is difficult to judge the quantity of cream you should apply to care for your child. Here is an easy tip to help you know if you have applied the correct amount of cream. You can measure the area to cover with cream by comparing it to the surface of an adult's hand. This trick is valid for medicated creams (cortisone) and for moisturizing cream.

An amount of cream, the width of a pea, that extends from the tip of your index to the first crease...



covers an area equal to the surface of two adult hands.



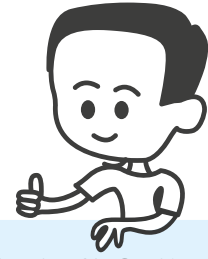
Name:



MY ECZEMA ACTION PLAN

DAILY CARE

FOR PROPER CONTROL OF ECZEMA



MOISTURIZE YOUR CHILD'S SKIN

- **MOISTURIZE ALL OF THE SKIN AT LEAST ONCE A DAY**, even when the eczema appears to be under control. This is the most important thing because dry skin makes eczema worse. The best time to apply moisturizing cream is after a bath or shower.
- Use an unscented cream. For example: Base Glaxal®, CeraVe®, Eucerin®, Aquaphor® or Vaseline Ointment®.

SHOWERING

- Reduce shower time
- Take a short shower (or a short bath) once a day in lukewarm water. Maximum of 10 minutes.
- Use an unscented and non-irritating cleanser. For example: Dove® or Cetaphil®.
- Dry your skin gently, without rubbing.

AVOID IRRITANTS THAT MAY AGGRAVATE ECZEMA

- Rough fabrics
- Scented body cleansers or clothing detergents
- Fabric softener sheets
- Natural ointments
- Calamine
- Cleaning products
- Extreme temperatures

WHAT TO DO IN CASE OF A FLARE UP?

A flare up is when your child's skin is itchy and red in spite of daily care.

NORMAL SKIN Skin

Normal or slightly dry

Sensation

Your child feels WELL



PLAN

Daily skin care

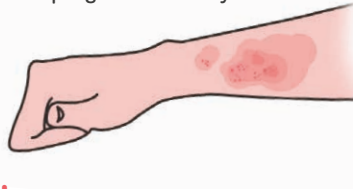
- 1 Moisturize skin well
- 2 Take one short lukewarm shower per day
- 3 Avoid irritants that aggravate eczema

LIGHT TO MODERATE ECZEMA Skin

Dry, red, marks from scratching

Sensation

It is itchy, your child has trouble sleeping comfortably



PLAN

1 Continue daily skin care

2 Treat the eczema flare up

To do this, in addition to daily care, you must apply medicated cream to the red patches:

Face and folds

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Body

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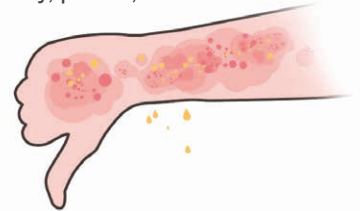
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INFECTED ECZEMA Skin

Red, yellow honey crusts, with or without pus

Sensation

Itchy, painful, fever or chills



PLAN

1 Treat the eczema flare up

2 Apply antibiotic ointment

(.....)
2 times a day, on the red patches, on top of the cortisone cream.

3 Bleach bath: 1/4 cup of bleach in a bath full of lukewarm water, 5 to 10 minutes, maximum 3 times a week.

4 If the flare up does not improve after 3 days or if your child has a fever, you must call your doctor or go to the emergency room: Your child may need antibiotics.

WHAT TO DO WHEN IT IS ITCHY?

1 Cool wet compresses 20 minutes, 2 times a day (after applying the creams) with moist towels or wet pyjamas

2 Antihistamine syrup to relieve itching

Name of the syrup

Dose