

Trigger Chart

Look around you and write down all of the possible things in your surroundings that could be contributing to your flare-ups. For example, do you experience a flare-up or worsening of your eczema when you wear a certain sweater? Is your eczema worse in the winter? Do you itch on the days when you clean your house? Does perfume irritate your skin?

Use this Trigger Chart to help to identify your triggers.



Environmental Factor/Trigger	Name of Product	Date and Time	Symptoms Experienced	Pain Level (Low, Med, High)	Approach/Treatment Used
Dust Mites					
Soaps/detergents/fabric softener sheets					
Lotions/creams					
Pet dander					
Change in seasons					
Deodorants					
Perfumes					
Cosmetics					
Shampoo/hair products					
Bubble bath/bath oils/scented bath salts					
Wool/other fabrics					
Latex/rubber/plastic					
Water (hot baths, chlorinated)					
Tobacco smoke					
Plants					
Cleaning products					
Foods (eggs, milk, wheat, citrus foods, soy, seafood, etc.)					
Sweating					
Change in weather					