

Photo of child

# My Health Care Plan for Eczema

**I apply creams myself:**

## What is this plan for?

It tells me and others:

- How to manage my Eczema so I can stay well
- What to do if my Eczema gets worse

Name:

D.o.b.:

School and class:

Contact details  
parents/carers:

Key Healthcare  
professionals

## 1. My usual Eczema care routine

- I moisturize at least twice a day.  
The cream I used is called:

I use downwards strokes and I don't rub it in.

- I use a non-soap product for washing. It is called:

These things also help:

**I will try to break the "itch-scratch" cycle by tapping or blowing on the itchy area; using a cold pack; or wearing cotton gloves at night**

## 2. When my skin flares up (red/ more itchy/cracks/bleeds)

I use:



for my face.

I use it x      each day for      days

School:



for my body

I use it x      each day for      days

School:

I will apply at least 15 mins before  
or after my usual moisturizer.



I know that one fingertip of  
gel/cream/ointment will treat an  
area the size of two adult hands

## 3. If skin is not getting better or becomes infected (P.T.O),

I will speak to a healthcare  
professional

