



ECZEMA ACTION PLAN

GREEN ZONE (Daily Skin Care Routine)

- Baths 10-20 minutes
Cleanser (Cetaphil cleanser, VaniCream cleanser, Dove, Glycerin Bars)
Soak & Seal – Pat lightly dry and immediately apply moisturizer
- Moisturizer – Apply twice daily and more often as needed
Hydrolatum, Eucerin, Aquaphor, Aveeno, VaniCream moisturizer
- Antihistamine:

YELLOW ZONE (Skin starting to Flare with mild to moderate redness/itching)

- Continue GREEN ZONE (Daily Skin Care) Routine
- For **Face**: Apply twice daily for a maximum of _____ days
- For **Body**: Apply twice daily for a maximum of _____ days
- Antihistamine:

RED ZONE (Skin starting to Flare with SEVERE redness/itching)

- Continue GREEN ZONE (Daily Skin Care) Routine
- For **Face**: Apply twice daily for a maximum of _____ days
- For **Body**: Apply twice daily for a maximum of _____ days
- Antihistamine:

Call the Allergy Program @ (617) 355-6117 if no improvement in 3-5 days

Contact your physician, if any sign of oozing, weeping, or crusting from the skin, since this may be a sign of a skin infection