

# The High School Graduate

## Moving out of home Eczema checklist

Finishing high school means dealing with all kinds of major life transitions, including taking charge of your own skincare routine for good.

Below are a few key eczema care tips so you won't overlook a thing when moving out of the house and into your own space for the first time.

### 1. Take charge of your skin care routine

The first step to owning your skincare is internalising your routine and sticking to it consistently. Mum and Dad can't remind you forever.

Start an eczema journal in your notes app and write your routine down. It is also important to know what steps to take if you have a flare up. If you're unsure, ask the adults in your life.

The next step is managing your products and keeping them stocked. Parades recommended, "Always have extra lotion on hand in case you run out." Make a list of skin care must-haves in your journal, and think about how often you will need to refill them and where you can purchase them. Expenses for specialised lotions can add up. Find out how much they cost and then add them to your budget. When you are packing your lotions, consider how to keep them organised. Parades suggested keeping lotions and medications together in one box for easy access.

### 2. Plan your medical care

Schedule your first check-up before you leave home. Once the appointment is set, put it in your calendar and set a reminder.

If you are moving to a new town, you may need to find a new care provider. However, many clinicians now offer online appointments, so staying with your hometown doctor, who knows you and your history, may be easier than you think. If you do need to switch providers, ask your current physician for a referral.

And remember this is a learning process, you don't have to do it alone.

### 3. Get to know your medications

Make sure you know your medications – and their schedules – as well as you know your best friend's social media feeds.

In your eczema journal, write down how much to take or apply and when. Find out what to do if you miss a day, or have a bad flare. If you take medications daily, set reminders on your phone so you don't forget them – no matter how late you stay up studying.

Getting refills for prescriptions isn't always easy. Work with the adults in your life to figure out how to access refills when you need them, and don't forget to include them in your budget.

## 4. Plan to meet (and educate) new people

Expanding your social circle can be thrilling, but if you have eczema making new acquaintances can also be challenging.

If you are faced a potentially awkward situation when faced with a new roommate tell them you have a specific skincare routine after waking, after showering and before sleeping.

Having an open conversation up-front, will help build strong communication between roommates or housemates. Leaving things unsaid for too long can lead to misunderstandings.

If your eczema is severe, find out if your school has a disability services office. These offices can help you inform professors of your condition and keep up with assignments if you are absent due to serious flares or infections.

## 5. Eczema-proof your new digs

Living in a new environment will expose you to triggers such as foods, dust, or harsh cleaning chemicals. If you do have flares, use your eczema journal to track your triggers.

Dr. Fishbein recommends bringing dust-mite covers for your bed to reduce exposure. Packing your own laundry detergent, cleaning supplies, soaps, shampoos and conditioners can also make a difference.

In the laundry room, using fragrance-free detergent is a must, but if you share facilities, you may be exposed to chemicals from other people's loads. Look for designated "fragrance-free" washers and dryers. If there aren't any, plan to do an extra rinse cycle before adding your own clothes and detergent to the washer.

## Bonus Tip

Stay connected to your family. Just because you're moving away doesn't mean you won't need them anymore. On the contrary! Take some time to chat with your folks about how to keep in touch once you move. Will you schedule a weekly video call, or text every day? And remember you're never too grown-up to ask for help. Everyone needs it sometimes.

[eczema.org/teenagers-and-eczema](https://eczema.org/teenagers-and-eczema)