

ECZPLORE

Navigate Knowledge, Redefine Eczema Journey

COLORING BOOK



15 Tips for Happy Skin!

1. Use your cream every day

It helps stop the itch and keeps skin soft.

2. Take short, warm showers

Not too hot, not too long — 5 to 10 minutes is good.

3. Use gentle soap

Ask for soap made for "sensitive skin."

4. Wear soft clothes

Cotton is best. No scratchy or tight clothes.

5. Drink water

Water helps your skin stay healthy.

6. Eat fruits and veggies

Good food helps your whole body — even your skin!

7. Get enough sleep

Sleep helps your skin rest and heal.

8. Try not to scratch

Scratching makes skin worse. Tap it or use cream instead.

9. Keep cream in your bag

You can use it at school or when out.

10. Don't play too long in the sun

Stay in the shade or wear a hat if it's hot.

11. Stay cool

Try not to get too sweaty. It can make skin itchy.

12. Wear clean clothes

Ask for soft laundry soap with no strong smell.

13. Tell an adult if your skin hurts

They can help you feel better.

14. Be kind to your skin

No rubbing, no scratching. Pat it dry after a shower.

15. You're not the only one

Many kids have eczema. You are strong and brave!



Eczema won't stop
our superpowers!



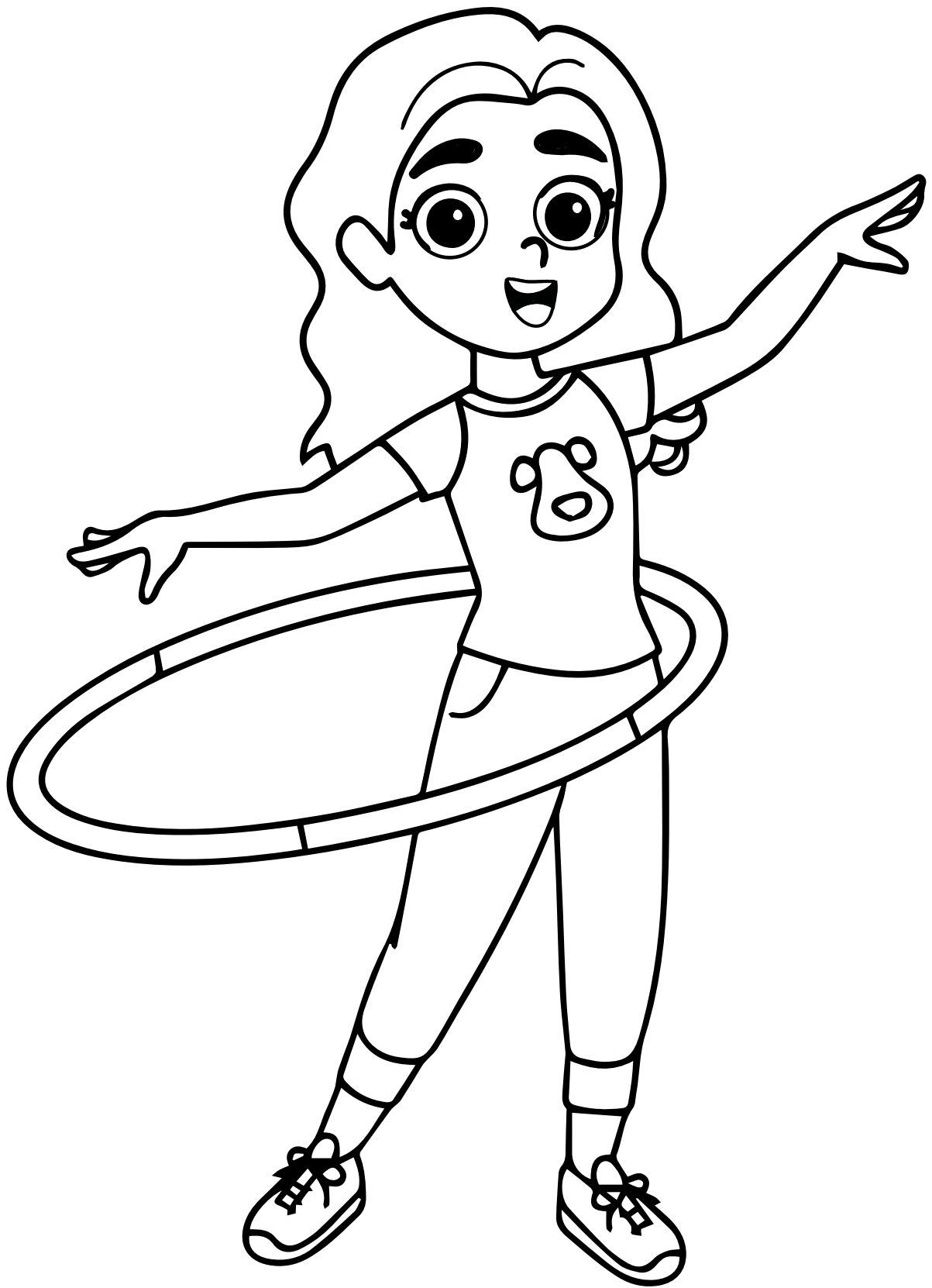
Cream time is
care time!



We play, we care,
we're Flare-free!



