

GOOSE GAME



Pierre Fabre Laboratories Corporate Foundation
dedicated to the fight against eczema

Hôtel Dieu Saint-Jacques
2, rue Viguerie - 31025 TOULOUSE
www.pierrefabreeczemafoundation.org





Rules of the game

Target: children from 4 to 12 years old - 2 to 6 players

EQUIPMENT

- The board
- One die
- 6 pieces represented by animals of different colors

RULES

- Each player chooses a piece.
- All players begin at the entrance to the spiral (labeled START).
- Each player takes a turn rolling the die and moving forward on the board the number of spaces shown by the die.
- When a player lands on a goose, he or she takes an additional turn.
- The winner is the first one to cross the finish line.

This therapeutic educational tool allows children suffering from atopic eczema to express their lived experience, emotions and desires through the form of the pictures.

The game helps the child to absorb new information which will help them to take care of their condition by themselves and thus develop their independence.

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EXPLANATIONS BOXES

1. What should you do when you wake up in the morning?

- Rub your eyes
- Gently open your eyes

It is better to open your eyes gently. Rubbing your eyelids may cause irritation, redness or itching.

2. What types of clothes do you prefer to wear?

Answer: Rough fabrics such as wool are irritating and can cause itching. Soft textiles such as cotton, silk, microfibers and fleece are much better tolerated. Be wary also of overly concentrated detergents and scented softeners that remain in your clothes despite rinsing and can also be irritating. It is preferable to measure out your own detergent (1 to 2 tablespoons per machine) and do not use fabric softener.

3. What do you do when your skin is red?

- Apply a moisturizing cream
- Use a cortisone cream

Answer: Cortisone cream (topical corticosteroid). When your skin is red and itchy, you need to act quickly to reduce inflammation. Doctors recommend cortisone cream as the standard treatment to reduce redness and relieve itching. Apply your topical corticosteroid to cover the red patch and some of the skin around it. Reapply daily until the red patch goes away. Moisturizing cream should be applied to dry skin only.

4. Can you have a plush toy in your room?

Answer: Yes, you can have a plush toy in your room. But just to be extra careful, consider choosing an anti-dust mite plush toy. It is recommended you wash your plush toy at least once a month.

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5. Do you like to play sports or do outdoor activities?

Answer: Sport helps you feel good. And there are plenty of sports to choose from! Don't forget to take a shower afterwards and then apply your moisturizing cream! And remember to protect yourself from the sun when doing outdoor activities.

6. Play again

7. You have a feeling of swelling in areas where you have eczema. What can you do to reduce this swelling?

Answer: Use cortisone creams as soon as the swelling appears and continue until it disappears completely.

8. Can you go swimming in the pool?

Answer: Yes, of course you can! Swimming is good for your general well-being, and it would be a shame for you to miss out. When you get out of the pool, remember to rinse off and to pat your skin dry with a soft, clean towel (no rubbing). Then be sure to apply your moisturizing cream.

9. Should you apply your moisturizing cream every day or only when your skin is dry?

Answer: It is recommended that you apply your moisturizing cream to your face and body every day in order to hydrate and soften dry skin and prevent tightness.

10. Do you know what these objects are used for?

Answer: They are alternatives to scratching! In other words, they are handy tricks to help you scratch less. If your skin is itchy, instead of scratching you can use cold objects from the refrigerator to soothe yourself. For example: a gel pack, flat stones or a spray bottle.

11. Do you have a pet at home? Could you have one if you wanted to?

Answer: Yes, you can have a pet at home! However, if you are allergic to fur, it's best not to have your pet sleep with you.

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12. Play again

13. At the beginning of the school year, are you worried about telling your new classmates about your condition?

Answer: Starting a new school year can be scary, but you shouldn't worry! If your new classmates ask you about your patches, you can explain to them that your condition is absolutely not contagious. Your parents will be able to inform your new teacher of the measures and precautions concerning eczema: sitting away from a radiator, concentration difficulties, etc.

14. When should an antibiotic cream be applied?

Answer: Sometimes the patches on your skin can become infected. Yellow scabs may appear on the eczema and this can be painful. In this case, it is best to consult a doctor, who will decide whether you need to apply an antibiotic cream. If eczema patches ooze, no antibiotic or antiseptic is needed, and topical corticosteroids should be applied.

