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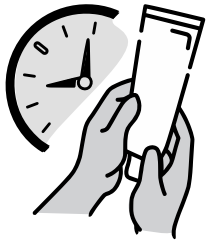
Before taking a photo

Have a mirror nearby – If no one is available to help you, a mirror can be quite useful. The reflection will allow you to see the front of your camera. You can check your focus and framing before taking a photo.



Plan ahead – Taking photos straight after using creams can affect how your skin looks. Take your photos before applying creams if possible.

Ask for help – It can be difficult to take clear photos of your own skin, especially in hard-to-reach areas. If possible, ask a friend or family member to take the photos for you.

Find good lighting – Natural daylight is best, but avoid direct sunlight as it can cause glare. Taking photos near a window often works well. If possible, use a white pillow as a background.

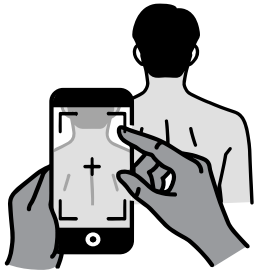
When taking a photo

Use the back camera – The back camera usually takes better-quality photos than the front (selfie) camera.

Clean the lens(es)– Before taking photos, wipe the lens with a soft cloth to remove any smudges, fingerprints or dust. This will help to improve the image quality.

Hold the camera flat – Keep the camera directly above the area you are photographing, rather than at an angle.

Take a wide shot first – Taking a photo of the wider area of the body before any close-ups helps you to remember where the patch is on your body. This makes it easier to match the photos correctly when uploading them.



Focus the camera– Tap the screen on the area of your skin you want to focus on. Wait a moment and the camera will autofocus the lens.

Adjust brightness/exposure – If the image looks too dark or too bright, use the phone's brightness adjustment (often a sun icon next to the focus box) to get a clear, natural-looking photo.

Only include one area – Make sure that other areas of skin are not included in the photo. For example, including an arm when taking a photo of the cheek. If holding a child, try to keep your own skin out of the picture too. If this isn't possible, wearing gloves can help cover your hand.

Take multiple photos if needed – If the affected area is large or wraps around part of the body, you can take several photos to show it.

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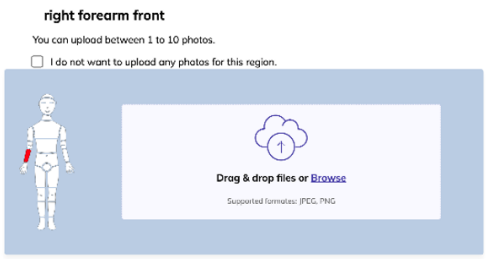
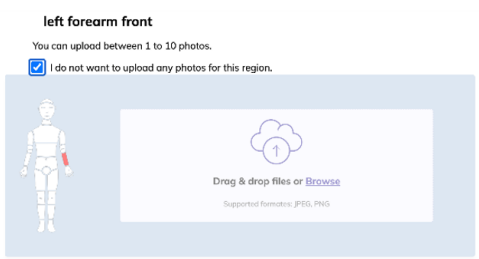
STEP 1: Select areas

If you have eczema today:
Select all areas affected by eczema, then press the “Next” button to add your photos.

If you have no eczema today:
Press the “No eczema” button, then press the “Next” button to finish.

STEP 2: Choose/Take photos





Please add photos for each area of the body with eczema.
You can add several photos for each area of the body.

If you have no photos for an area tick the box for “I do not want to upload any photos for this region”

- You should only add photos you feel comfortable sharing.
- Don’t add photos of private body areas.
- You don’t have to upload photos with identifying features, such as body art or birth marks.

If you are using a device with a camera:
- You can choose to take photos directly with your device
- These photos will be attached to the correct area of the body automatically

If you have already taken photos and saved them to your device:
- Press “browse” and select the photos, or
- Use drag and drop to add them for each area of the body

NOTE : pressing the back button will remove photos you have already added. You will need to upload them again.

STEP 3: Upload images

It can take some time for the photos to load. You will not be able to press the “submit button” until they have loaded completely.

Remember, you can tick the box to say there are no photos to upload if you have problems.

For each photo added, a small thumbnail image will be shown. This will show if the upload was successful or not. If the quality is not good, you will receive a warning message.

Once you have added your photos, press the “Submit” button to finish.

NOTE: If you don’t press “submit” your photos will not be saved.

If you made a mistake, press the ‘Back’ button. **DO NOT use the back arrows on your browser to go back.**