

*You are a teacher...*

# How to explain the disease to Hugo and his friends?

**collaboration with  
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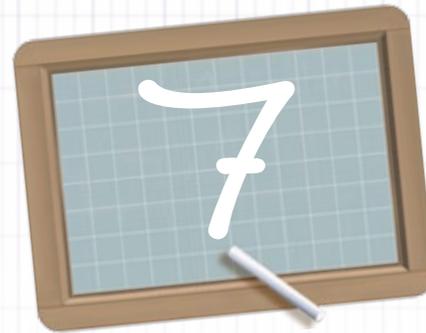


# Hugo and his skin

The child and his or her eczema

Teacher,  
what is eczema?

*An answer in*



*lessons*



# It's a skin disease!

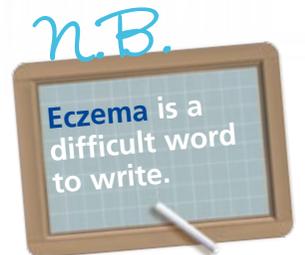
- ✓ The skin is dry. You can tell when you touch it.
- ✓ There are red patches, especially in the folds of the skin : neck, elbows, back of the knees, wrists and behind the ears, etc.



- ✓ The patches are itchy and make you want to scratch a lot, even at night.



- ✓ In the morning, sometimes Hugo is sleepy, doesn't feel well and is often worried.



# Teacher, where does eczema come from?

- ✓ It often starts with dry, red patches on babies' cheeks.



- ✓ It's a skin reaction that is too strong to various types of dust in the house or animal fur or plant pollens, etc.
- ✓ Often, there are other people in the family whose nose, eyes or lungs are sensitive to this dust. We say they are allergic.



*n.B.*

The **family** is the mother, father, brothers and sisters.  
Not all young children with eczema have allergic families.



An infant's eczema starts on the face



# Teacher, can you treat eczema?

## ✓ The skin is dry:



- It has to be moisturized with cream or ointments that protect the skin, like paper film.
- These products can be used in the morning, at night and after showers, and can be applied to the entire body.



## ✓ The skin is red:



- We say it is inflamed. Anti-inflammatory ointments that are very effective have to be spread over the patches.
- These anti-inflammatory ointments are based on cortisone and are called "dermocorticosteroids".

*n.B.*



Eczema **prior**  
to treatment

**After** only  
four days of  
treatment



# Teacher, does Hugo have to take precautions?

## ✓ When you have eczema, heat bothers you:

- You have to avoid having wool directly touch your skin and turtlenecks that make your neck itch.
- The bedroom and classroom will be aired out in the morning and at night.
- At school, Hugo will sit far away from the radiator.



## ✓ When you have eczema, some soaps bother you:

- There are non-aggressive soaps, referred to as detergent-free, that are soft for the skin.



## ✓ Sports, of course, are authorized:

- Sports are followed by a quick shower if you've perspired a lot.



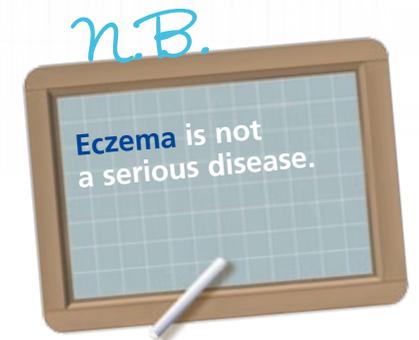
*n.B.*

Next to the skin,  
wear cotton clothing  
and take showers  
rather than baths.



# Teacher, can it be cured?

- ✓ **Of course**, many children are cured before they turn six.
- ✓ **For others**, creams and ointments are very effective.
- ✓ **Finally, some** are fragile, not just in terms of their skin, but also their eyes, nose and lungs. They are "allergic".



# Teacher, what is asthma?

- ✓ Asthma is a bronchial disease, which affects the tubes that bring air to your lungs.
- ✓ With asthmatics, you can't tell, but the inside of the bronchial tracts is red, inflamed and the child coughs a lot.
- ✓ The child's bronchial tracts are sensitive to tobacco smoke, dust in mattresses and pillows, and pollution.



# Teacher, a few more questions?

✓ Is eczema contagious?



✓ Are vaccinations contraindicated?



✓ Can allergic children play sports?



✓ Do children with eczema have food allergies?

Only a small number (the cafeteria must be informed)



