

# Take action on...

# eczema

## Our 7 top tips

**1** Keep your home cool to ease itching – around 18°C is ideal.

**2** Go fragrance-free. Anything with a strong scent, from soap to air freshener, may be irritating to your skin.

**3** Mind the gap! Leave at least 10 minutes – or ideally longer – between applying an emollient and a topical steroid. This stops the steroid spreading to areas of skin unaffected by eczema or being diluted. It doesn't matter which is applied first.

**4** Pinch itchy skin rather than scratching it, to avoid damaging the skin's barrier.

**5** Use your emollients at least twice a day to prevent dryness, and at other times whenever your skin feels dry and itchy.

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**6** Go back to basics on your skincare. Check with a healthcare professional for advice to make sure you're applying your creams properly and managing your eczema triggers as best you can.

**7** Don't cut foods from your diet without medical advice unless you or your child have been diagnosed with a food allergy. If you cut foods without support, you/they may miss out on important nutrients.

## Questions about eczema?

Call us on **0800 089 1122**

or visit **eczema.org**

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