

# ECZEMA ACTION PLAN

The NZ Child and Youth Eczema Clinical Network | Te Rōpū Kiripai Hapori



Date: \_\_\_\_\_

Place Patient Sticker here

FOR MORE  
INFO:

Visit [kidshealth.org.nz](http://kidshealth.org.nz)  
for eczema videos



## Moisturiser

- Use every day, all over
- Apply morning and night, and whenever else you can
- Use even when not itchy
- Can be used instead of soap



## Bath

- No soap or bubble bath
  - Use soap-free wash or moisturiser
  - Dilute bleach baths\* 2 times a week
- \*see the Bleach Bath Instructions sheet

For 4.2% Pams Extra Strength Bleach:

- Add 1ml bleach per litre of water (1/4 cup to 10cm deep full-sized bath) and mix well
- Soak for 10 minutes
- Rinse with fresh water



## Topical Steroid (milder)

- Once a day to eczema that is red and itchy
- Stop when not red and itchy
- Start if eczema comes back



Face, neck and groin



## Topical Steroid (stronger)

- Once a day to ALL eczema that is red\* and itchy (not just the worst bits)
- \*On darker skin, eczema doesn't always look red. It can look lighter or darker, and feel rough
- Stop when eczema has gone
- Start as soon as eczema comes back



Trunk, arms and legs



Note: all products listed are available on prescription for eczema care, except bleach

## See your prescriber

- If eczema is infected – pustules, blisters, painful, weeping – antibiotics may be needed
- If eczema is not going away with regular daily use of topical steroids for more than 2 weeks
- If eczema is causing waking at night, missing school, mood problems



The Paediatric Society of New Zealand  
Te Kāhui Mātai Arotamariki o Aotearoa

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