

控制特应性皮炎

环境控制

如何控制可能影响您患有特应性皮炎孩子皮肤的因素。

如果您的孩子患有特应性皮炎，他们会比其他孩子更容易对刺激物和造成过敏的物体（过敏原）产生皮肤过敏。因此，请务必避免或至少控制您的孩子接触这些物体。刺激物和过敏原有时称为环境接触。

您的孩子可能没有必要采用以下所有措施来控制皮炎。尝试容易做的事情或似乎最有帮助的事情。主要目标是避免接触使皮肤瘙痒加剧的东西。

如果您的孩子患有轻度或中度特应性皮炎，则无需接受过敏皮试或血液测试。阳性过敏测试不一定表示这些食物会使孩子的湿疹恶化。避免明显造成孩子过敏的食物。查找似乎会造成皮肤剧烈反应或其他问题的食物。如果过去曾出现过食物造成严重问题（例如，嘴唇红肿或呼吸困难），请务必始终备有 EpiPen，为过敏反应做好准备。

应当注意的最常见的食物过敏包括鸡蛋、牛奶、大豆、坚果、鱼或贝类和小麦。

西红柿和柑橘类水果可能会刺激皮肤。如果这些食物碰到孩子的皮肤，用水轻轻地洗掉。吃东西前在孩子的脸上涂一层凡士林之类的防护膏，会有帮助。这会避免刺激性食物与皮肤直接接触。

温度和湿度

请务必控制您的孩子逗留时间较长房间的温度。温度应当偏凉。过热会使孩子流汗，流汗会使皮肤瘙痒加剧。这也是为什么您应当避免让孩子衣服穿得过热或穿过多层衣服的原因。

尽量将湿度保持在 40% 以上。这会有助于皮肤保湿，避免皮肤变得更干燥。在寒冷的天气和冬季，如果室内很干燥，在您的孩子的卧室内 24 小时开启冷雾增湿器，保持室内凉爽和舒适。

如果您的孩子患有哮喘，应留意哮喘症状。增湿器可能会使哮喘恶化。

请记住经常清洁增湿器。

如需了解进一步详情

- 皮肤科
206-987-2158
- 向您的孩子的健康护理服务提供者咨询
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的孩子的护士询问。
- 在医院外，拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。

粉尘和污染

尽量保持室内无粉尘。特别暖气和空调过滤器可能有帮助，但价格较贵。保持地板清洁，为地毯吸尘。如果可能，在孩子不在家时打扫卫生。避免使用毛地毯、毯子、窗帘和穿羊毛衣服。

您的孩子应尽可能避免其他类型的空气污染包括：

- 香烟烟雾，包括在室外抽烟后残留在衣服上的烟味
- 家中尘螨
- 动物皮屑（宠物脱落的皮屑）
- 树木（树木花粉会有刺激性）
- 油漆
- 清漆
- 杀虫剂之类的化学品
- 空气清新剂（例如 Febreze）、熏香或其他气味浓的产品

可能刺激孩子皮肤的其他物体

- 让您的孩子避免接触香水、除臭喷雾剂或洗泡沫浴。
- 泳池内的氯可能会有刺激性。您的孩子通常可以游泳，但务必在游泳后立即洗淋浴，然后涂润肤霜。
- 在洗涤孩子的衣服时，避免使用织物柔软剂。使用无香味洗涤剂，例如 All Free Clear 或 Tide Free and Gentle。
- 特应性皮炎患者不应当与患有热病性疱疹、疱疹或任何类型“唇疱疹”的人接吻、拥抱、甚至触摸。唇疱疹病毒或疱疹会迅速遍布特应性皮炎患者的全身。

Controlling Atopic Dermatitis

Environmental controls

How to manage the things that may affect your child's skin when they have atopic dermatitis.

If your child has atopic dermatitis, they are more likely than other children to have skin reactions to irritants and to things that cause allergies (allergens). For that reason, it is important to avoid or at least to manage your child's contact with them. Irritants and allergens are sometimes called environmental exposures.

Your child might not need to do all of these things to control dermatitis. Try the ones that are easy or seem to help the most. The main goal is to stay away from things that make itching worse.

If their atopic dermatitis is mild or moderate, then your child does not need to get skin or blood tests for allergies. Positive allergy tests do not necessarily mean that eating these foods makes your child's eczema worse. Avoid foods that clearly cause your child to have a reaction. Look for the foods that seem to cause skin flares or other problems. If there have been problems with foods in the past that cause serious problems, like lip swelling or breathing problems, it is important to prepare for reactions by having an EpiPen ready all the time.

The most common food allergies to watch for are eggs, cow's milk, soy, nuts, fish or shellfish, and wheat.

Tomatoes and citrus fruits may be irritating to the skin. If these get on your child's skin, wash gently with water. It can help to put a barrier like Vaseline on your child's face before they eat. This makes it so that irritating foods do not have as much contact with the skin.

Temperature and humidity

It is important to control the temperature in the rooms where your child spends time. It should be kept on the cool side. Overheating causes your child to sweat, and that can make the itching worse. This is also why you should avoid dressing your baby or child in clothes that are too hot or in too many layers.

Keep the humidity above 40% where possible. This helps the skin to stay moist and not to dry out more. During the cold weather and in the winter, when it is very dry inside the house, use a cool mist humidifier. Run the humidifier in your child's bedroom 24 hours a day and keep it as cool as is comfortable.

If your child has asthma, watch for asthma symptoms. The humidifier may make it worse.

Remember to clean the humidifier frequently.

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To Learn More

- Dermatology
206-987-2158
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Dust and pollution

Try to keep the house as dust-free as possible. Special filters for heating and air conditioning systems may help, but they are expensive. Keep bare floors clean and carpets vacuumed. If you can, clean the house when your child is not home. Avoid using wool carpets, blankets, drapes and clothes.

Other kinds of air pollution that your child should avoid whenever possible include:

- Cigarette smoke, including smoke on the clothes from smoking outside
- Household dust mites
- Animal dander (skin scales that pets shed)
- Trees (tree pollen can be irritating)
- Paints
- Varnishes
- Chemicals like insecticides
- Air fresheners like Febreze, incense or other strongly scented products

Other things that could irritate your child's skin

- Have your child avoid perfumes, deodorant sprays or bubble bath.
- The chlorine in the pool may be irritating. It is usually OK to swim, but it is important for your child to shower right after swimming and then to put on moisturizer.
- Avoid using fabric softeners when washing your child's clothes. Use unscented laundry products such as All Free Clear or Tide Free and Gentle.
- No one with atopic dermatitis should kiss, hold or even touch anyone with fever blisters, herpes or any kind of "cold sores." The cold sore virus, or herpes, can quickly spread over the body of someone with atopic dermatitis.