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Eczema Flare Survival Kit

GLOBAL ALLERGY & AIRWAYS PATIENT PLATFORM

Eczema Flare Survival Kit

A SIMPLE GUIDE FOR TOUGH ECZEMA DAYS

Created with patients and eczema organizations worldwide, accompanied and supervised by healthcare professionals.

This guide shares ideas that may help during eczema flares. Every person's skin is different, so what works for one may not work for another.

This guide includes:

- **Quick tips to calm itching**
- **Ways to manage stress and worry**
- **Simple ideas to sleep better during flares**

IMPORTANT:

1. Follow your healthcare provider's treatment plan.
2. Seek medical help if your skin worsens, looks infected, or if you have swelling or trouble breathing.
3. Talk to a doctor before trying new remedies, supplements, or skin products.
4. Some people with Atopic dermatitis report they find clay masks, herbal remedies, supplements ... to be helpful in managing their condition. These are not recommended treatments, ask your doctor if any of these may be helpful for you.

This guide provides information and support only. It is not medical advice.



Anti-itch emergency *tips*

FAST WAYS TO CALM THE ITCH

- Tap or pat itchy skin instead of scratching.
- Apply something cool wrapped in a soft cloth (ice pack, cold gel pack, frozen peas...).
- Apply cool thermal water with a chilled cotton pad or cloth.
- Gently rub the skin in slow circles.
- Practice slow breathing or relaxation.
- Keep your room cool.

IF SCRATCHING FEELS INEVITABLE

- Keep nails short, smooth, clean, and polish-free.
- Scratch over clothing instead of skin.
- Rub with a clean soft towel instead of fingernails.
- Wear soft cotton gloves at night if needed.

SKIN CARE TIPS

- Use gentle, fragrance-free, nut-free skin products.
- Keep creams and medicines stocked at home.
- Try wet wrapping: apply treatment or moisturizer, cover with damp cotton clothing or bandages, add a dry layer, and leave on for a few hours or overnight if comfortable.
- Keep moisturizer in the fridge for extra cooling.
- Take short lukewarm showers or baths.
- Apply moisturizer immediately afterward.
- After swimming in the sea or a pool, rinse off and apply emollient.

EVERYDAY COPING IDEAS

- Keep your hands busy with calming activities like drawing, puzzles, crafts, stress balls, fidget toys, or games.
- Rest when your body needs it.
- It's okay to say "no" to activities when you're not feeling well.

CLOTHES AND BEDROOM TIPS

- Wear soft, loose, light-colored clothes such as cotton, bamboo, or silk.
- Avoid rough, itchy, or sweat-trapping fabrics like polyester or nylon.
- Choose breathable bedding, such as cotton sheets and pillowcases (or silk).
- Use anti-dust mite pillow and mattress covers.
- Keep your bed simple by removing unnecessary fabrics and items.
- Wash clothes with gentle detergent for sensitive skin. Rinse several times.
- Avoid fabric softeners, especially scented ones.



Stress & Worry Coping *tips*

CALM YOUR BODY

Try **cardiac coherence**, a simple breathing exercise that helps calm your body and mind.
How:

- Breathe in through your nose for about 5s.
- Breathe out through your mouth for about 5 seconds.
- Continue for at least 5 minutes.



This may help you relax, lower stress, and fall asleep more easily.

- Listen to calming music or sounds.
- Sit in a quiet, dimly lit place.
- **Try guided relaxation videos or apps:**

Bettersleep · Respirelax+ · Insight Timer · Respirotec · Headspace

EMOTIONAL SUPPORT

It can help you:

- Notice when stress makes itching worse.
- Learn ways to stay calm instead of scratching.
- Build habits that help break the *itch–stress* cycle.

Also:

- Talk with trusted friends, family, counselors, or therapists.
- Remember that eczema affects emotional health too.
- Patient organizations and support groups can help you feel less alone.
- Tell your employer, manager, or teachers if eczema is affecting you.
- Ask for help instead of carrying everything alone.
- Let family or friends know you may need extra support during flares.

GENTLE MOVEMENT

- Try gentle activities such as walking, stretching, yoga, or pilates.
- Choose activities that won't make you overheat or sweat heavily.
- Spend time outdoors when possible, especially in green or blue spaces, while avoiding strong midday sun.



Sleep rescue *plan*

MAKE SLEEP EASIER

- Keep your bedroom cool.
- Wear soft cotton or other comfortable pajamas and bedding.
- Follow a calming bedtime routine.
- Limit screens before bed when possible.

NIGHTTIME ITCH HELP

- Keep a "night kit" nearby: moisturizer, tissues, cool pack, water spray...
- Use cooling tricks if itching wakes you.
- Practice slow breathing to relax again.

FOOD & DRINK TIPS

- Drink enough water during the day.
- Eat balanced meals when possible, and prepare freezer meals for difficult flare days.
- Some supplements (omega-3, vitamin D, probiotics, quercetin) may help some people. Ask a doctor before taking them.
- Limit caffeine, especially later in the day.
- Some people use herbal supplements such as ashwagandha for stress or sleep. Always check with a hcp if it is appropriate in your case.



When to get medical help *right away*

CONTACT A DOCTOR IF:

- Your eczema suddenly becomes much worse or spreads.
- Your skin is oozing, crusting, swollen, very painful, or hot.
- You have a fever.
- You have swelling, dizziness, hives, or trouble breathing.
- Your eczema or other health problems are becoming harder to control.

MEDICAL FOLLOW-UP AND MENTAL HEALTH SUPPORT

- Talk to a doctor or nurse if your treatment is not working well.
- Ask whether other or stronger treatments could help.
- Seek support if eczema is causing severe stress, anxiety, or overwhelm.
- Ask for help if itching is difficult to control or keeps you awake.
- Get support if eczema is greatly affecting your sleep, school, work, or daily life.



Remember!

You are not alone.

Eczema flares can be difficult, but support is available from healthcare professionals, family, friends, schools, workplaces, and patient organizations around the world.

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