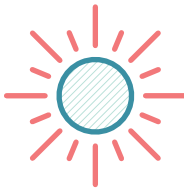
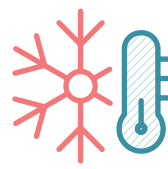



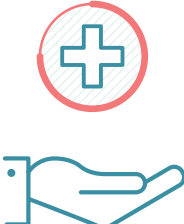


Identify your triggers

Rosacea is progressive, so if your symptoms are not treated and your triggers are not managed, they may worsen over time. Identify your triggers below and keep track of them to help you minimise flare ups.

TRIGGER	WHAT CAN YOU DO?
 <p>Sun exposure</p>	<p>Use sunscreen with SPF 30 or higher daily</p>
 <p>Cold and windy weather</p>	<p>Cover your cheeks and face with a scarf</p>
 <p>Intense exercise</p>	<p>Try avoiding overheating by exercising for shorter, more frequent intervals. Exercise when temperatures are cooler and keep a spray bottle of cold water to spray your face</p>
 <p>Stress</p>	<p>Focus on your health to manage your stress, eat a balanced diet and ensure plenty of sleep. Try deep breathing techniques to relax and stretching to help your muscles</p>
 <p>Spicy foods, dairy, hot drinks, alcohol</p>	<p>Keep a food diary to learn what triggers your rosacea and how to avoid it</p>
 <p>Health conditions such as menopause, colds and caffeine withdrawal</p>	<p>Book a doctor's appointment to identify the underlying condition that could be causing your flare up and to help to manage your rosacea symptoms</p>