

of the world's population, skin conditions pose very real challenges to daily life<sup>1</sup>

Psoriasis can impact an individual's ability to work dependant on which areas of the body are affected<sup>2</sup>



92%
of people with urticaria report sleep disruption as a result of their condition<sup>3</sup>, leaving them tired and unable to focus<sup>3</sup>



"...maybe once
a month I'm unwell...
from the fourth event
I'm no longer paid"

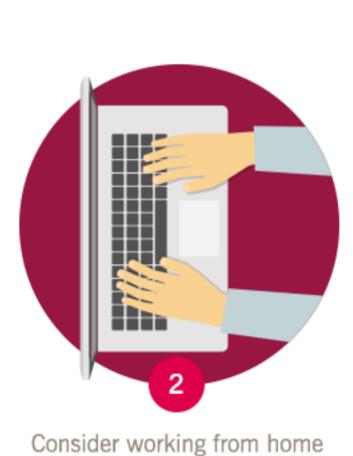
Valentina, CSU Skin

Impressions ambassador

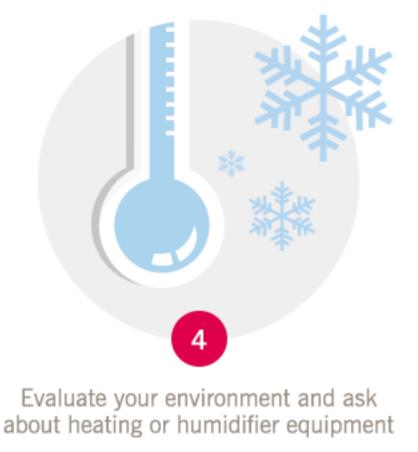
"I'm a professional dancer... but people didn't want to dance with me"

Melissa, psoriasis Skin Impressions ambassador

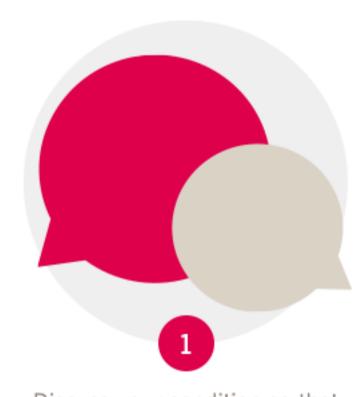
## However, there are steps you and your employer can take together to improve your working day



when your symptoms flare up







Discuss your condition so that everyone is aware of your needs





You Tube

If you have any questions or concerns about your

on life with a skin condition, why not join our psoriasis or chronic spontaneous urticaria (CSU) Facebook communities, or watch other people talking about their experiences with skin conditions on our YouTube channel.

skin condition, or how it's affecting your daily life,

then talk to your doctor. For more information

Lawson S et al. J Tissue Viability 2001; 11(3): 113-115.
 Psoriasis - a simple explanation. Available at: http://www.papaa.org/psoriasis-simple-explanation. Accessed February 2015.
 O'Donnell BF et al. Br J Dermatology 1997; 136: 197-201