



#EverydayEB Peer-to-Peer Tips: Managing EB in the Heat

Clothing Options & Products

Tips
Soft Sneakers
Uggs
Sun Hat with Full Brim
Portable Cooling Neck Fan
Soaked/Wet Neck Gaitor
Water Spray Bottles
Silopos Soft Socks
Light, Loose Clothing
Cotton
Thin Clothes
White Clothes

Strategies

Tips
"Be active in the morning before the heat really kicks in."
"Ice pack slippers with my feet up (but you can't walk in them)."
"Don't do anything in the heat, just relax."
"Cool showers."
"Drink lots of water and wear thin clothing."
"I really try to keep my feet and hands as dry as possible."
"Use air-conditioning."
"If we are outside, we try to stay near water (pool, sprinkler, etc.) and in the shade. Shade can still be warm if there is no breeze, so make sure you find a breezy spot if it's there!"
"Keep feet as dry as possible by changing socks as needed. Also, cold soaks help."
"Spray from head to toe with deodorant. It helps with clothing and shoes from rubbing and causing blisters."
"I use heavy lotion on my feet and always wear socks. Never walk across hot asphalt driveways, trails, parking lots."

