

# MORE THAN AN ITCH

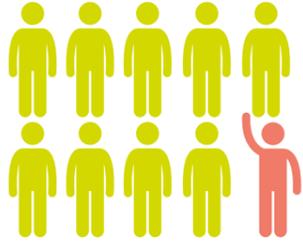
ECZEMA DOESN'T JUST AFFECT YOUR SKIN, IT CAN AFFECT YOUR EVERYDAY LIFE, YOUR SOCIAL LIFE, YOUR MENTAL HEALTH, YOUR GENERAL WELLBEING AND HAPPINESS

In the UK eczema affects...

**1 in 5** children



**1 in 10** adults



**Eczema is not contagious**

It's an inflammatory skin condition with a leaky skin barrier that can be very dry, itchy, sore and red.



There are lots of different treatments available to help you take control of your eczema

Speak to your GP or nurse for more info

Eczema makes me feel...



...isolated alone fed up itchy sad uncomfortable tired sore embarrassed different angry annoyed

Things that can make my eczema worse



Allergens



Hot baths or showers



Infection



Clothing and fabric



Food and drink



Perfume or fragrance



Changes in temperature



Stress / anxiety

Things that make my eczema better



Medicines and therapies



Using emollient



Using soap substitute



Sleep



Eating healthily



Keeping my nails short



Trying not to scratch



Reducing stress

I'm feeling really stressed about my eczema, what can I do?

Often doing something that makes you feel good and relaxed can help...



You're not alone

Speak to someone if you're worried or anxious.



**Allergy UK** 01322 619898

**Childline** 0800 1111

**National Eczema Society** 0800 448 0818

For more support visit: [www.allergyuk.org](http://www.allergyuk.org)

[eczema.org](http://eczema.org) | [www.eos.org.uk](http://www.eos.org.uk) | [healthtalk.org](http://healthtalk.org)

[www.camhs-resources.co.uk](http://www.camhs-resources.co.uk) | [www.youngminds.org.uk](http://www.youngminds.org.uk)

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