

## ECZEMA

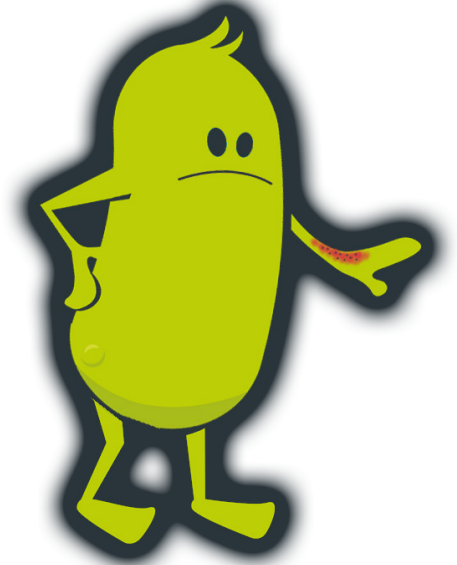
**HOW LONG WILL IT LAST?** Varies

**HOW SERIOUS IS IT?** Mild

**CAN I STILL WORK?** Yes

### WHAT IS IT?

Eczema is an often persistent or recurrent dry skin condition, affecting about two out of 10 children and two to 10 adults out of every 100 in the UK. If you suffer from eczema, your skin can appear red (or darker, if you have dark skin), swollen, crusty and cracking. Itching is common and often caused by skin dryness, infection, allergens or scratching.



### HOW DO I TREAT IT?

- Try to find out whether you are allergic to anything that has an impact on your eczema and avoid them.
- Avoid soap and bubble bath.
- Avoid scratching too hard
- Dress appropriately for hot and cold environments, or try to avoid temperature extremes altogether.
- Wear clothes made out of cotton or other non-irritant materials.
- Keep your skin as hydrated and smooth as possible by using moisturising creams or ointments regularly.
- Avoid using fabric conditioners and consider adding an extra rinse cycle when using a washing machine.

### MEDICINES:

Fortunately, while there is no known cure, many effective treatments are available to alleviate your symptoms and reduce inflammation. Speak to your pharmacist.

### WHEN DO I NEED MEDICAL ATTENTION?

Eczema rarely needs more urgent assessment and treatment, so seek medical advice if you notice any of the following:

- Your skin problems severely affect your sleep or impair social activities such as swimming. Cracking, weeping and painful skin may suggest infection.
- You develop a painful blistery rash
- Larger areas of your body, such as most of your chest, back, or limbs become dry and/or red.