Just like art, my skin
needs gentle care!



Move, groove,
and stay cool!



Play hard, protect
your skin!

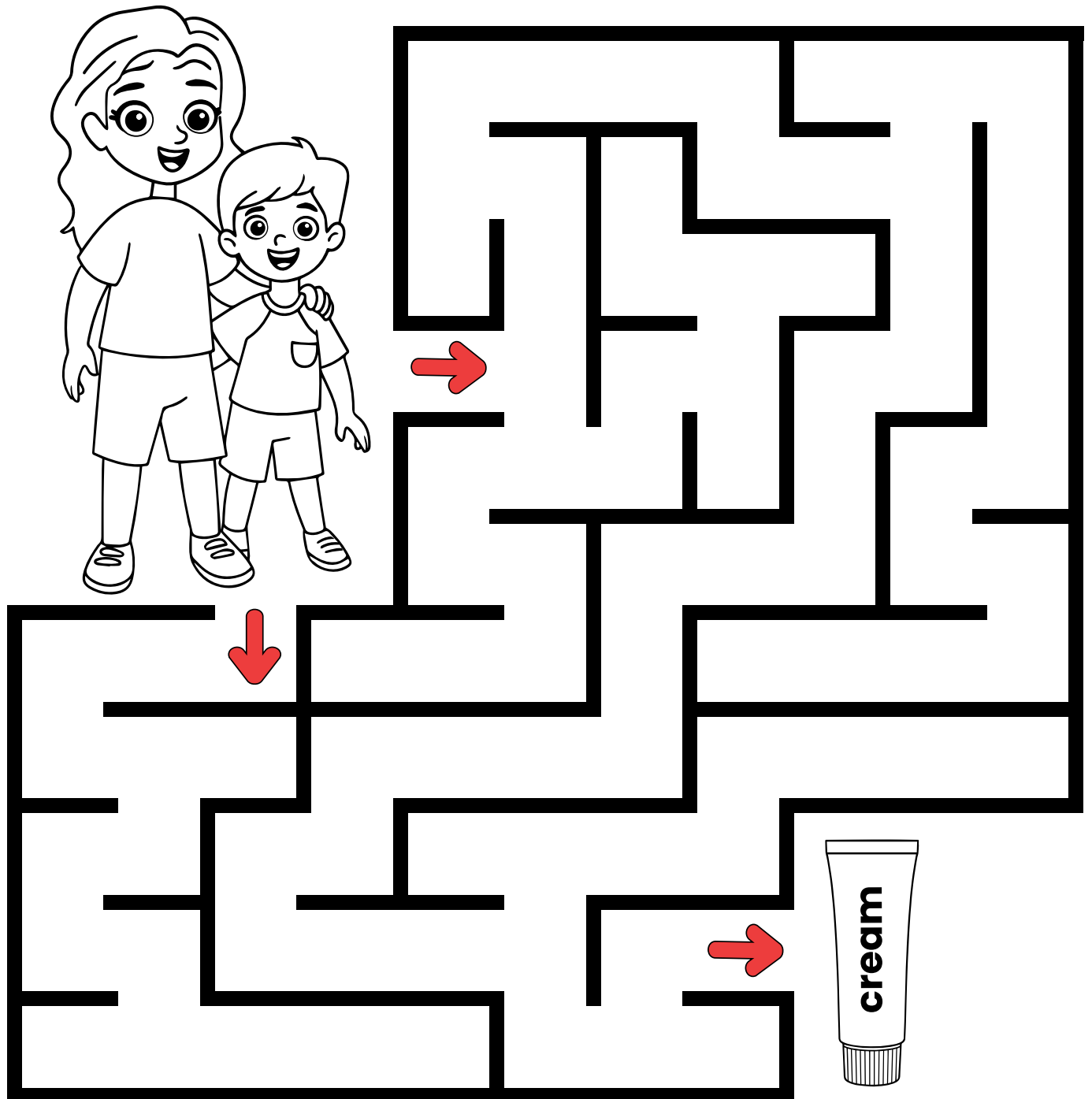


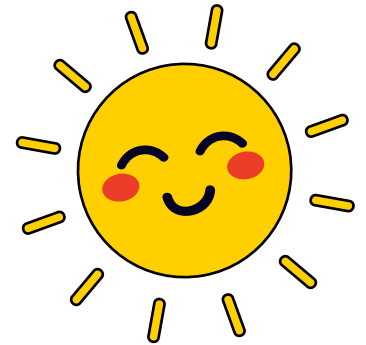
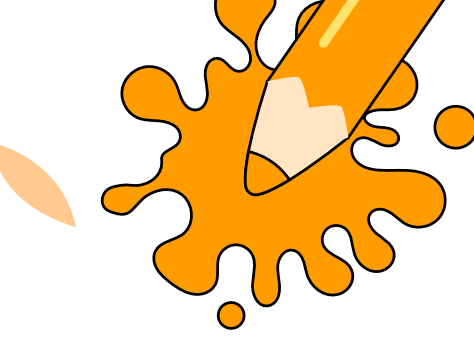
Good Food,
happy skin!



Together,
we beat eczema!

Help the kids to reach the cream





ECZPLORE

Navigate Knowledge, Redefine Eczema Journey

