

Eczema

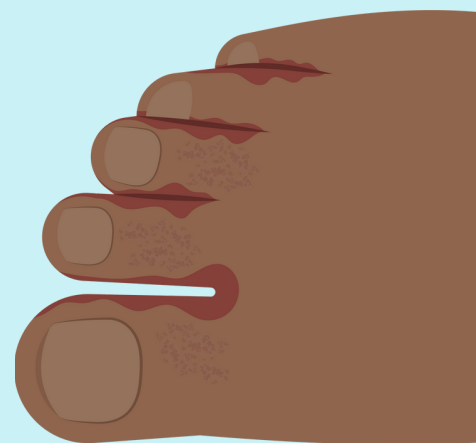
Eczema is a skin condition that can be itchy and painful. You can get eczema on any body part. Many people get it on their hands and feet.

What does eczema look like?

Eczema can look different on skin tones but people often have patches of dry, red, peeling, and scaly skin.

What causes eczema?

Eczema can be caused by dry skin, scratching, stress, harsh soaps, allergies, and asthma.



How to prevent Eczema?

- Take short baths and showers, around 5-10 minutes. Try using warm, not hot, water. Try using bath oil, this can help your skin stay moist.
- Use gentle cleansers like an oatmeal based soap. Do not use scented soaps because they may dry your skin.
- Pat yourself dry gently.

What are my treatment options?

- Moisturizers and creams.
- Your doctor can prescribe medicine to help with itching, redness, and stubborn dryness.



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