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 formamide 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.