

Eczema: Triggers and Label Sheet

The 6 common triggers, the fragrance-free rule that most people get wrong, and why a cream beats a lotion every time.

✓ **Verified against published guidance** from Cleveland Clinic, the American Academy of Dermatology & NIAMS · sources below

A rash that will not settle, one that keeps spreading, or one that looks infected with weeping, crusting or fever deserves an appointment with a dermatologist.

✓ Do This

Moisturize Right After Bathing

- AAD: moisturize after bathing
- Apply while the skin is still damp
- And whenever the skin feels dry

COACH'S TIP Damp skin is when sealing actually works.

Use a Cream or an Ointment

- AAD says cream or ointment, not lotion
- Thicker is the point
- Lotions carry more water, less seal

COACH'S TIP If it pours easily, it is mostly water.

Read the Label for Fragrance Free

- Fragrance free is the phrase that counts
- Front of the bottle, then again
- Check wash, detergent and moisturizer

COACH'S TIP One word decides if the routine works.

Find Your Trigger in the Six

- Dry weather, fabrics, products
- Track flares for two weeks
- Smoke, soaps and detergents, stress

COACH'S TIP Most people find theirs on that list.

Watch the Fabrics Against Your Skin

- Wool is the classic offender
- Soft, breathable layers win
- All-day contact beats 10-second products

COACH'S TIP What you wear outlasts what you apply.

Treat Stress as a Real Trigger

- Cleveland lists it among the six
- More stress means more frequent flares
- Stress, anxiety and depression

COACH'S TIP It is on the clinical list, not just yours.

✗ Do Not

Do Not Trust the Word Unscented

- It means the fragrance was covered up
- It can still trigger a flare
- The fragrance is still in there

COACH'S TIP Unscented is the word that fools people.

Do Not Scratch Through a Flare

- Scratching brings redness and swelling
- Each round widens the barrier gap
- Then cracking, weeping and crusting

COACH'S TIP The itch loop feeds itself.

Do Not Take Long Hot Showers

- Long soaks pull water out
- Then moisturize immediately
- Warm, not hot, and keep it short

COACH'S TIP A long shower undoes the cream you just bought.

Do Not Assume You Outgrew It

- NIAMS: anyone can get it at any age
- More than 31 million Americans affected
- Adult onset is real

COACH'S TIP Childhood is where it usually starts, not ends.

Do Not Blame Poor Hygiene

- Genes, immune system, environment
- It is a barrier problem, not a dirt problem
- Researchers do not know the full cause

COACH'S TIP You did not cause this by not washing enough.

Do Not Skip Days When It Looks Clear

- Remissions are part of the pattern
- Keep moisturizing through the good weeks
- Flares return when the barrier dries

COACH'S TIP The clear weeks are when the work pays off.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

31 million Americans affected by eczema, per Cleveland Clinic

6 triggers dry weather, fabrics, products, smoke, soaps, stress

Fragrance free the only label wording that actually counts