

# WHAT'S NEXT?

## WHAT COMES AFTER YOUR ACD DIAGNOSIS

Learning that you are allergic to certain substances can feel overwhelming in the beginning. It may be difficult to identify where in your environment you are being exposed to your allergens. It can be frustrating to discover that some products you love, and may have used for a long time, are no longer safe. You may also be anxious for your symptoms to get better quickly.

The CAMP tool was created by the ACDS to make this process easier for you.

### NEXT STEPS:

#### Get started with CAMP

- Create your CAMP account
- Read through this patient toolkit
- Explore the app and familiarize yourself with the layout, and how to search for products
- Read through the Educational Handouts for your allergens

#### Begin tracking your progress toward recovery

- Complete your first check-in with the Quality of Life tool. Visiting regularly will create a record of how your allergy symptoms are changing over time.

#### Identify safe products and remove unsafe ones

- Search your CAMP safe list to begin identifying which of your personal care products are still safe for you to use. CAMP can help you find new products to replace any that have become unsafe.
- Avoid accidental setbacks by learning to read product labels. Ingredients on an actual product should always match what's on your safe list!

**Over time the process of avoiding your allergens will become easier and your symptoms may improve. If you have questions or need additional assistance, there is help!**

**Questions about your health,  
allergens, or search codes?**

contact your ACDS provider

**Technical questions about  
how to use CAMP?**

[campinfo@contactderm.org](mailto:campinfo@contactderm.org)  
(414) 918-9805

Learn more about CAMP 2.0 at  
[www.contactderm.org/acds-camp](http://www.contactderm.org/acds-camp)



Watch Video Tutorials  
Read about Patch Testing, Allergens, & CAMP  
Download Printable Resources and Guides



### About Your Allergen Search Codes

Your Allergen Search Codes contain important information about your allergens. The CAMP program determines what products are safe for you to use based on the codes you register with.

If you have any questions about your allergens or need to have changes made to your list, you must contact your provider to have your codes adjusted.

Your codes can be updated! You do not need new codes each time there is a change to your allergens.

# SYSTEM TOOLS:

## EXCITING FEATURES IN CAMP 2.0

### Wondering why a product isn't appearing on your Safe List?

CAMP 2.0 expands beyond **Safe Lists** to include **Unsafe Lists**. Users can search all products to see if they are safe to use, making it easy to understand why a product might be unsafe. Safe ingredients always appear in **green**, while unsafe ingredients appear in **red**.

#### Safe

Ingredients ⓘ

Water, Glycerin, Mineral Oil, Cetyl Alcohol, Sorbitol, Caprylic/Capric Triglyceride, Emulsifying Wax, Palmitic Acid, Phenoxyethanol, Stearic Acid, Cetearyl Alcohol, Lecithin, Carbomer, Sodium Hydroxide, Ceteareth-20, Caprylyl Glycol, Sodium Citrate, Tocopheryl Acetate, Panthenol, Citric Acid, Avena Sativa Kernel Oil (Oat), Titanium Dioxide.

#### Unsafe

Ingredients ⓘ

Talc, Diphenyl Dimethicone/Vinyl Diphenyl Dimethicone/Silsesquioxane Crosspolymer, Polyethylene, Synthetic Fluorophlogopite, Octyldodecyl Stearoyl Stearate, Mica, Nylon-12, Magnesium Myristate, Phenyl Trimethicone, Silica, Ethylhexylglycerin, **Parfum (Fragrance)**, Sorbic Acid, **Limonene**, **LINALOOL**, **Hexyl Cinnamal**, **Benzyl Salicylate**, Tocopherol, **Citronellol**, **Helianthus Annuus (Sunflower) Seed Oil**, **Citral**.

### Want to quickly see if a product is in CAMP?

Use the convenient **Scan** feature in the mobile app to scan a product UPC bar code. If it's in CAMP, the product listing will appear with information on whether it's safe or unsafe to use. Look for the "scan" icon in the app.




### Find a product in CAMP you want to buy?

Easily find and purchase safe products in CAMP with online retailers like Amazon, Walgreens, CVS, Target, and Walmart through the **Purchase Now** option. Look for the "Purchase" button on the product screen on the website or in the app.

COMING SOON

Purchase

 **Ingredients listed on products can be updated at any time. Always double check the ingredients listed on the actual product before purchasing.**

### Wondering if your symptoms are getting better or worse?

The **Quality of Life** feature allows you to track how your allergic contact dermatitis is affecting your life over time. Recording your scores periodically will help identify your progress. A higher score means your skin disease is negatively impacting your quality of life. Update your score in "My Profile" by clicking on the "Update Quality of Life" button.

Update Quality of Life

### Looking for more information about your allergens?

Visit the **Learning Center** to see a complete list of your allergens and access our new Allergen Information Sheets. Each sheet contains detailed information including a full description of the allergen, its alternate names, where it is commonly found, and tips on how to avoid it. Look for the "Explore Learning Center" button or the "Learn" icon in the app.

