



Allergic Skin Conditions Facts and Figures

What Are Allergic Skin Conditions?

Allergic skin conditions are a set of conditions that happen when an allergen triggers an immune response in the body that appears on the skin. Skin allergies are driven by inflammation and include eczema (eg-zuh-MUH), hives, chronic hives, and contact allergies.

Allergic contact dermatitis

Allergic contact dermatitis is also called contact allergy or skin allergy. It is an allergic reaction on the skin in response to coming in contact with a substance.

- The most common triggers of **allergic contact dermatitis or contact allergies** are:¹
 - Certain plants (such as poison ivy, poison oak, poison sumac)²
 - Metals such as nickel or cobalt
 - Preservatives found in cosmetics, industrial products, and cleaning products
 - Fragrances used in perfumes, soaps, lotions, and some personal care products
 - Rubber and plastic products, such as those containing latex
 - Hair dyes
 - Skin contact with cockroach or dust mite matter and certain foods may also cause contact dermatitis

Atopic dermatitis (eczema)

Atopic dermatitis is the most common type of eczema, a group of chronic skin conditions.

- Common symptoms of atopic dermatitis include:
 - Itchy skin
 - Skin discoloration
 - Redness on lighter skin tones
 - Darkening (hyperpigmentation) on darker skin tones that may appear brown, purple, gray, or red
 - Lightening which causes the patch to be a lighter shade than overall skin tone
 - Swelling
 - Rash that is often dry, flaky, or scaly



- Small blisters that ooze and crust
- Common triggers of eczema are:³
 - Allergens like pollen, mold, dust mites, and pet (animal) dander
 - Environmental factors like cold, dry air and air pollution
 - Certain chemicals, including fragrances and dyes
 - Certain fabrics, like wool, which can be rough and irritating
 - Physical and emotional stress
 - Illness

Urticaria (hives)

Hives are itchy raised bumps on the skin called welts or wheals. They can range in size and appear anywhere on the body. They can look like bug bites.

- Hives can be acute (lasting a short time) or chronic (long-lasting). For example, acute urticaria involves skin symptoms for 6 weeks or less and chronic urticaria has skin symptoms for more than 6 weeks.
- Urticaria can be spontaneous (with no known cause) or inducible (with a known cause).
- The most common triggers for chronic inducible urticaria (CIndU) are pressure, friction or scratching, cold, heat, or sun exposure.⁴
- Hives can be acute (lasting a short time) or chronic (long-lasting). For example, acute urticaria involves skin symptoms for 6 weeks or less and chronic urticaria has skin symptoms for more than 6 weeks.
- Urticaria can be spontaneous (with no known cause) or inducible (with a known cause).
- The most common triggers for chronic inducible urticaria (CIndU) are pressure, friction or scratching, cold, heat, or sun exposure.⁴

How Common Are Allergic Skin Conditions?

Eczema

- In 2024, nearly 21 million adults had eczema. This equals around 8 out of 100 adults.⁵
- In 2024, over 9 million children had eczema. This equals around 13 out of 100 children.⁶
 - Children ages 6 to 11 are most likely to have eczema.⁶
- Non-Hispanic Black adults in the U.S. are more likely to have eczema than adults of other races and ethnicities.⁵
- Female adults and children are more likely to have eczema than males.^{5,6}



Chronic Hives

- Chronic hives affect up to 2 out of 100 people.⁴
- Chronic hives can affect up to 5 out of 100 children.⁴
- While chronic hives impact children, on average symptoms start around age 40.⁴
- Females are more likely to have chronic hives than males.⁴
- As many as 30 out of 100 people with chronic hives have both spontaneous and inducible hives.⁴

Contact Allergies (Contact Dermatitis)

- Contact allergies (contact dermatitis) affect about 20 out of 100 people.⁷
- Females are more likely to have contact allergies than males.⁷
- People in jobs like health care, hairdressing, painting, metal working, and cleaning are more likely to have contact allergies because of their frequent contact with allergens.⁸

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