

Eczema Action Plan

Date: _____

Child's name: _____ Date of birth: _____

Health care provider: _____ Phone: 206-987-2158, option 4

Daily skin care routine

Check your child's skin each day and look for signs of rash. Use the daily care guidelines and the 3 color zones below to decide your skin care plan for the day.

- **Bath:** Have your child take a bath or a shower for 10 minutes or less. Use a mild cleanser only if there is visible dirt or on focal areas (armpits, groin, feet). Recommended cleansers: Cetaphil Gentle Skin Cleanser or Dove Sensitive Skin unscented bar soap.
- **Moisturizer:** Apply moisturizer to your child's entire body 2 times a day and immediately after bath, or more often if needed for itchy, dry skin.
Recommended moisturizer: _____

Green Zone (skin with very mild redness or darker color/irritation)

- **Continue daily skin care routine** (see above).

Yellow Zone (skin starting to flare with mild to moderate redness or darker color/itching)

- **Continue daily skin care routine** (see above).
- **Apply topical steroid:** _____ twice daily to **face, neck, ears, groin.**
- **Apply topical steroid:** _____ twice daily to **arms, legs, hands, feet, torso.**
- **Apply topical steroid for no more than 14 days in a row.**

Red Zone (skin with SEVERE redness or darker color/itching/oozing)

- **Continue daily skin care routine** (see above) with any changes made in yellow zone.
- **Apply topical steroid:** _____ twice daily to **face, neck, ears, groin.**
- **Apply topical steroid:** _____ twice daily to **arms, legs, hands, feet, torso.**
- **Apply topical steroid for no more than 14 days in a row.**
- **Start wet wrap therapy** if no pustules or yellow crusting or oozing.
- **Apply Mupirocin 2-3 times a day** if pustules or yellow crusting or oozing are present.
- **Call 206-987-2158, option 4** if there is **no improvement in 3 to 5 days.**

