

Eczema (atopic dermatitis)

What is eczema?

- It is a long-lasting skin condition that causes dry, very itchy skin and sometimes rashes.
- It can get better and then worse again, often in winter but sometimes in hot summers.

Symptoms of eczema



Itchy skin



Dry, scaly or peeling patches



Redness



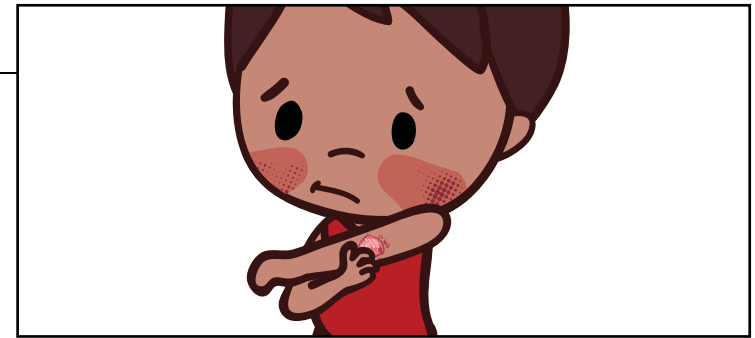
Open skin (sores) or scabs from scratching

How to manage eczema

- When cleaning skin,
 - bathe in warm water, not hot
 - use soaps that don't sting or irritate the skin
 - pat skin dry
- Apply medications to patches of red or rough or itchy skin.
- Medications usually need to be used 2 times a day until the rash is gone.
- Use gentle creams (e.g., petroleum jelly or a cream that doesn't irritate the skin) to moisturize at least once daily.
- Keep fingernails short and clean, NO scratching.

Common medications

- Follow instructions from the health-care provider.
- Steroid (also known as cortisone) creams will help with redness, roughness and itching.
- There are other medicated creams you might be given for eczema; follow the instructions for using these.
- You might be given an antibiotic cream if the skin is infected from bacteria that have entered the broken skin (common in eczema).



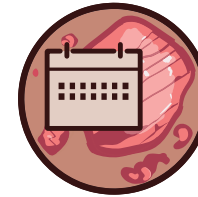
Go back to the clinic if:



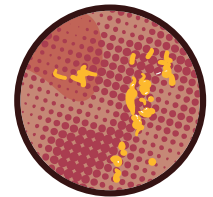
Your child has a fever



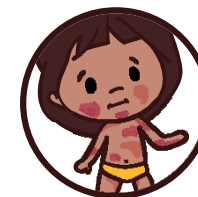
Medications have not started working after 3 days



The areas you are treating have not cleared up after 2 weeks



Your child has signs of infection such as pus or blisters



Eczema looks worse

For more information, contact your health-care provider.