



**Mark Location of Current Outbreak**



Front



Back

We recommend filling out this worksheet every time you experience a flare. Save your worksheets in a binder and review your information over time to look for commonalities.

**Today's Date:**

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**Severity of Outbreak:**

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Check any of the items below that could have contributed to your current flare. Use the lined space below each trigger to record specifics. (i.e. Diet/Dairy: *Ate grilled cheese for lunch.*)

Home	Diet	Lifestyle
<ul style="list-style-type: none"> <li> <p>⬢ <b>Carpeting:</b> Minimize exposure to carpets. If you do have carpets, vacuum regularly to avoid dust mites.</p> <hr/> <hr/> </li> <li> <p>⬢ <b>Dry heat/cold:</b> Consider buying a humidifier to keep moisture in the house during the winter and summer.</p> <hr/> <hr/> </li> <li> <p>⬢ <b>Temperature:</b> Avoid severe temperature shifts. Consider buying a humidifier to avoid dry heat and dry cold.</p> <hr/> <hr/> </li> <li> <p>⬢ <b>Fabrics and Bedding:</b> Choose 100% cotton fabrics when possible. Avoid synthetic or woolen fabrics as these can irritate sensitive skin.</p> <hr/> <hr/> </li> <li> <p>⬢ <b>Laundry:</b> Wash clothing and bedding with products appropriate for sensitive skin and free of harsh chemicals.</p> <hr/> <hr/> </li> </ul>	<ul style="list-style-type: none"> <li> <p>⬢ <b>Dairy:</b> Cow's milk, cheeses, butter, etc.</p> <hr/> </li> <li> <p>⬢ <b>Egg:</b></p> <hr/> </li> <li> <p>⬢ <b>Soy:</b> Soy ingredients can be found in many products you would not expect to find it. Check the labels of the foods you eat.</p> <hr/> </li> <li> <p>⬢ <b>Wheat:</b> Breads, pasta, crackers, cookies, etc. Wheat ingredients can be found in many products you would not expect to find it. Check the labels of the foods you eat.</p> <hr/> </li> <li> <p>⬢ <b>Nuts:</b> Peanuts, sesame, pine nuts, almonds, etc. Nuts can be found in many products you would not expect to find them. Check the labels of the foods you eat.</p> <hr/> </li> <li> <p>⬢ <b>Fish:</b> Shellfish is a common food allergy. Other types of fish may also trigger a flare.</p> <hr/> </li> <li> <p>⬢ <b>Acidic Fruits/Vegetables:</b> Citrus fruits such as oranges and mangos. Tomatoes are also a common food allergen that can cause a reaction.</p> <hr/> </li> </ul>	<ul style="list-style-type: none"> <li> <p>⬢ <b>Physical exertion:</b> Excessive body heat and sweating can trigger a flare.</p> <hr/> <hr/> </li> <li> <p>⬢ <b>Jewelry:</b> Metal jewelry made from nickel can cause some people to develop a reaction.</p> <hr/> <hr/> </li> <li> <p>⬢ <b>Personal Care:</b> Use health and beauty products that are indicated for sensitive skin. Eliminate fragrance and avoid exposure to dyes and other harsh chemicals. Use rubber gloves when handling products with chemicals.</p> <hr/> <hr/> </li> <li> <p>⬢ <b>Cigarette smoke:</b></p> <hr/> <hr/> </li> <li> <p>⬢ <b>Emotional Stress:</b></p> <hr/> <hr/> </li> </ul>