



MYTHS



FACTS

**You can catch eczema from
holding hands with someone
who has it**

**The skin is the smallest
organ in the body**

**Eczema looks the same on
everyone's skin**

**2.5 million people in the UK
have eczema**

**Eczema can make it hard to
concentrate at school**

**Itchy eczema can make it
hard to sleep**

**Triggers are things that can
make eczema worse**

**When people have eczema,
the top layer of their skin
lets water escape**

Only children get eczema

**Using creams from the
doctor will cure eczema**