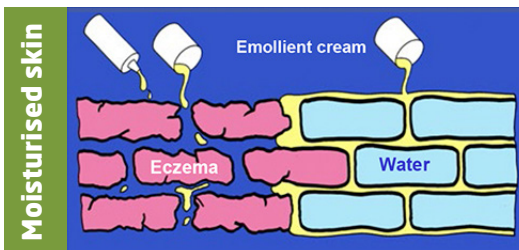
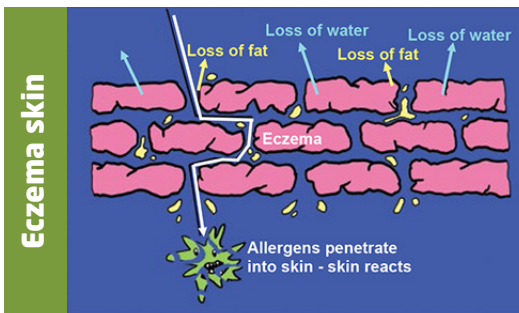
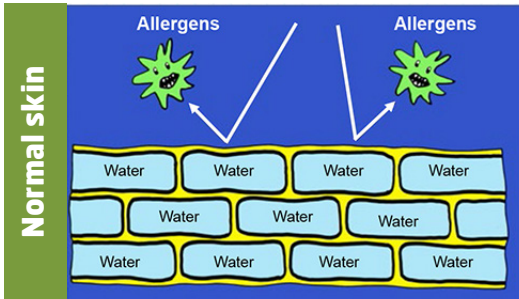


# ECZEMA

**Prevention:** Keep skin moisturised. Find out what triggers your eczema.



## Early signs

Dry itchy skin.  
Skin becomes red.

## What to do

Keep eczema clean.  
Use soap-free cleaners instead of soap.  
Moisturise if the skin is itchy or dry. This may be many times a day.  
Keep your child's nails short and clean.  
Try to avoid from scratching.  
See a doctor if your child is waking at night or missing school because of eczema.

## If it gets worse

See a doctor if:

- areas of skin start swelling and become more painful
- there is pus in the eczema

## How is it spread?

Eczema is not contagious.



Eczema is a condition that you are born with. The skin cells are like a brick wall. Children with eczema do not have the cement between the bricks. This means the water from the body escapes out of the cracks leading to dryness. It also means that the pollen, germs and dirt on the outside of the skin get down through the cracks in the bricks. This can cause the skin to become swollen, red and itchy. The moisturiser creams are like a layer of paint across the top of the brick wall to stop the dirt and germs getting in, but also to help keep the water in the skin so that it remains hydrated.