

## What triggers your eczema?

Triggering Factor	Yes/No	Eczema Symptoms
Stress Anger Frustration Anxiety		
Hot weather Cold weather Humidity Dry weather Sun		
Sweat		
Wool Synthetic fibers Latex Rubber Plastic		
Hot baths Hard water Chlorinated water Salt water (oceans, mineral spas)		

Air borne pollutants: Dust mites Animal dander Pollen Smog/air pollution		
Eggs Milk Wheat Soy Seafood Nuts Food additives Citrus fruits Strawberries		
Soaps Detergents Lotions, creams Perfumes Make-up Hair shampoos, styling aids, conditioners		
Other:		