



# CAMP

## Contact Allergen Management Program

Presented by the American Contact Dermatitis Society (ACDS)

### Allergic Contact Dermatitis (ACD)

You have been diagnosed with allergic contact dermatitis. This means that you are allergic to even extremely small amounts of the substances found on your allergen list.

Your allergies developed because you were exposed enough times to these substances that your body changed and is now allergic to them, even though they did not cause you trouble in the past. You may be allergic to them for the rest of your life and may need to always avoid them.

#### 1 | Symptoms

If your skin comes in contact with any of your allergens, you may develop a rash. Itching, redness, small bumps or blisters may appear, usually 1 to 5 days after exposure to the substance. The rash can last for up to 8 weeks, even if you do not have contact with the allergen.

#### 2 | Treatment

The main treatment for ACD is to avoid coming in contact with what you are allergic to.

#### 3 | Recovery

If you have had many exposures over time, it may take up to 6 months for your skin to get completely better after you start avoiding your allergens. During this time your skin will slowly heal. It is very important to learn how to avoid your allergens so you don't suffer a setback in your recovery.

### Manage Your Skin Allergy with CAMP

ACDS is committed to advancing the care and understanding of dermatitis and allergy. As part of this commitment, ACDS created CAMP, a free online tool and mobile app designed to help you manage your skin allergy through a custom safe list of thousands of personal care products that do not contain your allergens.

### My Allergen Search Codes

CODE 1: **h5Hkv**

-or-

CODE 2: **raut7**



These codes contain information about your allergens and are required to access your personalized safe list of products in CAMP. Instructions to register your codes and set up an account are on the next page.

### My Allergens

Your ACDS provider has determined that you are allergic to the following substances. **For questions about this list or to request modifications, you must contact your provider**

- *Fragrance*
- *Methylisothiazolinone (MI)*
- *Balsam Of Peru (Myroxylon Pereirae Resin) (BOP)*
- *Nickel*
- *Formaldehyde*

## Getting Started with CAMP - it's free!

### ■ Install the App

Download the mobile app for iOS or Android by searching "ACDS CAMP" in the App Store or on Google Play.

To access CAMP on a PC or laptop,  
visit:  
**[www.acdscamp.org](http://www.acdscamp.org)**

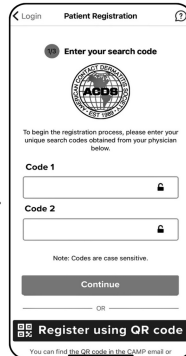
### Scan to install the app now:



### ■ Set up your account

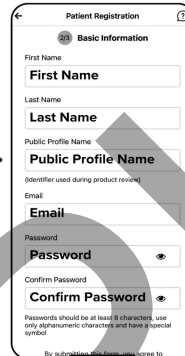


**STEP 1**  
From the login screen, select: "**New User Registration.**"



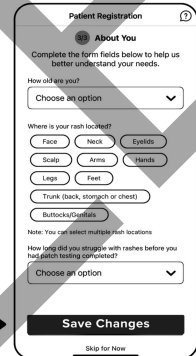
**STEP 2**  
Enter your **Allergen Search Codes**, found on page 1 of this handout.

Or, to automatically add your codes, select "**Register using QR code**" and scan the QR code found next to your codes.



**STEP 3**  
Enter your **Name** and **Email**, and create a **Public Profile Name** and **Password**.

Tip! A Public Profile Name is a **unique** nickname you choose for your account.



**STEP 4**  
Tell us a little more about yourself and select "Save Changes."

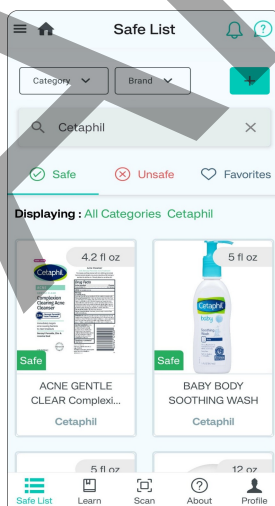
Your account is set up and you are ready to view your safe list!

### ■ Access your safe list

Your Safe List in CAMP provides you with options for thousands of personal care products that are free of your allergens.

Using CAMP to locate safe personal care products helps you avoid coming in contact with your allergens and sets you on the road to recovery.

You can locate products on your list by searching for a product or brand name, or browsing through specific product categories



### CAMP BENEFITS

In addition to providing you with safe products, CAMP also features a:

- **Learning Center** with educational handouts about your allergens.
- **Quality of Life** tool that helps you track your progress toward recovery.
- **Favorites List** so you can easily access your preferred safe products.
- **UPC Scanning** tool to quickly locate safe products in CAMP while on the go

**Scan now to learn more about how CAMP works!**



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