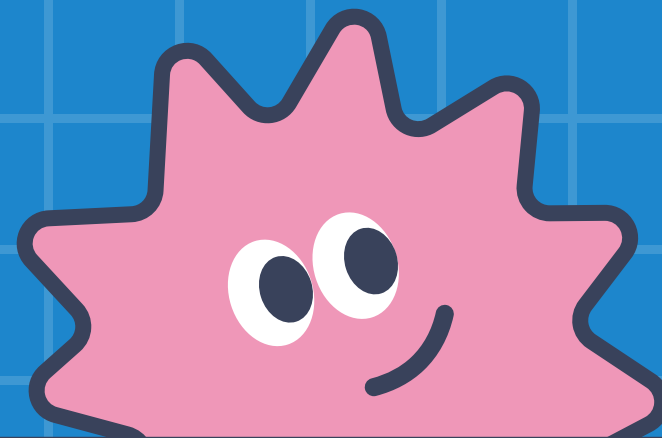


# My Body Free from Allergies ✨

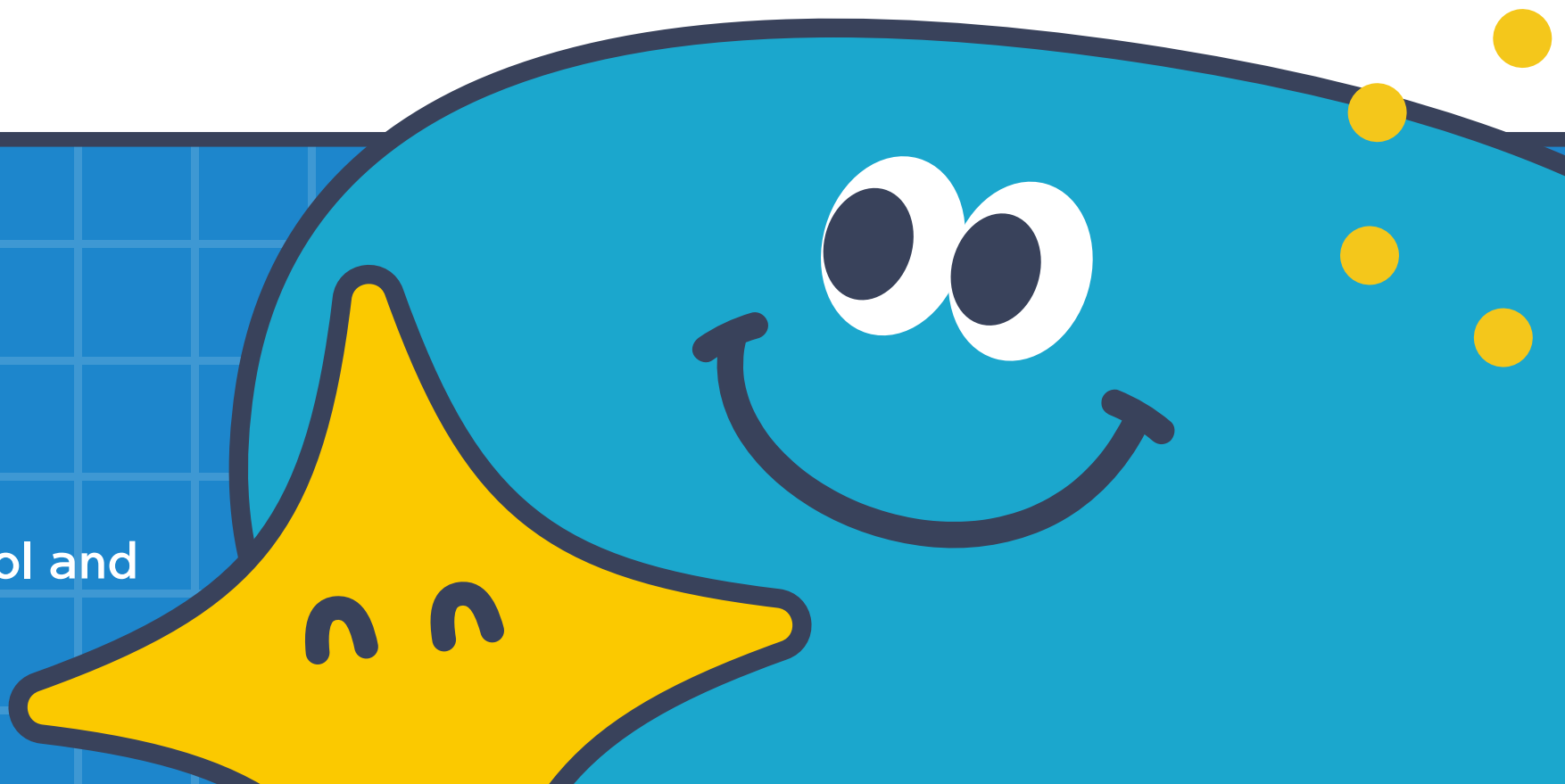


CAMPAIGN TO CREATE A HEALTHY KOREA

**Let's all practice together!  
Atopic dermatitis prevention  
and management rules that  
must remember**



Korea Disease Control and  
Prevention Agency



## Q. What is atopic dermatitis?

A Chronic inflammatory skin disease with itching as its main symptom

## Q. What are the symptoms of atopic dermatitis?

- Representative symptom 'itching'

