

# ECZEMA

Eczema Handout, ages 8-10

This is **IMMUNO**. He protects us from bad things that try to get in our body.



Sometimes he gets really excited and fights off good things too! This can cause itchy skin and a rash called eczema.



Sometimes, our skin doesn't itch because Immuno is sleeping.



But something called a **trigger**, which is not always a bad thing, can cause Immuno to wake up, which startles him. He overreacts and tries to protect you when you may not need it. This causes the itching to begin.



**DON'T SCRATCH!** Or you will keep Immuno awake, which will make your skin even itchier. If you keep scratching, it might even cause an infection.



Don't worry, eczema is not contagious, and we can help stop the itch—or put Immuno back to sleep—with these things. Just make sure you talk to your parents and a doctor first:

- Creams/Ointments
- Pills
- Soft, cool, wet cloth if you have eczema on your eyes
- Light therapy



**Having eczema isn't weird.**  
LOTS of kids have it. As many as 1 in 10 kids has eczema, and some people say even 1 in 5 kids has it! It's not something to be ashamed of; in fact, it just means Immuno is **EXTRA PROTECTIVE**.