15. When playing sports at school, do you feel self-conscious if your patches can be seen by your classmates?

Answer: Practicing a sports activity at school or in your free time is highly recommended. It helps release stress and improve concentration at school, while freeing you from the obsession of scratching. Sport is great both for you and your skin! If your classmates ask you about your patches, you can explain to them that your condition is not at all contagious.

16. Do you sneeze more in the spring? Does this interfere with your daily life?

Answer: If yes, you may have allergic rhinitis. This is another symptom of atopy, which is an inflammation of the nose caused by hypersensitivity to the environmental allergens you breathe in, such as pollens in the spring. If you sneeze a lot all year round, your allergic rhinitis may be caused by house dust mites.

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17. Does your eczema get better in winter?

Answer: Generally, no. In winter, the cold can aggravate the dryness of your skin. Remember to moisturize your skin even more, especially your face and hands. You should also put on warm clothing (a fleece) over a long-sleeved T-shirt and cotton underwear under your trousers. Avoid wearing wool directly on your skin, as it may prick your skin.

18. Do the other kids sometimes tease you about your eczema?

Answer: If your friends make fun of you, you can say that you are no different from them, just that your skin is dry and has red patches. Explain that eczema is not contagious and that they can't catch it!

Kids can be mean, and they sometimes don't understand that words can be hurtful.

Tell your teacher or your parents. Help your friends better understand eczema by explaining it to them using simple words.

19. Play again

20. Do you know what kind of moisturizing cream to apply to your skin?

Answer: The best cream to use is the one that feels best on your skin. Creams come in many forms, including liquid textures (lotions for light hydration) and thicker textures (balms, creams).

Whatever texture you choose, be sure to apply it every day to your face and body to prevent tightness.

21. Aside from your eczema patches, is your skin dry? How do you take care of it?

- Apply a moisturizing cream
- Apply a cortisone cream

Answer: Dry skin needs to be hydrated very frequently, which is why it's important to apply a moisturizer every day. Choose the best time of day for you and apply your moisturizing cream at least once a day. Cortisone cream should only be applied to red or itchy patches.

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22. Why do you need to wash your plush toy frequently?

Answer: Just like your sheets and pajamas, your plush toys should be washed regularly. This helps to remove dirt and dust that carries dust mites responsible for allergies, especially respiratory allergies.

23. Can you eat whatever you want at the school cafeteria?

Answer: Yes, but if you are allergic to one or more foods, it is very important to tell the staff about your allergies.

24. Do you sometimes like to dress up and put on make-up?

Answer: You can dress up and wear make-up, just like any other kid! Feel free to ask for advice about make-up and dressing up because you may not be able to tolerate certain products: there are well-tolerated make-up products that can be rinsed off with water. Before dressing up, be sure to put on a long-sleeved cotton shirt and underwear to prevent the costume from rubbing against your skin.

25. When should you apply cortisone cream?

- When you have a red and/or itchy patch on your skin
- When your skin feels dry

Answer: When your skin is red and itchy, you need to act quickly to reduce inflammation. Doctors recommend cortisone cream (topical corticosteroid) as the standard treatment to reduce redness and relieve itching.

Apply the topical corticosteroid directly to the red patch and some of the skin around it. Reapply daily until complete disappearance of redness and itching. Moisturizing cream should only be applied to dry skin.

26. Play again

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27. Is sunshine good for eczema?

Answer: Yes, the sun is good for your skin! However, be careful to avoid sunburn and exposure during the hottest time of the day (between noon and 4pm in summer). You should also apply a sunscreen with a high SPF (30 or higher) and remember to wear a hat and sunglasses.

28. Does your skin feel itchy when you're hot and sweating?

- Yes, always
- Sometimes

Answer: Heat can cause strong tingling and itching sensations. You will feel much better if you avoid standing too close to a heater. Avoid wearing turtlenecks or wool sweaters. When practicing sports, choose "breathable" clothes and take a shower right afterwards.

29. Have you talked to your school teacher about your condition?

Answer: It is important to talk to those around you about your condition and explain that it is not contagious. Your teacher needs to know that you have eczema and that children like you sometimes have trouble concentrating because they don't sleep well or want to scratch. If you talk to your teacher, they will be able, for example, to ensure that you don't sit near a heat source.

