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.

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
camhs-resources.co.uk | www.youngminds.org.uk

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