The most common symptom and the one that bothers patients the most, it gets worse at night, causing sleep deprivation, and it lowers growth and development and quality of life.

- Main symptoms

Rash, oozing, dry skin, itching,

Coarse marks (scars),

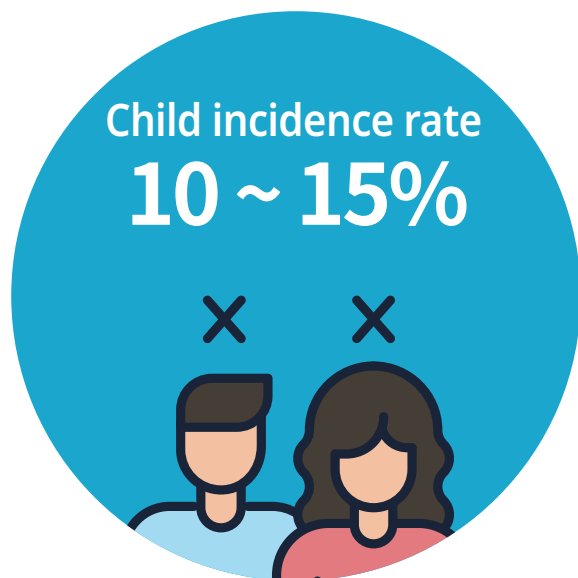
Lichenification (thickening of the skin)



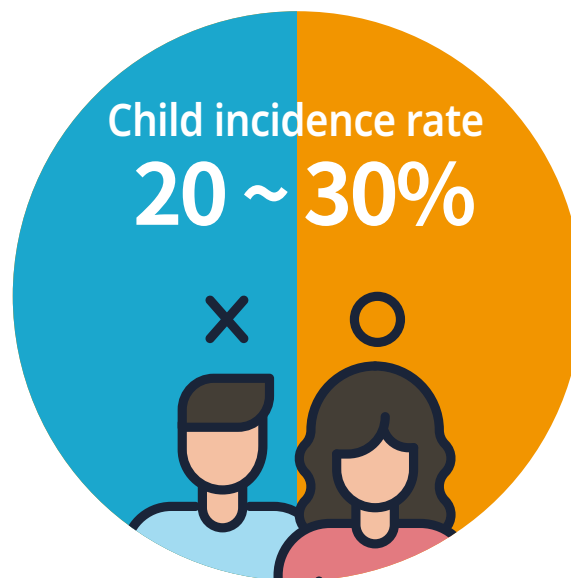
## Q. What are the causes of atopic dermatitis?

There are genetic and environmental factors.

- Genetic factors



If neither parent has  
allergic disease



If one parent has  
allergic disease



If both parents have  
allergic disease

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- Environmental factors

- Air pollution due to industrialization
- Contact with various chemicals
- Vulnerable immune system due to development of public hygiene



## Q. What are the diagnostic criteria for atopic dermatitis?

Atopic dermatitis is diagnosed using three main diagnostic criteria.

