



**NATIONAL
Eczema
ASSOCIATION**

Eczema Triggers



UNDERSTANDING TRIGGERS

When identifying potential triggers, keep in mind that an eczema flare can appear some time after exposure. This lag time can make some triggers challenging to detect.

Eczema affects everyone differently, so one person's triggers may not be the same as another's.

Here are some everyday things that can trigger an eczema flare or make it worse.

METALS

Chromium
Cobalt chloride
Copper
Gold
Nickel

ENVIRONMENTAL ALLERGENS

Cigarette smoke
Cockroaches
Dust mites
Pet dander
Pollen
Insect bites/stings

CLIMATE

Change in season
Hot or cold, dry weather
Low or high humidity

OTHER

Hormones
Long, hot baths or showers
Skin infection
Skin yeast overgrowth
Staph bacteria
Sweat
Very dry skin

CHEMICALS

Amidoamine
Bacitracin
Benzalkonium chloride
Benzophenones
Black rubber
Cinnamates
Cocamidopropyl betaine
Colophony (tree resin)
Diazolidinyl urea
Dibenzoylmethanes
DMDM hydantoin
Epoxy resin
Formaldehyde
Fragrance
Glyceryl thioglycolate
Imidazolidinyl urea
Lanolin
Methyl methacrylate
Methylchloroisothiazolinone/methylisothiazolinone
Methyldibromo glutaronitrile
Myroxylon pereirae (balsam of Peru)
Neomycin sulphate
Octocryle
Paraben
Para-aminobenzoic acid (PABA)
Paraphenylenediamine
Potassium dichromate
Propylene glycol
Quaternium 15
Salicylates
Soap
Tixocortol pivalate
Tosylamide formadehyde resin

IRRITANTS

Latex
Scratching/rubbing the skin
Fabrics such as wool

National Eczema Association (NEA) is the leading advocacy organization serving people with eczema and those who love them. Go to nationaleczema.org to find out more.