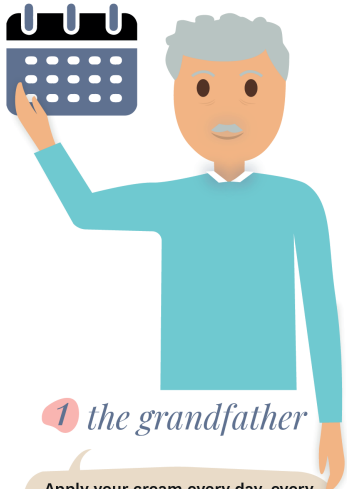


The Hydratios



1 the grandfather

Apply your cream every day, every day, every d...

The Hydratios



3 the father

Apply the cream to your plaques and cover them with cling wrap

The Hydratios



5 the son

In winter, creams are as soft as a blanket

The Hydratios



2 the grandmother

In summer, it's important to hydrate, but go for something more lightweight: lotions or emulsions...

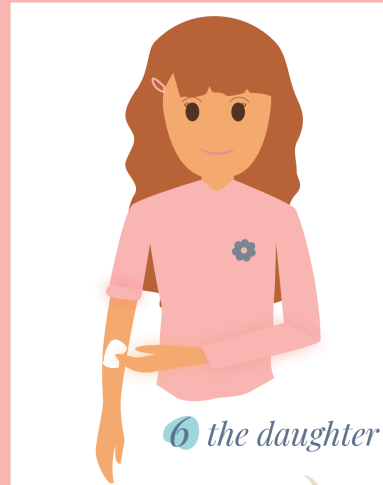
The Hydratios



4 the mother

Cover your cream with cotton strips to play the mummy!

The Hydratios



6 the daughter

You can put your cream on all by yourself, you're a big kid now!

The Von Bath-n-showers



1 the grandfather

If your skin is rough, two showers a week can be enough

The Von Bath-n-showers



3 the father

You don't have to use a shower gel every time, just water can be enough

The Von Bath-n-showers

Playing in the bath is good clean sport!
But not too often and keep it short

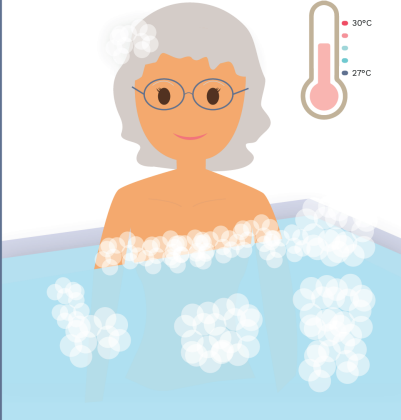
5 the son



The Von Bath-n-showers

Luke-warm showers are better for your skin. Between 27°C and 30°C is perfect!

2 the grandmother



The Von Bath-n-showers

How long should you stay in the shower? Less than 5 minutes, and certainly not an hour!

4 the mother



The Von Bath-n-showers



6 the daughter

Beware of make-up, deodorants and perfume, some of them can be pretty doom and gloom

The Itchang



1 the grandfather

Fruits and vegetables are our friends: don't forget them, they're not just for rabbits and hens!

The Itchang



3 the father

A little bread is okay. But not too much, nay, nay, nay!

The Itchang



5 the son

Burgers and fries: nice! Every day?: not good advice!

The Itchang



2 the grandmother

When cooking, olive oil is our friend, it is better than butter in the end

The Itchang



4 the mother

A little bit of dairy can be very good, but don't overdo it, even if you think you could

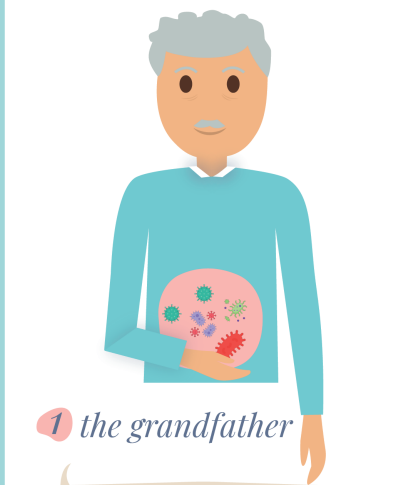
The Itchang



6 the daughter

Candy is not very dandy for your eczema!

