

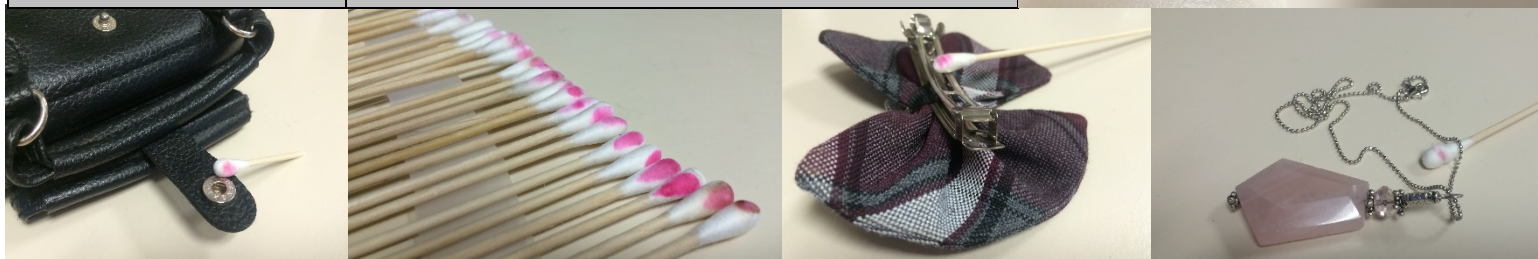
WHERE CAN YOU FIND NICKEL?

BE NICKEL AWARE©

BEAUTY ACCESSORIES	Tweezer, eyelash curler, nail clippers, nail file, lipstick holder, compact, shaver, razor blades, hairpins, barrettes
EYEGLASSES	Glasses, sunglasses
MONEY	Coins, clips
CIGARETTES	Naturally in the tobacco leaves
CLOTHES	Bra underwire, bra hook, buttons, snaps, zipper, suspender clips, belt buckles
KITCHEN & HOUSEHOLD	Magnets, metal utensils, toaster, vacuum cleaner, mechanic tools, water pipes, door/cabinet knobs, keys, scissors
ELECTRONICS & OFFICE	Cell phone, tablets, lap top computers, letter opener, paper clips, staples, pens
METAL UTENSILS	Scissors, pocket knife, forks, knives
ALIMENT	Chocolate, legumes (beans), oats
JEWELRY	Rings, necklace, watchbands, purse clamp
BATTERIES	Batteries
ORTHODONTIC & DENTAL	Dental implants, fillings, braces,
MEDICAL EQUIPMENT	Stethoscope, acupuncture needles



DERMATITIS
ACADEMY™



AVOIDANCE OPTIONS

- Try to limit friction between skin and metallic items
- Limit sweating when using/wearing nickel items (i.e.: exercise while holding an uncovered cellphone in hand)
- Consider low-nickel releasing stainless steel, 22 carat gold, sterling silver, platinum, titanium, or brass
- Look for 'nickel-free' when purchasing jewelry, personal items or clothes
- Limit contact between hands and coins (carry coins in plastic containers/bags)
- To file nails use cardboard emery boards instead of nail files
- Cover electronics, metal devices and tools (cell phones, tablets, computers, door handles, metal hardware tools) in fabric, plastic cases, or acrylic
- Notify your physician, pharmacist, dentist, and hairdresser of your allergy to nickel