

## Eczema

### RFQs

- How are you in yourself? Have you had a fever?
- What do you think is behind your eczema flaring up?
- Could work or activities be a trigger?

### Provide

Holly's eczema looks OK at the moment, but I would keep on using the zeroderm and zerocream emollients at least a couple of times a day. Rather than using soaps, that might remove the natural oils from the skin, it would be better to use zerocream as a soap substitute. I'll prescribe it in a pump dispenser.

### Safety net:

If her skin becomes angry, it would be worth using the steroid ointment again for a few days. If the eczema ever gets blistered and weepy, or she has bad eczema and seems unwell or feverish, then we need to see her straight away. Don't worry that's really rare.