

# Hello.

## My child has eczema

### WHAT IS ECZEMA?

Eczema is a common skin condition marked by itchy and inflamed patches of skin. It is not contagious and cannot be spread from one child to another.

Because eczema is an auto-immune disorder, there are many environmental factors which can contribute to the frequency and severity of eczema flareups, such as:

- Harsh Soaps
- Disinfectant Sprays
- Cleaning Products and Chemicals
- Fragrances
- Some Glues and Slime Recipes
- Overheating and Sweating
- Skin Dryness
- Rough Fabrics and Clothing
- Stress
- Pollen and Dust Mites

By helping to avoid the above contributing factors, we can truly work together to limit eczema symptoms!

Keeping the skin moisturized can also help to prevent and soothe itchy skin. If you see my child scratching, please kindly assist them in applying their supplied skincare whenever needed during the day.

**Thank you kindly for your support!**

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