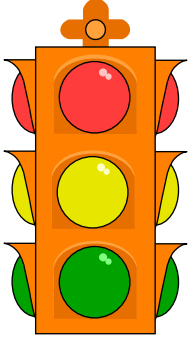


Eczema Action Plan

Doctor: _____ Phone Number for Appointments: _____ _____ _____		A simple way to remember what medications & creams to use for your/your child's skin: 1. Green means Go . Use preventative measures. 2. Yellow means Caution . Use lower strength medications. 3. Red means Flaring . Use higher strength medications and get help from the doctor.
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Green = Go

Regular Daily Care

- **Bathe** with lukewarm water, 5-10 minutes. Avoid scrubbing and rubbing the skin as this can cause flare-ups
- Use **mild soap**, if any, such as *Dove for sensitive skin*, *Cetaphil cleanser*, or *Aveeno for dry skin*. If not too dirty, use soap only on hands, feet, armpits, and genital area, not all over.
- Apply **moisturizer** _____ at least 2 times a day (even if no bath is taken) and after every bath. After the bath, pat dry and apply the moisturizer **RIGHT AWAY**, within 3 minutes, all over the body.
- Keep fingernails short, and avoid irritating clothing such as wool or other scratchy fabrics.

Yellow = Caution

Mild Symptoms of Rash and Itching = Use Lower Strength Medications

- Continue Regular Daily Care (**Green Zone**) as Above
- To the red, itchy, rashy areas on the **BODY** apply _____ 2 times per day **BEFORE** you apply moisturizer
- To the red, itchy, rashy areas on the **FACE** apply _____ 2 times per day **BEFORE** you apply moisturizer
- If the **scalp** is affected, apply _____ 1-2 times per day
- For **night-time** itching take _____ tsp/cc/pills of _____ before bed
- For **day-time** itching take _____ tsp/cc/pills of _____ in the morning
- If using **Yellow zone** medications regularly (for more than 1-2 weeks,) you need to see a doctor every few months.

Red = Flaring

Severe Symptoms of Rash and Itching = Use Higher Strength Medications

- Continue Regular Daily Care (**Green Zone**) as above and **Yellow zone** medications for mild rash
- To the red, itchy, rashy areas on the **BODY** apply _____ 2 times per day **BEFORE** you apply moisturizer
- To the red, itchy, rashy areas on the **FACE** apply _____ 2 times per day **BEFORE** you apply moisturizer
- If the **scalp** is affected, apply _____ 1-2 times per day
- For **night-time** itching take _____ tsp/cc/pills of _____ before bed
- For **day-time** itching take _____ tsp/cc/pills of _____ in the morning
- **Other:** Take _____ tsp/cc/pills of _____ times per day for _____ days/weeks
- **Call or see a doctor**, if the above treatments are not working, severe itching continues, there is fever, or pus bumps are present. You can see your primary medical provider, an urgent care doctor, or your skin doctor.
- If using **Red Zone** medications regularly (for more than 1-2 weeks,) you need to see a doctor at the **least** every 2-4 months.