






Atopic Dermatitis Action Plan

DATE: _____

Work with your healthcare provider to create a written plan for how to manage your atopic dermatitis, from basic skin care to how to respond to flares. Use your action plan as a guide for how your doctor wants you to manage your atopic dermatitis and what to do when your condition changes.

	Mild signs/symptoms	Moderate signs/symptoms	Severe signs/symptoms
 Bathing or showering			
 Daily skin-care routine			
 Symptom management			
 Additional information			
 Support strategies	<ul style="list-style-type: none"> • Try mindful breathing • Focus on creating healthy habits • Take time to be mindful 	<ul style="list-style-type: none"> • Watch videos to distract yourself • Try the body awareness exercise • Develop distraction techniques 	<ul style="list-style-type: none"> • Use sleep tips for better rest • Resist scratching with habit replacement • Show yourself compassion

Health information contained herein is provided for general educational purposes only. Your healthcare professional is the single best source of information regarding your health. Please consult your healthcare professional if you have any questions about your health or treatment.