Eczema Resources for Kids

Word Search
Eczema Glossary

Brought to you by:

Canadian Skin Patient Alliance
Alliance canadienne des patients en dermatologie

This project was supported by funding from Pfizer Canada
**Cream:** Creams are used to help manage how eczema looks and help to make it less itchy by protecting the skin.

**Inflamed:** What is happening under the skin in eczema that makes it look red, bumpy, or swollen to the touch.

**Hydrate:** To hydrate means to absorb water. It’s important for people who have eczema to hydrate their skin using creams and lotions to keep the water in their skin.

**Scratching:** Eczema is usually very itchy and many people who have eczema scratch their skin to try to make it feel better. While this may make it feel better for a little bit, it’s best to avoid scratching your skin because it can actually make it more itchy and scratches can let harmful things into your body.

**Moisturizer:** These are usually creams, lotions, or ointments. They’re important for people who have eczema to use so that they can help protect the skin.

**Prescription:** A special note from your doctor for a medicine to help make them feel better. For some people who have eczema, they need a prescription medicine to help make their eczema feel better.

**Itchy:** Eczema is a very itchy skin condition. When something is itchy, it makes people want to scratch and this is why people who have eczema often feel the need to scratch their skin.

**Research:** Research is when people study a specific topic to learn more about it. Research is done by scientists on eczema to help people who have it live healthier and happier lives.

**Triggers:** A trigger is something that causes a person’s eczema to react and flare up. Examples of triggers are stress, some soaps, sweat, poisonous plants, some makeup, certain creams, jewelry, and some kinds of clothing. People who have eczema have to be careful not to use or wear products that can trigger a reaction in their skin.

**Allergies:** For some people, allergies are related to their eczema. That means that their body responds to something as though it is dangerous even when it isn’t. The body fights back against it, causing a reaction and usually leading to a flare-up.

**Flare:** When eczema “flares up,” it means that someone’s skin suddenly becomes red, flaky, and usually itchy. Make sure to tell a trusted adult if this is happening so that they can help you.

**Redness:** The skin often looks red where people have eczema

**Eczema:** A condition that causes the skin to become red and can appear like a rash. It is usually very itchy! For some people it goes away as they get older, but for others they have it long-term.