

Tips & Advice	Explanation
<p><b>Avoid scratching</b> instead <b>gently stroke</b> itchy skin</p>	<p><b>Scratching</b> can cause further <b>itching</b>, which can lead to further scratching so exacerbating the <b>itch-scratch cycle</b> and making the condition worse. Scratching can also cause the skin to break leaving it open to <b>infections</b></p>
<p>Know what your <b>triggers</b> are and, if possible, <b>avoid</b> them</p>	<ul style="list-style-type: none"> <li>• Certain <b>foods</b> can trigger the symptoms of eczema however identifying the food culprits is not an easy process and should only be done with the help of a dietician or doctor. <b>Before avoiding any foods you should always consult your doctor or dietician</b></li> <li>• Some people find that contact with <b>pets</b> aggravates their symptoms, this is due to animal dander. <b>Keeping pets outside</b> may help however if they are allowed inside they should be regularly <b>groomed and cleaned, kept off chairs and sofas</b>. You should also make sure that <b>no pets</b> are allowed into bedrooms and that carpets are hoovered regularly</li> <li>• <b>Stress</b> can be another trigger so learning to cope with it and avoiding stressful situations can help</li> <li>• Other triggers include <b>pregnancy</b> and <b>hormonal</b> changes before a period, unfortunately these cannot be avoided</li> </ul>
<p>Apply an emollient in <b>cold weather</b> and use a <b>humidifier</b></p>	<p>Cold weather can cause the skin to <b>dry out</b> and <b>crack</b> so applying an emollient before exposure may help. <b>Humidifiers</b> can also be useful as they add <b>moisture</b> back into the air thus reducing its drying effects</p>
<p>Use a <b>cold compress</b> on itchy and inflamed skin</p>	<p>Cold compresses can <b>cool itchy and inflamed</b> skin. It is important to make sure that you do not put the compress directly onto the skin as it can burn it – instead wrap it in a towel before applying</p>
<p>Wear 100% <b>cotton</b> clothing</p>	<p>Cotton clothing allows your <b>skin to breathe</b>. Certain fabrics can irritate the skin (e.g wool) and so should either be avoided or cotton clothing can be worn under these so that they are not in direct contact with the skin</p>
<p>Keep the <b>bedroom cool</b> and use <b>cotton sheets</b></p>	<p>People with eczema sometimes have problems sleeping as their skin can get <b>hot</b> and <b>itchy</b> through the night so keeping the <b>bedroom cool</b> will help, as will <b>cotton sheets</b> as they allow the skin to <b>breathe</b> and keep cool</p>
<p><b>Drink plenty of water</b></p>	<p>Water keeps the skin <b>hydrated</b> thus helping to <b>maintain the skin barrier</b></p>
<p>People with <b>psoriasis</b> should <b>avoid sunburns</b></p>	<p>Sunburns can cause existing psoriasis to get <b>worse</b> and <b>new psoriasis to form</b></p>
<p><b>Wash</b> new clothes <b>before wearing</b> with the correct amount of laundry powder or liquid</p>	<p>New clothes contain <b>dyes</b> and <b>fabric finishes</b> which can <b>irritate</b> your skin – washing them before wearing can help alleviate this. Using more than the recommended amount of washing powder or liquid doesn't make clothes any cleaner but can irritate your skin so make sure that you follow the directions on the container. You should also make sure that clothes are rinsed properly so that no powder or liquid is left behind on them – it may be worth <b>double rinsing</b> them</p>