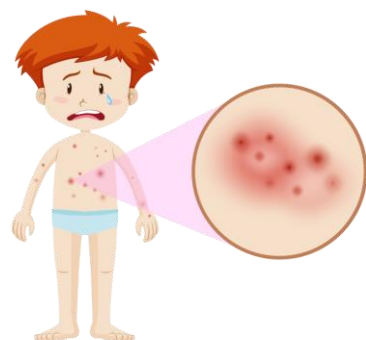


Did You Know?

90% of people get atopic eczema **before the age of 5.**



What Is Atopic Eczema?



- It is a chronic (long-lasting) condition that makes **your skin red and itchy**, which usually flare up periodically and subside.
- It may also bubble up and ooze a clear liquid.
- The **skin may thicken over time** due to constant scratching, which in turn leads to more itchiness.
- Patients with eczema may also have conditions like asthma or allergic rhinitis.

How To Manage Your Atopic Eczema?

01. Moisturise

- **Use moisturiser daily** (even when there are no rashes) to control the eczema and prevent flares.
- Use the moisturiser within half an hour of bathing and showering to keep as much moisture in the skin.
- **Keep a small tube of moisturiser** with you for reapplication after hands washing.



02. Avoid triggers

- Remember and avoid what you are allergic to.
- **Use moisturising soaps** free of harsh ingredients or fragrance.
- **Avoid bathing with very hot water** to reduce stripping of skin's natural oil.



03. Control scratching

- **Take antihistamines** to stop the itch, if required.
- **Use a cold compress** to soothe itchy skin.
- Keep your **fingernails short** to prevent skin damage from scratching.



04. Managing the rashes

- Use prescribed steroid* creams to reduce inflammation and reduce itch.
- **Use milder creams or ointment** to relieve both itch and inflammation.

* Overuse of steroid cream may cause side effects such as thinning of skin or stretch marks.



HEALTH + advice tips

Ask your Doctor or our Pharmacist before taking any medicines or if you are unsure of your condition. Click [here](#) to read more on other common illnesses.



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