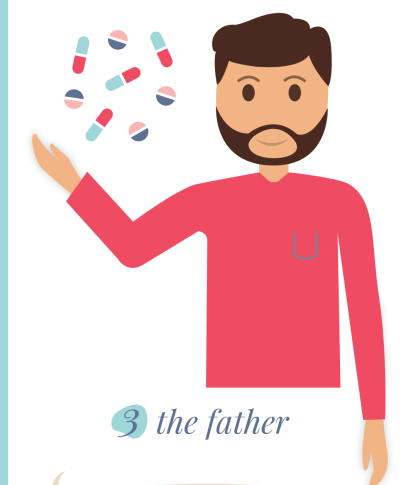
The DiGestiones



1 *the grandfather*

Billions of living things in the digestive tract are good for our health! It's called the intestinal flora!

The DiGestiones



3 *the father*

Antibiotics can make your eczema worse, but the decision is up to your doctor and nurse

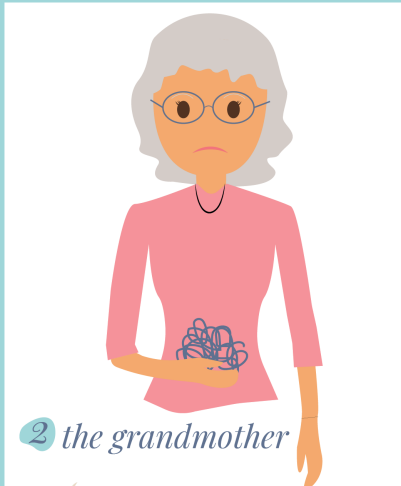
The DiGestiones



5 *the son*

Fear, sadness, anger: these emotions can make your eczema worse so be sure to talk to your parents about what's going on

The DiGestiones



2 *the grandmother*

If your tummy is gurgling, something is amiss and it can make your eczema go on the fritz

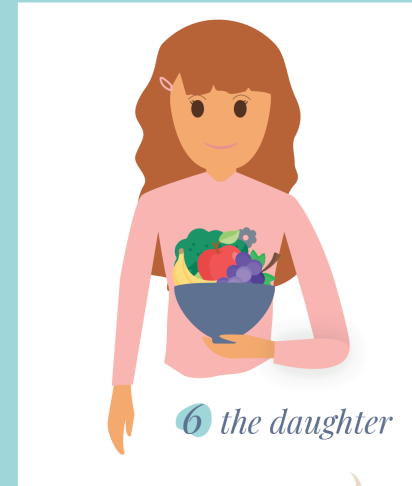
The DiGestiones



4 *the mother*

Take your vitamins every winter to fight the cold!

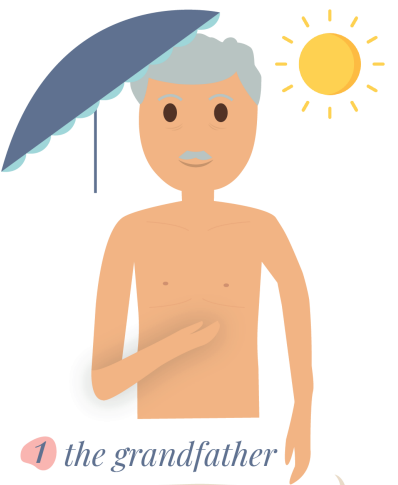
The DiGestiones



6 *the daughter*

When you eat the wrong foods, it can make you itch, so choose fruits and vegetables to fix the glitch!

The Scratchbreakers



1 *the grandfather*

The sun is good for eczema, but watch out for sunburn!

The Scratchbreakers



3 *the father*

Play sports! You have the right to be like all the other kids!

The Scratchbreakers

Have fun swimming like a fish, but hurry up and rinse if the stinging starts to make you wince!

5 *the son*



The Scratchbreakers



2 *the grandmother*

Sweat stings, take some water to rinse off

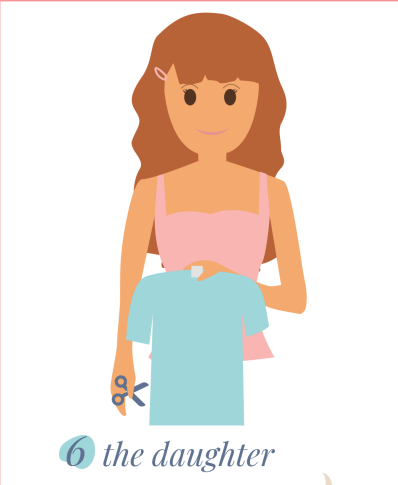
The Scratchbreakers



4 *the mother*

If the sea water stings, rinse off with fresh water

The Scratchbreakers



6 *the daughter*

Beware of tight clothing, take off the tags!

