

Ø<ß8 Nia's Patches

FOR CHILDREN

1 What is psoriasis, and what happens to the skin?

Psoriasis is a condition that makes skin cells build up faster than usual. This can cause dry, thick, itchy, or scaly patches on the skin.

2 Can you catch psoriasis from another person?

No. Psoriasis is not contagious. You cannot catch it by touching, hugging, playing with, or sitting next to someone who has it.

3 What are some places on the body where psoriasis may appear?

Psoriasis can appear in many places, including the elbows, knees, scalp, hands, feet, and other parts of the body.

4 What might psoriasis feel like when it flares up?

It may feel itchy, dry, sore, irritated, or uncomfortable. Everyone's psoriasis can feel a little different.

5 Why is it important to remember that psoriasis is not caused by being dirty?

Because psoriasis is caused by changes in the immune system, not by poor hygiene. A person with psoriasis did nothing wrong to cause it.

6 What are some things that may help soothe or protect skin with psoriasis?

Moisturizer, gentle skin care, and medicines recommended by a healthcare provider can help. It is important to follow the treatment plan made for you.

7 Why should a child tell a trusted adult when their skin is very itchy, sore, or uncomfortable?

A trusted adult can help make the child more comfortable and decide whether a doctor or healthcare provider should check the skin.

8 How might someone with psoriasis feel if another person stares at their skin?

They might feel embarrassed, sad, uncomfortable, frustrated, or worried. Being kind and respectful can help them feel accepted.

9 What could you say or do to be a kind friend to someone who has psoriasis?

You can treat them just like any other friend. You can invite them to play, listen if they want to talk, and remember that psoriasis cannot spread from person to person.

10 What did Nia teach you about why a skin condition does not define who a person is?

Nia showed us that psoriasis is only one small part of her life. She is still funny, smart, creative, adventurous, caring, and completely herself.
