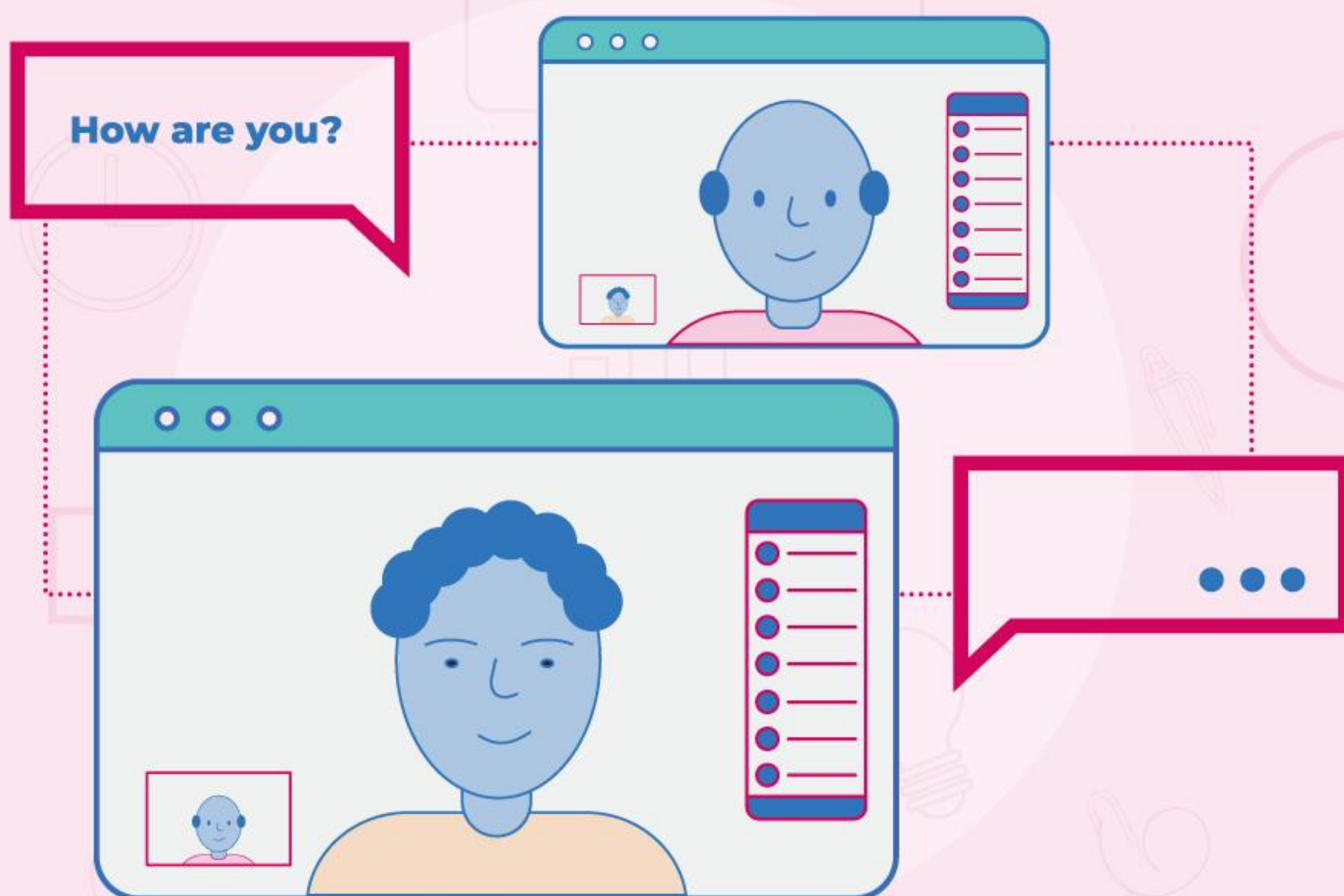


ECZEMA & WORK

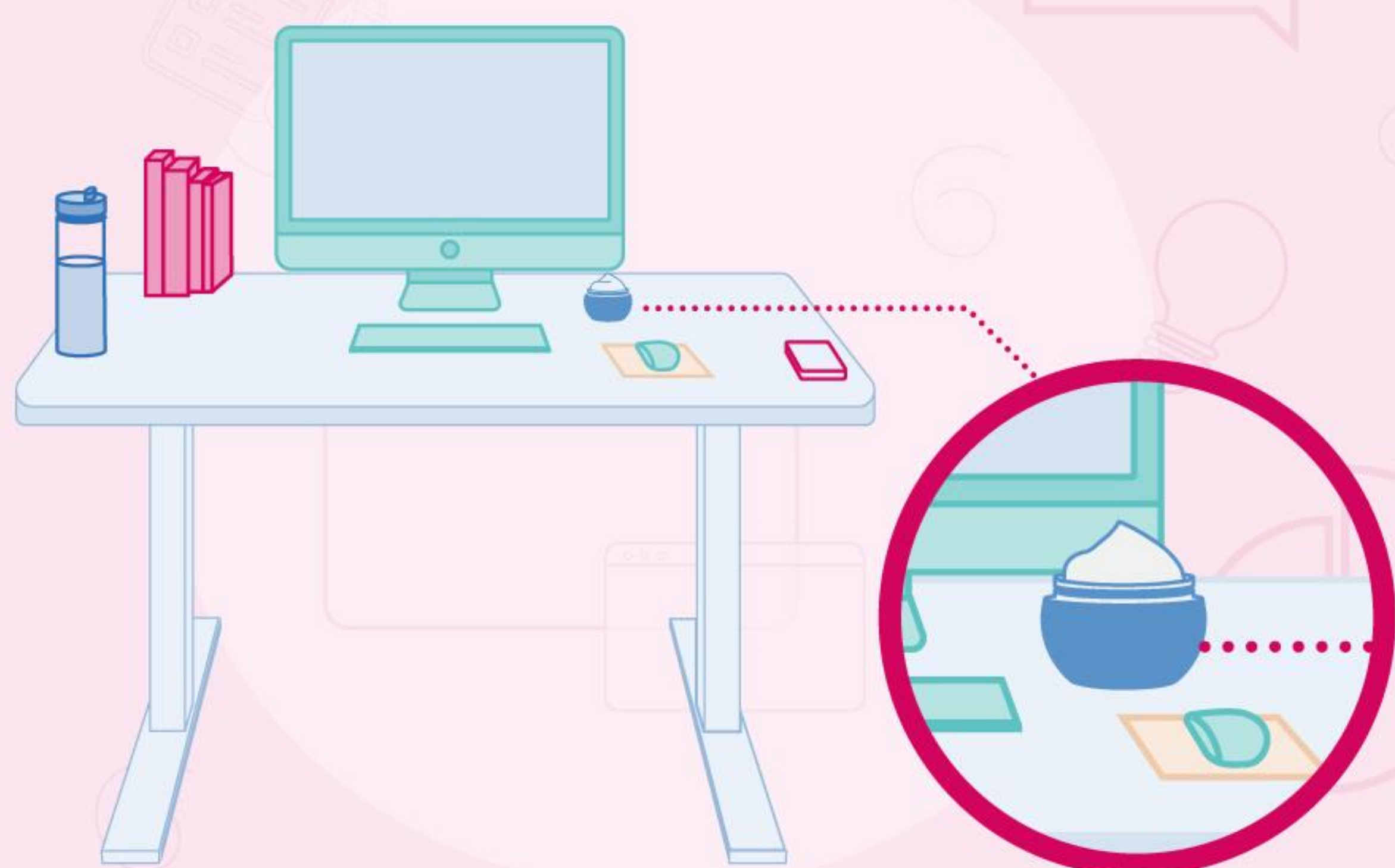
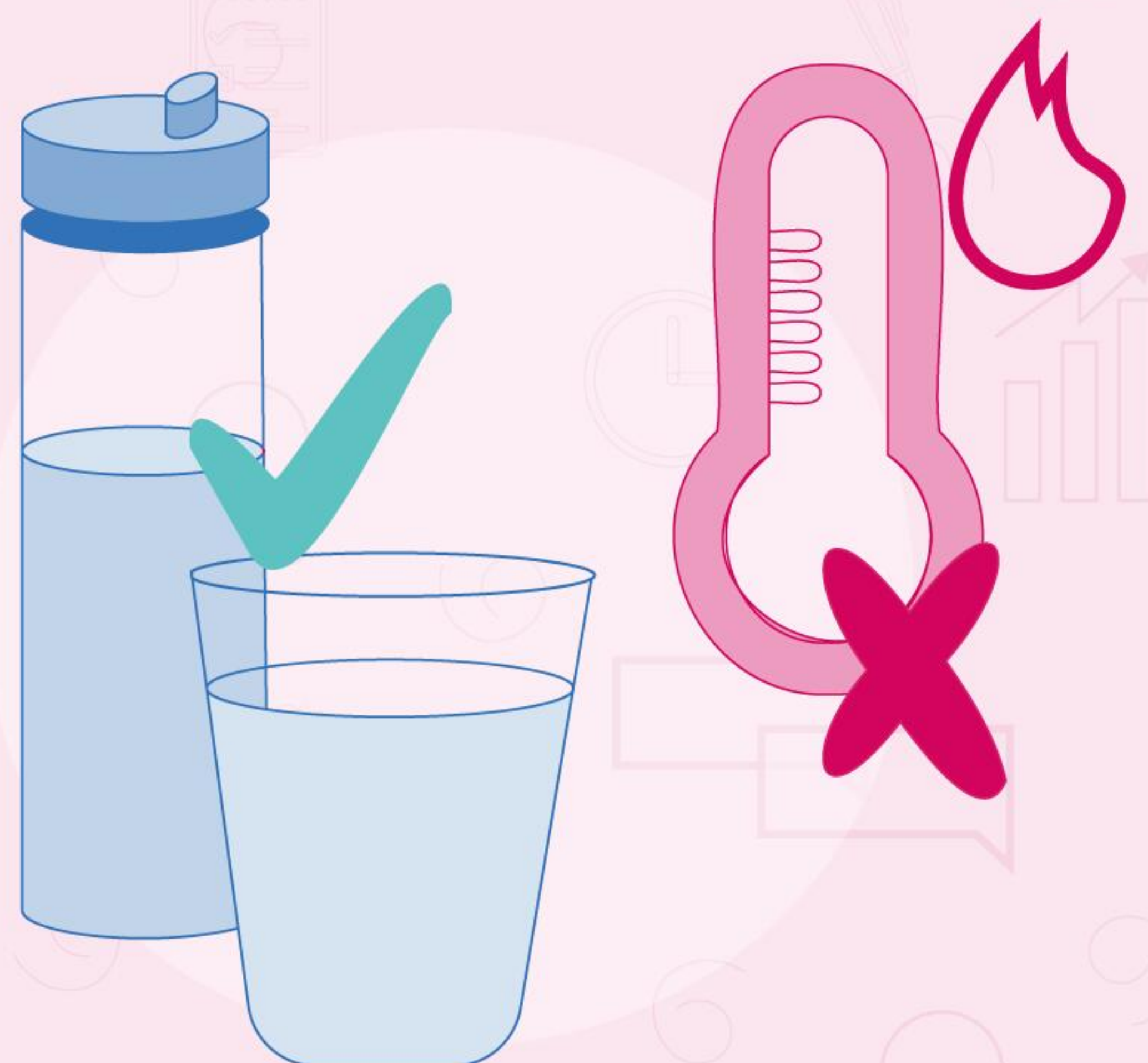
If you are comfortable doing so, **talk to your line manager and/or HR about your condition.** Explain how eczema, e.g., flare-ups, may impact your work. You don't need to go into detail but maybe discuss flexible working and ways in which your condition can be managed without adversely impacting your productivity.



It's always better to **talk to your colleagues about your eczema.** Explain to them how the condition affects your life and educate them on how they can help. Many people might feel awkward on how to talk to you about this and may not realise that eczema is not contagious, so broaching that initial conversation will make it easier for everyone.



Avoid situations that might trigger your itch. Ensure you **stay well hydrated and avoid extreme temperatures of hot or cold** that might irritate your eczema.



Keep some emollient at your desk or in your locker. Apply to hands after washing and if you feel particularly itchy, try to apply emollient to your body during the day to help ease your skin.