

ECZEMA TRIGGER CHECKLIST

Looking beyond the flare to explore the bigger picture

1. Skin Barrier, Home & Everyday Irritants

Fragrance & Products

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|---|---|
| ☐ Fragrance-free hand soap | ☐ Fragrance-free dish soap |
| ☐ Fragrance-free body wash | ☐ Fragrance-free laundry detergent |
| ☐ Eliminate fabric softener & dryer sheets | ☐ Evaluate lotions & skincare products |
| ☐ Evaluate household cleaning products | ☐ Remove/limit candles, plug-ins & diffusers |
| ☐ Other: _____ | |

Clothing & Skin

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| ☐ Choose breathable, non-irritating fabrics | ☐ Wash new clothing before wearing |
| ☐ Pay attention to overheating/sweating | ☐ Evaluate sunscreen for irritation |

Air Quality

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| ☐ Consider a HEPA air purifier | ☐ Monitor indoor humidity |
| ☐ Humidifier/dehumidifier when appropriate | ☐ Check for moisture, water damage or mold |
| ☐ Clean HVAC filters regularly | |

Water

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| ☐ Learn about your home's water quality | ☐ Test well water when appropriate |
| ☐ Consider whether hard water irritates skin | ☐ Consider a water softener if appropriate |
| ☐ Explore bath/shower filtration | ☐ Explore drinking-water filtration/RO |
| ☐ Rinse skin after chlorinated pools | ☐ Moisturize after swimming/bathing |

2. Food & Allergy

Possible Allergens

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|---------------------------------------|---|
| ☐ Peanut | ☐ Tree nuts |
| ☐ Egg | ☐ Dairy |
| ☐ Other: _____ | ☐ Allergy testing when appropriate |

Foods We're Watching

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|---|---------------------------------------|
| ☐ Dairy | ☐ Gluten/wheat |
| ☐ Soy | ☐ Egg |
| ☐ Nightshades | ☐ Oats |
| ☐ High-histamine foods | ☐ Other: _____ |

Cleaning Up the Pantry

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|---|--|
| ☐ Reduce synthetic food dyes | ☐ Reduce added sugars |
| ☐ Reduce highly processed foods | ☐ Reduce high-fructose corn syrup |
| ☐ Prioritize whole/minimally processed foods | ☐ Monitor caffeine intake if relevant |

3. Nutrition & Supplementation

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| ☐ Vitamin D | ☐ Omega-3s |
| ☐ Zinc | ☐ Probiotics |
| ☐ Prebiotic foods/fiber | ☐ Multivitamin if appropriate |

4. Skin Microbiome & Overall Health

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|--|--|
| ☐ Recent infection/illness | ☐ Recent antibiotic use |
| ☐ Review medications | ☐ Watch for signs of skin infection |
| ☐ Discuss recurrent staph/skin infections | ☐ Stress reduction |
| ☐ Prioritize quality sleep | |

5. Gut & Digestive Health

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| ☐ Pay attention to digestive symptoms | ☐ Record constipation/diarrhea/stool changes |
| ☐ Note recent antibiotic use | ☐ Track digestive symptoms alongside skin flares |
| ☐ Discuss persistent digestive symptoms | ☐ Learn about the gut-skin axis |
| ☐ Discuss whether additional testing is appropriate | |

Testing / Areas You May Come Across

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|---|--|
| ☐ Gut/microbiome testing | ☐ Organic Acids Testing (OAT) |
| ☐ Stool testing | ☐ Parasite testing |
| ☐ Yeast/fungal testing | ☐ Other: _____ |

6. Other Factors Worth Tracking

Environmental

- | | |
|--|---|
| ☐ Seasonal changes | ☐ Grass/pollen |
| ☐ Dust/dust mites | ☐ Smoke |
| ☐ Hot/humid weather | ☐ Cold/dry weather |
| ☐ Recent travel/new environment | ☐ Pet exposure |

Health & Lifestyle

- | | |
|--|---|
| ☐ Teething | ☐ Illness |
| ☐ Medication changes | ☐ Antibiotic use |
| ☐ Stress | ☐ Poor sleep |
| ☐ Family history of eczema/allergies/asthma | |

Start Small

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

For educational and organizational purposes only. This checklist does not diagnose eczema triggers, allergies or medical conditions and does not replace individualized medical care.
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