

Eczema Resources *for Kids*

Word Search **Eczema Glossary**

Brought to you by:



Canadian Skin Patient Alliance
Alliance canadienne des
patients en dermatologie

This project was supported by funding from Pfizer Canada

Word Search

ECZEMA

ECZEMA
INFLAMED
CREAM
HYDRATE
REDNESS
FLARE
ALLERGIES
MOISTURIZER
SCRATCHING
PRESCRIPTION
RESEARCH
TRIGGERS
ITCHY
RASH

Answers can be found on **page 14**.

M	S	C	R	A	T	C	H	I	N	G	M	E	H
A	R	H	C	R	A	E	S	E	R	S	O	E	D
I	M	A	A	R	S	P	O	Z	E	G	I	N	R
I	H	E	A	H	G	O	S	I	E	R	S	O	S
G	D	S	Z	L	S	E	G	T	C	I	T	I	T
A	H	M	E	C	S	R	E	S	F	I	U	T	R
F	H	T	L	T	E	I	H	I	T	T	R	P	I
L	Y	R	S	L	N	E	T	N	S	C	I	I	G
A	D	G	L	S	D	L	T	F	A	H	Z	R	G
R	R	A	A	E	E	R	M	L	M	Y	E	C	E
E	A	C	I	I	R	O	M	A	S	R	R	S	R
S	T	I	Z	S	S	E	E	M	M	O	R	E	S
Z	E	N	A	R	C	R	U	E	M	R	E	R	R
A	R	R	G	E	C	T	P	D	R	L	C	P	M

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Word search answers

M	S	C	R	A	T	C	H	I	N	G	M	E	H
A	R	H	C	R	A	E	S	E	R	S	O	E	D
I	M	A	A	R	S	P	O	Z	E	G	I	N	R
I	H	E	A	H	G	O	S	I	E	R	S	O	S
G	D	S	Z	L	S	E	G	T	C	I	T	I	T
A	H	M	E	C	S	R	E	S	F	I	U	T	R
F	H	T	L	T	E	I	H	I	T	T	R	P	I
L	Y	R	S	L	N	E	T	N	S	C	I	I	G
A	D	G	L	S	D	L	T	F	A	H	Z	R	G
R	R	A	A	E	E	R	M	L	M	Y	E	C	E
E	A	C	I	I	R	O	M	A	S	R	R	S	R
S	T	I	Z	S	S	E	E	M	M	O	R	E	S
Z	E	N	A	R	C	R	U	E	M	R	E	R	R
A	R	R	G	E	C	T	P	D	R	L	C	P	M



Cream: Creams are used to help manage how eczema looks and help to make it less itchy by protecting the skin.

Hydrate: To hydrate means to absorb water. It's important for people who have eczema to hydrate their skin using creams and lotions to keep the water in their skin.

Moisturizer: These are usually creams, lotions, or ointments. They're important for people who have eczema to use so that they can help protect the skin.

Prescription: A special note from your doctor for a medicine to help make them feel better. For some people who have eczema, they need a prescription medicine to help make their eczema feel better.

Inflamed: What is happening under the skin in eczema that makes it look red, bumpy, or swollen to the touch.

Scratching: Eczema is usually very itchy and many people who have eczema scratch their skin to try to make it feel better. While this may make it feel better for a little bit, it's best to avoid scratching your skin because it can actually make it more itchy and scratches can let harmful things into your body.



Itchy: Eczema is a very itchy skin condition. When something is itchy, it makes people want to scratch and this is why people who have eczema often feel the need to scratch their skin.

Eczema Words Explained



Rash: A rash is a red, spotty patch of skin. People who have eczema can often appear to have rashes on their body when their skin flares. In people who have eczema, it is most common to find these red patches on their neck, face, scalp, inside the elbows, and behind the knees. It also sometimes appears on the wrists, hands, and feet too.



Research: Research is when people study a specific topic to learn more about it. Research is done by scientists on eczema to help people who have it live healthier and happier lives.

Triggers: A trigger is something that causes a person's eczema to react and flare up. Examples of triggers are stress, some soaps, sweat, poisonous plants, some makeup, certain creams, jewelry, and some kinds of clothing. People who have eczema have to be careful to not use or wear products that can trigger a reaction in their skin.



Allergies: For some people, allergies are related to their eczema. That means that their body responds to something as though it is dangerous even when it isn't. The body fights back against it, causing a reaction and usually leading to a flare-up.

Flare: When eczema "flares up," it means that someone's skin suddenly becomes red, flaky, and usually itchy. Make sure to tell a trusted adult if this is happening so that they can help you.

Redness: The skin often looks red where people have eczema

Eczema: A condition that causes the skin to become red and can appear like a rash. It is usually very itchy! For some people it goes away as they get older, but for others they have it long-term.