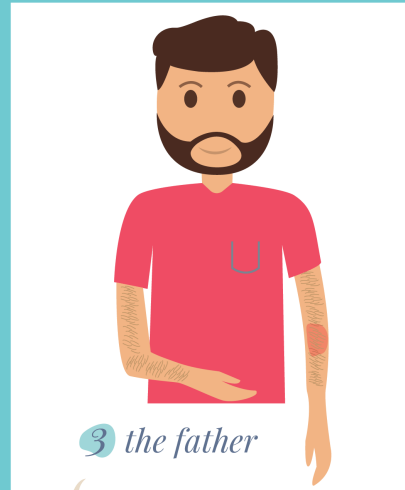
The Plaqueaplicks



1 the grandfather

Sometimes eczema is as red as a volcano!

The Plaqueaplicks



3 the father

Plaques like to hide in the hair, but who has the most hair?

The Plaqueaplicks



5 the son

Dandruff? It's just more eczema making your head itchy!

The Plaqueaplicks



2 the grandmother

Sometimes eczema is as dry as a desert!

The Plaqueaplicks



4 the mother

Hand eczema can make you want to scream. At night, be like Mickey, and put on some cream and cotton gloves!

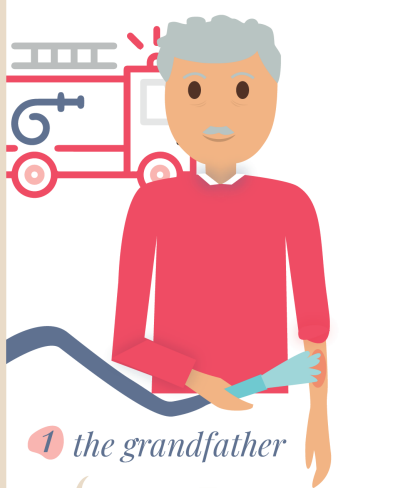
The Plaqueaplicks



6 the daughter

And those white marks on the shoulders? Eczema again!

The Fyremans



1 the grandfather

Eczema can cause plaques as red as a blaze, so be quick putting out that fire in all the right ways!

The Fyremans



3 the father

Alert: that plaque is red! Wee, Woo, Wee, Woo grab the cortisone cream!

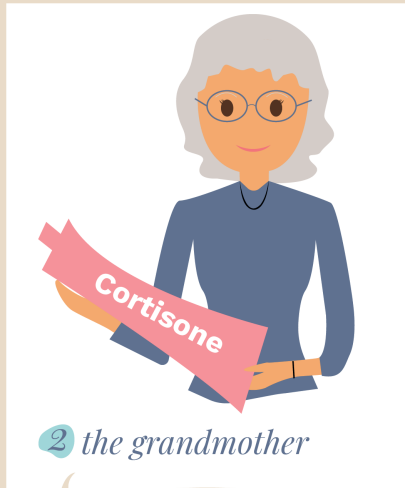
The Fyremans



5 the son

Follow your doctor's advice and keep your cortisone cream with you, it will calm the redness and make you feel brand-new!

The Fyremans



2 the grandmother

Firefighters put out fires with water, you put out your eczema with cortisone cream

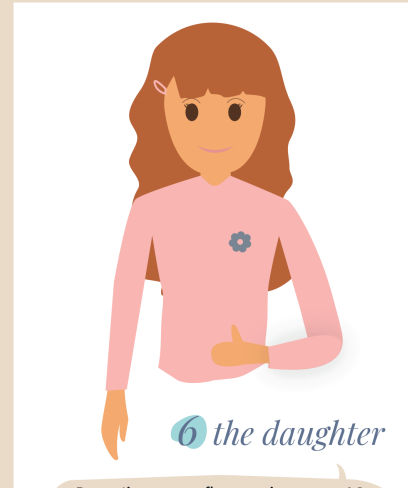
The Fyremans



4 the mother

But who started the fire? Time to investigate!

The Fyremans



6 the daughter

Preventing eczema flare-ups is awesome! So follow all the game's instructions to see if you can stop 'em!