

# ECZEMA



BRIDGING RESEARCH, LUNG HEALTH & THE ENVIRONMENT

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## What is it?

Eczema is a **non-contagious inflammatory skin condition** characterized by dry, itchy skin that **affects 30% of the US population**. When the skin is scratched, the skin may become more susceptible to bacterial, viral, and fungal skin infections. **Individuals with other allergic conditions, such as asthma, are at a risk to develop atopic dermatitis**, the most common type of eczema.

### COMMON SYMPTOMS

- dry, itchy skin
- bumps on skin
- rashes

### LOCATION ON BODY

hands, neck, face, elbow, knee, ankle

## Common triggers



## Common treatments

Moisturize skin at least twice a day

Limit showers to 10 minutes with warm (not hot) water

Stress management

Medicines determined by doctor (hydrocortisone or antihistamines)