

LET'S LEARN ABOUT AD.

KIDS AD EXPLAINER (6-11 years old)



Hi, I'm Tina, nice to meet you!

I heard that you have AD, just like me. I've had it for a little while now, and when my skin itches, it sometimes makes things harder for me.

It helps to know why my AD makes me feel this way. So, I'll share with you what I know, and hopefully it will help you, too!

AD or atopic dermatitis, can be caused by a few things, and one of them is your immune system.¹ Everyone has an immune system, and its job is to protect us from germs.²

I think of my immune system as my own personal guardian, just like this robot. It's always there and its job is to protect me, but sometimes it can be over-active.²





I need to pack my bag for school,
but sometimes my AD makes
it hard for me to do things.

You see, AD happens because your immune system is trying to protect you. This is usually a good thing, but in our case, it is too sensitive, thinking some things might hurt you, even if they are not that dangerous.³

Sometimes my AD gets quite bad, which is called a flare.⁴

It makes the itchy patches on my skin worse and I start scratching even more.⁵ Flares happen when our immune systems are over-reacting to something.³

The itch can be really distracting,

and it can make me lose focus when I'm trying to paint or do my homework.



Sometimes, I feel like I'm the only kid in the world with AD.

But that's not true!

All around the world there are other children like you and me who also have eczema.⁶ There might even be some at your school., or in your neighborhood!



When I get home from school, I make sure that I've used my eczema treatments.

It's important to take my medicine, even if it means I have to wait to do my painting, because it can

help my eczema to get better.⁷



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Some days, I feel okay about my eczema.

But sometimes, it can make me feel sad. A lot of people ask me about my skin, or tell me to stop scratching, which makes me annoyed because I can't just stop.

If you ever feel the same, you should talk to someone in your family, I'm sure they'll be able to help. I've enjoyed talking to you, but I have got to go and finish my painting now. I think it's going to be the best one yet.

It was nice to meet you!

References

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