

# Advice Leaflet for Eczema

Emergency Department

## Information for Parents

This leaflet is designed to give you information about Eczema and help you answer some of the common questions you may have.

## What is Eczema?

Eczema is a chronic condition of the skin where the skin lacks natural oils. It becomes dry and breaks down causing itchy red and cracked skin.

## How common is it?

Eczema affects 1 in 5 children in the UK, the likelihood of developing eczema is increased when there is a family history of eczema or asthma and history of allergies.

## What are the symptoms?

Eczema can affect any area of the skin on the body or face but is often worse in creases / pulse points. The main symptoms are dryness and itching. Itching can vary in severity sometimes even disrupting sleep, scratching can make it worse. Areas of the skin may become red and inflamed and sometimes bleed. Using soaps and scented lotions may irritate the skin further.

## How is it treated?

There is no cure for eczema but following a good regime will help keep it under control.

### Moisturisers

You may need to find the 'right' cream for your child's skin as there are many on the market.

Your child will need to use a good moisturiser - sometimes called an emollient frequently.

Apply ..... all over the body  
and face..... times a day and always after washing.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

### **Bathing (soap substitutes)**

Water will dry your child's skin out - adding a bath emollient / oil to your child's bath will help to combat this.

Add ..... to bath water.

Pat your child's skin dry after washing / bathing. Do not rub as this will aggravate the skin but ensure it is thoroughly dry. Using a soap substitute will avoid irritation

### **Steroid Creams / Ointments**

Steroid creams / ointments can be applied to broken / inflamed areas to control breakouts - these should be used sparingly.

Apply one finger tip over an area of your palm of..... to affected areas .....times a day.

Do not use on the face.

### **Antihistamines**

In times of increased itching it may be necessary to give your child an oral anti-histamine which you can buy over the counter and use as instructed by your pharmacist.

Try to keep your child cool - overheating can increase itching. Try to dress your child in breathable fabrics to reduce itching / irritation.

### **Avoiding things that irritate the skin**

This is important as a child with eczema may be very sensitive to perfumes or medicated products. We recommend cotton clothing and bedding.

### **Modifying diets**

Very occasionally we will suggest trying to alter what a child eats. This should only be done with the help of a dietician, to ensure the right supplements are included in the diet.

## **What doesn't help?**

Antibiotics – unless there is an underlying infection. Do not use soaps / scented lotions on your child's skin.

## **What do I need to look out for?**

Seek advice with your GP if the skin appears to worsen. You may need to try alternative creams / ointments. If your child's skin appears reddened all over and is very red and angry seek medical advice.

### **Treating infections**

As eczema causes breaks in the skin, germs can get in. This can make the skin very red, cracked, sore and oozy. Antibiotics may be needed. Usually these are best taken as syrup or a course of tablets.

The virus that causes cold sores can also infect areas of eczema and may cause blisters which may need treatment in hospital.

If your child develops a temperature whilst having a flare-up, seek medical advice immediately.

## Can it happen again?

Symptoms are usually well controlled with creams and a good treatment plan.

If you are concerned about your child at all - contact a health professional.

## Further information

If in the next 24 hours, you need more advice relating to your child's attendance today, you can call the Children's Emergency Medicine department at 01902 307999 ext. 8653 / Paediatric Assessment Unit ext. 5047.



For non-emergency health care advice, see your GP or ring 111

For emergencies, ring 999

To find your local health care services, including out of hours pharmacies and urgent care centres, visit [www.nhs.uk](http://www.nhs.uk)

Local health care services in Wolverhampton include:

- The Phoenix Health Centre (Urgent Care Centre)  
Parkfield Road,  
Parkfields,  
Wolverhampton,  
West Midlands WV4 6ED.

## **English**

**If you need information in another way like easy read or a different language please let us know.**

**If you need an interpreter or assistance please let us know.**

## **Lithuanian**

**Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.**

**Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.**

## **Polish**

**Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.**

**Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.**

## **Punjabi**

**ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।**

**ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।**

## **Romanian**

**Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.**

**Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.**

## **Traditional Chinese**

**如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。**

**如果您需要口译人员或帮助，请告诉我们。**