### Main diagnostic criteria 01

Itching



### Main diagnostic criteria 02

Whether there is chronic recurrence

Symptoms improve and worsen repeatedly over a long period of time

### Main diagnostic criteria 03

Confirm the site of symptom onset by age

Confirm characteristic symptoms by site such as rash, oozing, and itching by age

### Main diagnostic criteria 04

Confirm family history and past history

Confirm genetic and environmental factors of allergic diseases

## Q. What are the prevention rules for atopic dermatitis?

### 1. Moisturize and take care of your skin thoroughly!

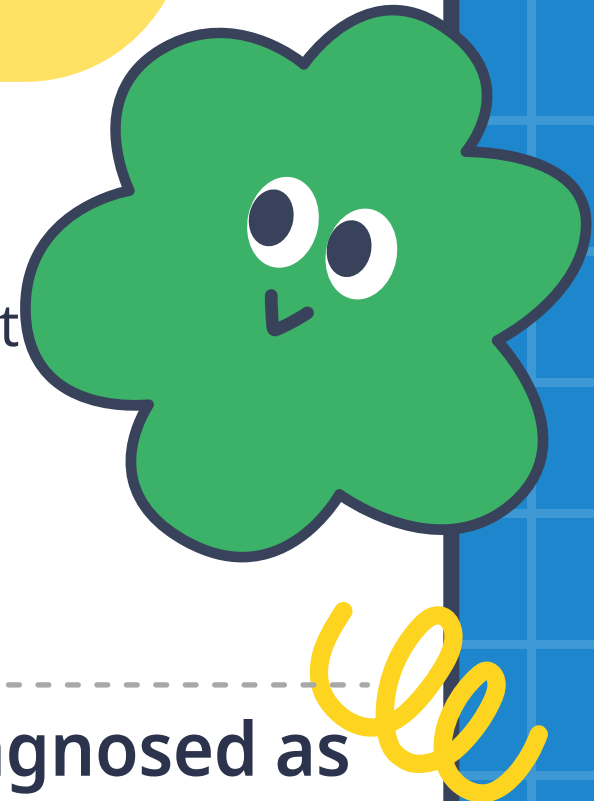
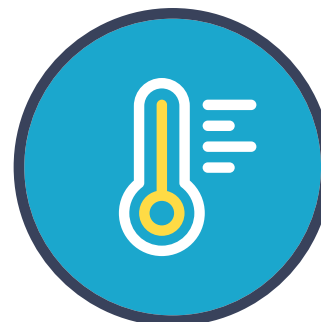
- Take a bath in lukewarm water within 10 minutes every day
- Use a mild acidic liquid soap to take a bath every day and do not rub your skin
- Apply moisturizer at least twice a day, immediately after bathing
- Wear clothes that do not irritate your skin
- Keep your fingernails and toenails short

### 2. Restrict only foods that have been accurately diagnosed as allergies.

### 3. Manage stress well.

### 4. Maintain appropriate indoor temperature and humidity.

### 5. Treat consistently with methods that have been proven effective and safe!



# Protect your precious health with correct allergy information

 Search 'Know my body' now

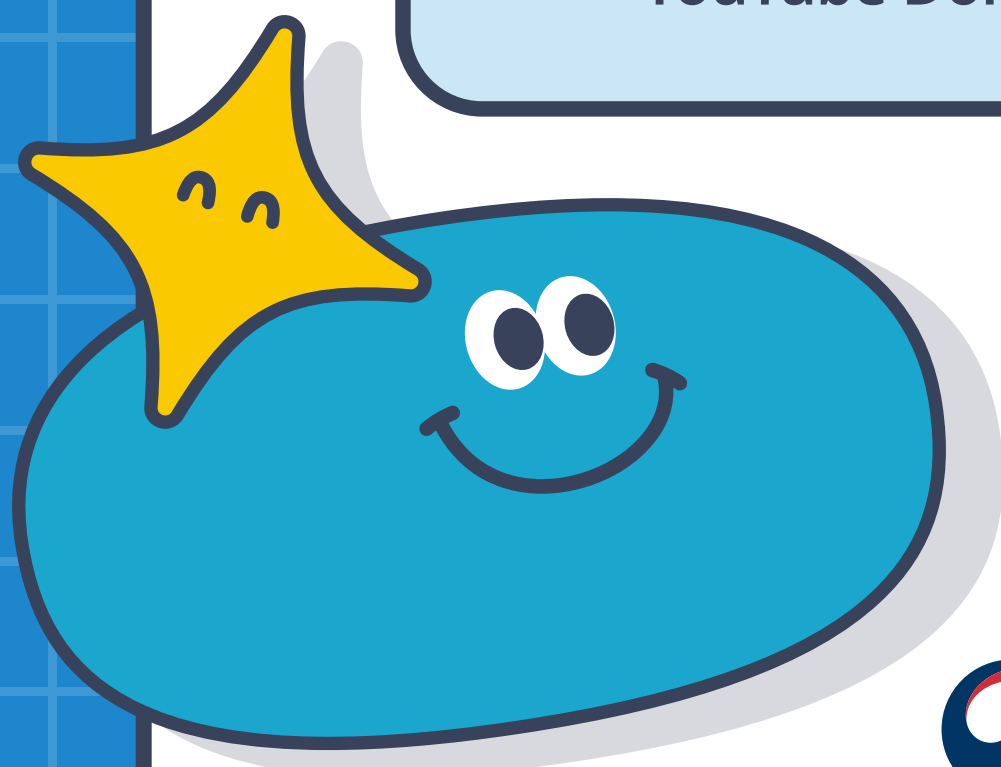
Korea Disease Control and Prevention  
Agency National Health Information Portal



Atopic Asthma Education Information Center



YouTube Don't be sick TV



Korea Disease Control and  
Prevention Agency

