

# Eczema Flare-Up Checklist

## Initial Response (First 24-48 Hours)

### Immediate Skin Care

- ☐ Return to using the oat sock for bathing (place 1 cup of oats in a clean sock and use as a gentle cleanser)
- ☐ Reduce bath/shower time to 5 minutes maximum
- ☐ Do you need to consider reducing the amount you're washing his hair with product? Aim for once or twice a week.
- ☐ Ensure water temperature is lukewarm only
- ☐ Pat skin dry gently (no rubbing)
- ☐ While skin is still slightly damp:
  - ☐ Apply Weleda Rash Relief Cream to affected/flaring areas
  - ☐ Apply Weleda Baby Intensive Body Cream Calendula to the rest of the skin
- ☐ Consider applying moisturiser more frequently (3-4 times daily)
- ☐ If itching is severe, place a cool, damp cotton cloth on affected areas for 5-10 minutes

### Environment Check

- ☐ Measure humidity levels (aim for 40-50%)
- ☐ Turn on humidifier if humidity is below 40%
- ☐ Ensure room temperature is moderate (18-22°C)
- ☐ Change bedding and use freshly washed 100% cotton sheets
- ☐ Check for any new fabrics/clothing that may be causing irritation
- ☐ Review recent cleaning products used in the home
- ☐ Inspect for possible dust accumulation or mould in sleeping areas

### Illness & Immune System Check

- ☐ Assess for signs of viral illness:
  - ☐ Mild fever or elevated temperature
  - ☐ Runny nose or congestion
  - ☐ Cough or sore throat
  - ☐ Decreased appetite
  - ☐ Unusual fatigue or irritability
  - ☐ Recent exposure to other children with illness
- ☐ If viral illness is suspected:
  - ☐ Consider taking him to the GP especially in the case of fever or elevated temperature
  - ☐ Do the blanching test
  - ☐ Provide extra hydration (offer water more frequently)
  - ☐ Focus on immune-supporting foods (bone broth, vitamin C-rich foods)
  - ☐ Ensure extra rest and reduced activities

- ☐ Be especially diligent with skin care during this vulnerable time
- ☐ Continue probiotic supplementation for immune support

## **Dietary Investigation (Days 2-5)**

### **Food Diary**

- ☐ Start a detailed 3-day food diary noting everything consumed
- ☐ Review diary for recently introduced foods or increased quantities
- ☐ Look specifically for:
  - ☐ High-histamine foods (fermented foods, aged cheese, processed meats, etc.)
  - ☐ Gluten consumption patterns
  - ☐ Dairy intake
  - ☐ Common triggers (eggs, nuts, seafood, especially prawns)
  - ☐ Artificial colours, preservatives, or flavour enhancers
  - ☐ Sugar intake increases

### **Dietary Adjustments**

- ☐ Begin 3-week low-histamine diet if multiple high-histamine foods were consumed recently
- ☐ Temporarily reduce or eliminate gluten
- ☐ Increase:
  - ☐ Omega-3 rich foods (chia, ground flaxseed)
  - ☐ Anti-inflammatory foods (turmeric in cooking, cinnamon)
  - ☐ Gut-healing foods (bone broth, stewed apples)
  - ☐ Prebiotic foods (banana, cooked and cooled potatoes)

## **Supplement Review (Days 2-7)**

- ☐ Ensure probiotic is being given daily
- ☐ Consider temporary increase in probiotic dosage (consult product guidelines)
- ☐ Add or increase omega-3 supplement if dietary sources are limited
- ☐ Ensure vitamin D levels are adequate (consider testing if flares persist)
- ☐ Check if supplements have passed expiration dates

## **Lifestyle & Stress Assessment**

- ☐ Implement daily "Balloon Belly" breathing practice (3-5 minutes)
- ☐ Review for recent stressful events (family changes, new activities, etc.)
- ☐ Ensure adequate sleep (monitor both quantity and quality)
- ☐ Check for changes in daily routines
- ☐ Assess physical activity levels (too much or too little)
- ☐ Consider if seasonal allergies might be contributing

## Special Considerations

### Water Exposure

- ☐ If swimming or increased water exposure has occurred:
  - ☐ Rinse in fresh water immediately after swimming
  - ☐ Apply moisturiser immediately after drying
  - ☐ Consider applying "[My Swim Cream - INTENSIVE](#)" barrier cream 15-20 minutes before water exposure
  - ☐ Consider reducing swimming frequency until flare resolves

### Seasonal Factors

- ☐ Winter: Increase humidity, consider warmer (but still breathable) clothing
- ☐ Summer: Watch for heat rash vs. eczema, monitor for increased sweating
- ☐ Spring/Fall: Monitor for possible pollen allergies affecting skin
- ☐ Holiday periods: Be mindful of dietary changes during celebrations

### Documentation

- ☐ Take clear photos of affected areas in good lighting
- ☐ Note location, appearance, and any changes in the rash
- ☐ Track duration and progression of symptoms
- ☐ Record which interventions helped and which didn't
- ☐ Note any patterns (time of day, activities, etc.)

### When to Contact Me

- ☐ Flare persists for more than 7 days despite implementing these measures
- ☐ Skin appears infected (increased redness, warmth, yellow crusting, swelling)
- ☐ Sleep is significantly disrupted for more than 3 consecutive nights
- ☐ You've tried all items on this checklist and are unsure what else to try
- ☐ You're feeling overwhelmed or anxious about managing the flare

Remember that occasional flares are normal in eczema management. The systematic approach outlined above often resolves flares quickly, but please don't hesitate to contact me if you're concerned or if symptoms persist despite your best efforts.

### When to Contact Medical Care i.e. Rami's GP

- ☐ He develops a fever alongside the flare
- ☐ The rash spreads rapidly or covers large areas of the body
- ☐ Skin appears infected (increased redness, warmth, yellow crusting, swelling)
- ☐ He seems unusually uncomfortable or distressed