Learn

Explore the Learning Center

Learn more about CAMP 2.0 at [www.contactderm.org/acds-camp](http://www.contactderm.org/acds-camp)



## Questions about CAMP?

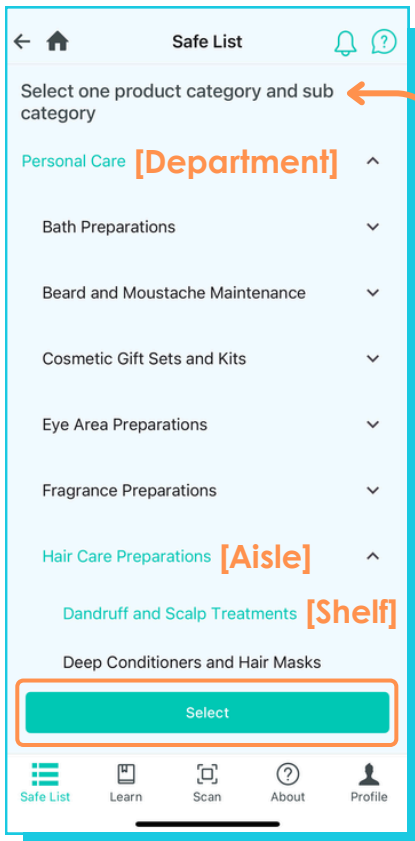
[campinfo@contactderm.org](mailto:campinfo@contactderm.org)  
(414) 918-9805

# SEARCH TIPS:

## QUICKLY LOCATE PRODUCTS ON YOUR SAFE LIST

- Select a product category (optional).
- Choose how to sort the results.
- Enter any combination of keywords like product type, product name, or brand name.

Learn more about CAMP 2.0 at [www.contactderm.org/acds-camp](http://www.contactderm.org/acds-camp)



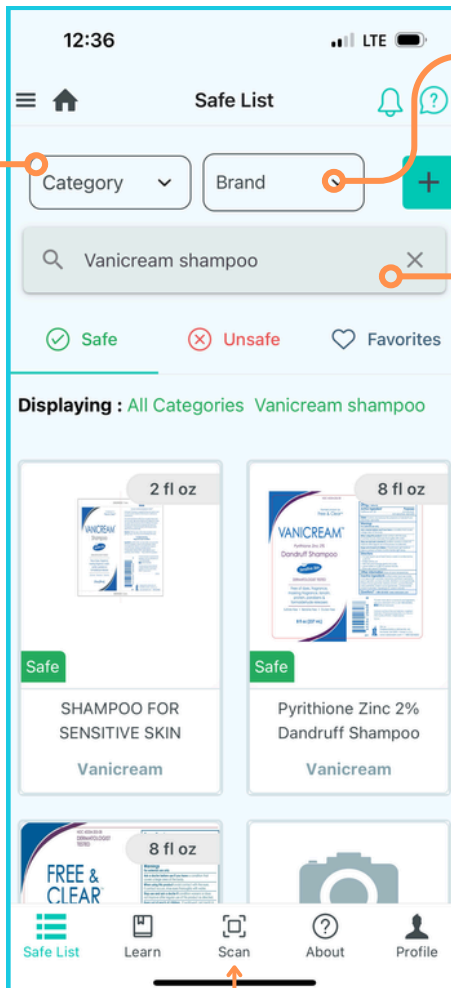
### Select a category

Use this feature to browse all the products in a specific category. Be sure to tap "Select" to view the items in that category.

You can also include a keyword in the search bar to limit your search in a specific category.

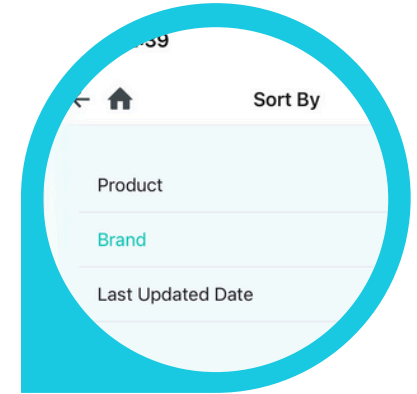
For example:

- a search for "Vanicaream" within the Dandruff & Scalp Treatments section will return the Vanicaream products only in that specific category.



### Search by UPC code

Tap here to search for a product in CAMP by scanning the UPC code.



### Choose how to sort results

Your search results can be sorted by **product** relevance, alphabetically by **brand** name, or by the most recent **updated date**.

### Search by product or brand

You can search your safe list by adding in keywords related to the item you are looking for.

For example:

- a search for "Shampoo" will show all the safe shampoo products available.

Or you can narrow your search by adding a brand name.

For example:

- a search for "Vanicaream Shampoo" will return all the safe shampoos made by Vanicaream.

Searching by a full product name like "Vanicaream Shampoo for Sensitive Skin" will give the fastest results when looking for a specific product.



**Search terms automatically apply to the Safe, Unsafe, and Favorites lists.**

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# ROADMAP: NAVIGATING THE PRODUCT PAGE

**Go Back**  
Return to the previous screen you were on.

**Home**  
Return to the app home screen.

**Notifications**  
Receive updates on product changes in CAMP.

**Contact ACDS**  
Send us feedback or ask a question through this in-app form.

**Ingredients**  
Safe Products will always have an all green ingredient listing.  
Red ingredients indicate **unsafe** allergens in this product.

**Purchase Product**  
Link to vendors like Amazon, Walgreens, Walmart, Target, and CVS to purchase the product online.

**Add to Favorites List**  
Add or remove frequently used products to your favorites list for quick access.

**Report!**  
Find an error? Send us a message to report the product.

**Review a Product**  
Share your experience by writing a product review.

**Safe List**  
Exit product page and return to full safe list.

**Learning Center**

- My Allergens
- FAQ
- Patch Testing Basics

**Scan a Product**  
Scan a product UPC code to find out if it is safe or unsafe.  
**[Mobile devices only]**

**About ACDS**

- Learn more about ACDS
- View a Safe List tutorial
- Find a Provider
- Donate to CAMP

**User Profile**

- My Profile:** access your Search Codes and update your information.
- My Allergens:** learn more about your allergens.
- Notification Settings:** manage notification settings.
- About You:** help us get to know you a little better!
- Quality of Life:** track symptoms for improved allergy management.
- Change Password**
- Delete Account**
- Logout**

**COMING SOON**

