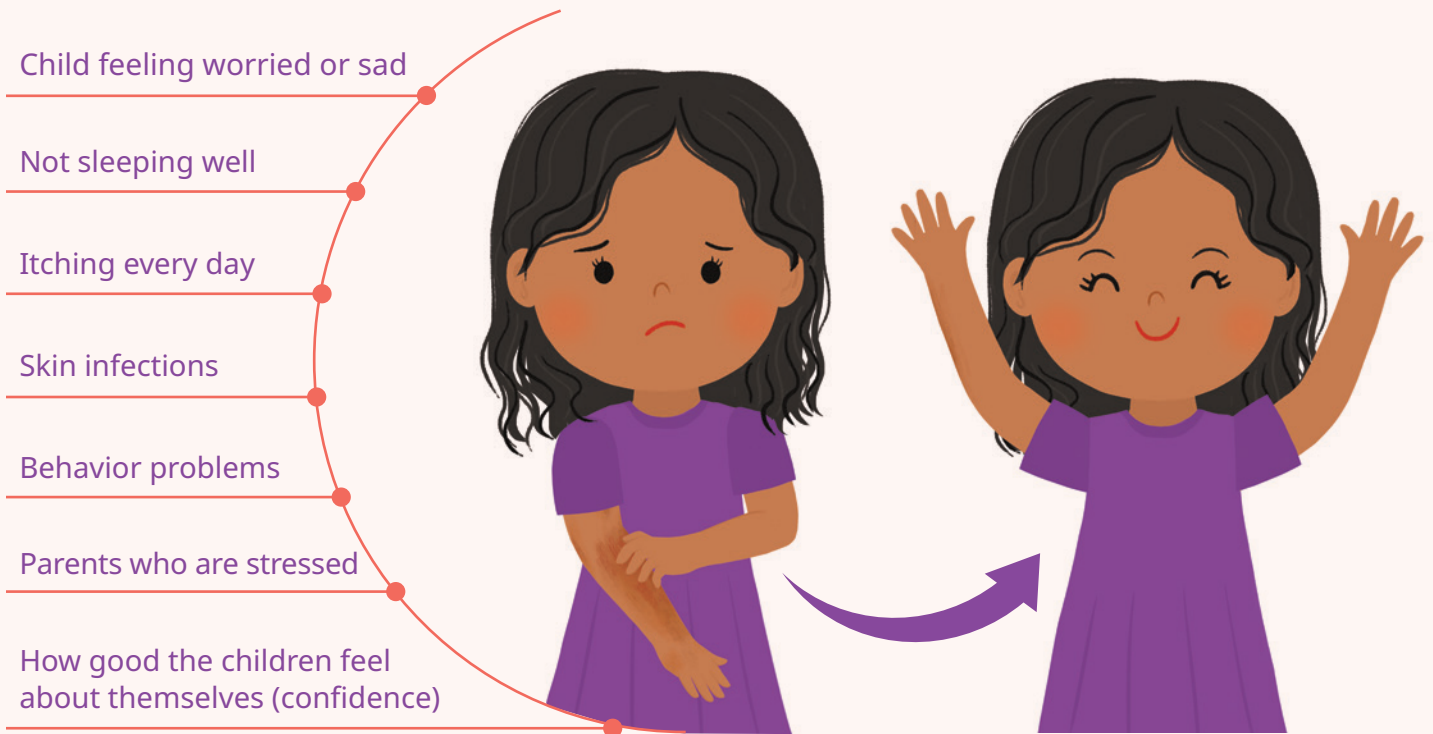


Goals of Eczema Care

Help manage your child's eczema... to help them feel better in their own skin!

Eczema that isn't under control may make everyday life harder for children and their parents

Eczema that is under control may help children better manage their condition



Glossary

Flare	When your child's eczema gets worse—the skin gets more red, feels more bumpy, and gets very itchy.
Triggers	Things that can make your child's eczema worse. Common "triggers" are things like sweat, weather (hot or cold), soaps and shampoos that have smells added to them, and infections of the skin.

Goals of eczema care: how do we get there?

Remember these important steps when trying to improve your child's eczema.

1 Try to keep eczema **flares** from starting by using moisturizers every day and trying to have your child avoid any known **triggers**.

- Use moisturizer all over the body—morning and night.
- Apply a moisturizer right after a shower or bath.

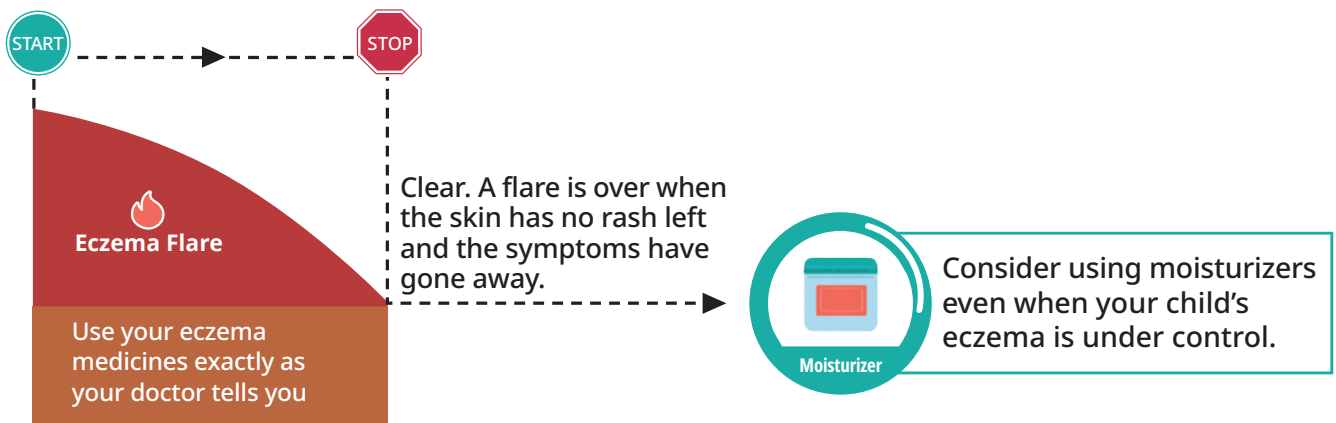


- Consider using soaps or shampoos that do not smell. This includes laundry soap. Look for the words "fragrance-free" on the bottle or box.
- Watch out for clothes and fabrics that may bother the skin—such as wool or polyester.

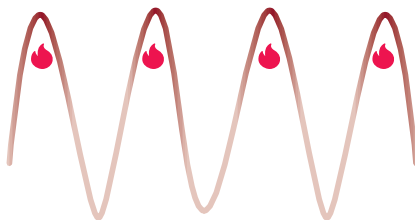


Bolded terms are defined in the glossary on page 1.

2 Try to get your child's eczema under control by using your eczema medicines—which may include prescription medication—as soon as flares start, and follow your doctor's treatment plan.



Eczema that is not well controlled may flare more often



Eczema that is well controlled may flare less often



If you have any questions, talk to your doctor.

The content contained in this brochure does not replace any medical advice given by your healthcare provider.

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