

We can take off uncomfortable jumpers but we can't take off uncomfortable skin.

If your eczema was a Christmas jumper, how would it feel?



Prickly?



Hot?



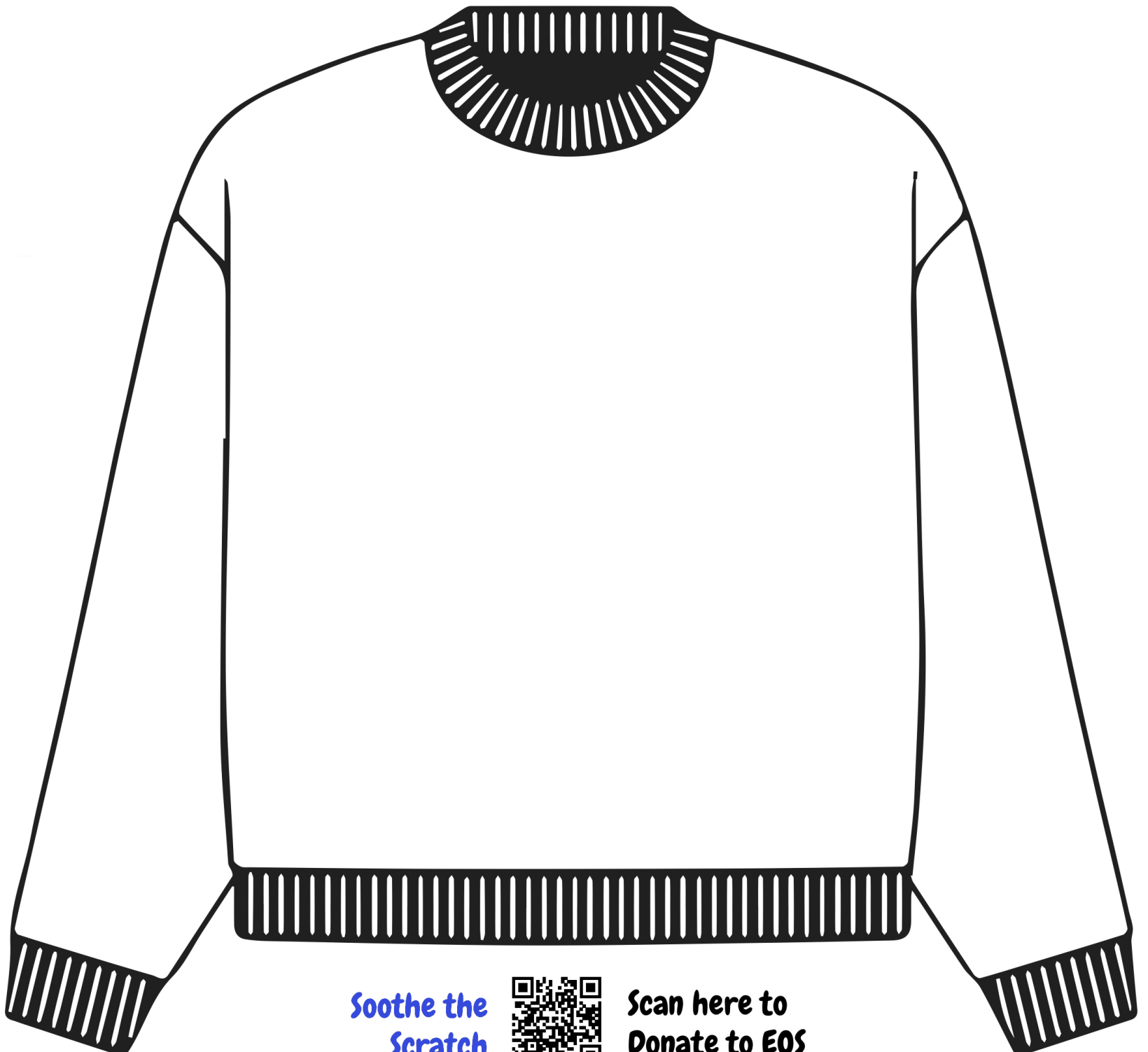
Scratchy?



Sharp?

You can help **Soothe the Scratch** this Christmas

- 1 Decorate this jumper to show others how eczema feels. You can colour it in, make a collage of scratchy leaves or something else– use your imagination!
- 2 Share your picture with EOS for our website! Take a photo and tag @eczemaoutreachsupport on Instagram or Facebook or email info@eos.org.uk
- 3 Help a child with eczema, donate to our Christmas Campaign at www.eos.org.uk/donate



Soothe the
Scratch



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