

PRINT, CUT AND CARRY!

These cards will help others
understand your child's
eczema.



I HAVE ECZEMA

It's a skin condition that makes me itch a lot. Sometimes, it leaves rashes and marks on my skin. It's really hard for me to stop itching. It's better when I have fun things to do and other kids to play with.

It's **not contagious**. That means, you don't catch eczema by touching someone who has it. It's OK to play with me the same way you would play with anyone else!

I'm **just like any other kid** — I like to play with other kids and have fun. If you have any questions about my skin, it's OK to ask my mom or dad!



For more information visit: www.eczema-help.ca



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