30. What do you do when your skin thickens where you've been scratching a lot? What do you apply to these areas?

Answer: If your skin is thickened without redness and itching, you can apply your moisturizing product every day; if the skin is thickened and red and/or itchy, first apply a cortisone cream until the redness and itching stops, then apply your moisturizing product every day.

31. Does your skin itch after swimming in the sea?

Answer: Salt water and sand can cause significant itching. When you get out of the water, be sure to rinse off with fresh water (from a shower or water bottle) and pat your skin dry with a soft, clean towel (no rubbing).

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32. Do you scratch yourself a lot? Do you know how to reduce how much you scratch yourself?

Answer: It's very difficult not to scratch when your skin is itchy! It's a natural reaction. But there are some simple things you can do to reduce itching, such as cooling your skin, spraying thermal water, using smooth stones to gently massage the patches, or distracting yourself, by playing with a foam ball for example. And don't forget to cut your nails very short and file them frequently to avoid hurting yourself.

33. Play again

34. What does this image make you think of? Have you ever had patches like this before?

Answer: This picture shows eczema that has been scratched so much that the skin is very damaged, causing a lot of pain. Scratching relieves the itching (it does "feel good" to scratch) but damages the skin. It can make eczema worse and it's a vicious circle that you have to try to break out of. It can also cause superinfection if your hands/nails are not clean. There are alternatives to scratching: application of cooling objects, spraying thermal water, gentle massage with smooth stones or distracting yourself (stress ball).

35. Are you often exposed to cigarette smoke?

Answer: Please note that tobacco is bad for your health. People who have asthma along with eczema may find that smoking makes their asthma worse.

36. Are you allergic to certain foods such as eggs, milk or peanuts?

Answer: Food allergy and eczema are two different things. Some children with eczema are also allergic to egg, milk or peanuts, and even other foods. Food allergy appears in the form of digestive problems or hives. Positive tests without clinical signs do not constitute a real allergy.

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37. It is important you wash your hands several times a day, True or False?

Answer: True, it is very important to wash your hands regularly throughout the day, preferably with a soap-free product. Scratching with dirty hands promotes superinfection. It is important to have clean hands when applying your creams.

38. What do you do when your skin oozes and scabs?

- Apply a moisturizing cream
- Apply a cortisone cream

Answer: It's time to quickly apply the cortisone cream prescribed by your doctor! You can apply the cortisone cream directly to the red patch and some of the skin around it, and reapply daily until the oozing, scabbing, redness and itching disappears completely. Moisturizing cream is of no use in this situation.

39. Play again

40. Does your skin itch more when you are doing winter sports?

Answer: Cold and dry mountain air can dry out your skin even more. That's why you should moisturize it that much more in the morning and evening, paying special attention to your face and hands. You should try to wear synthetic fiber (microfiber) underwear that is warm and breathable to absorb perspiration. Avoid wearing woollen clothing that may cause your skin to itch. Finally, don't forget to protect your skin from the sun with an effective sun protection product (50+) and to renew it throughout the day! And remember your headgear and sunglasses too!

41. Do you remember to regularly air out your room?

Answer: It is recommended to ventilate rooms for at least 20 minutes per day, summer and winter (except in case of pollution peaks). This will prevent household allergens, such as dust mites, from settling in.

42. Can you take a long shower?

Answer: Ideally, you should limit your showers to 5 minutes.

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43. At what temperature should you take your bath or shower?

Answer: 37° is far too hot! Heat can aggravate eczema, even if, at first, the burning sensation soothes the itching. It is recommended not to exceed a temperature of 33°.

44. Can you take a bath if you have eczema?

- Yes
- No

Answer: You can take a bath as long as you do not stay more than 15 minutes in the water and the water temperature does not exceed 33°C (because water that is too hot causes redness, inflammation and scratching).

There are specific bath cleansing products for very dry skin. Ask your doctor or pharmacist for advice.

45. Have you ever had skin tests?

Answer: There are two types of skin tests that are done by specialists, dermatologists or allergists. Patch tests (placed on the skin), as shown in the picture, are used to screen for contact eczema that may appear on top of your atopic eczema. This is eczema caused by an allergy to a product or agent in contact with your skin. The advantage is that if the responsible agent is found by patch tests, it means that by avoiding contact, the eczema can be cured. There are also prick tests that are useful if you develop breathing difficulties in addition to eczema. They allow you to detect allergies to dust mites, animal hairs or pollen, and to consider desensitization if necessary.

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