



Alopecia Areata Do's and Don'ts

- Don't stare and point.
- **Do** be kind, compassionate, and encourage me to be myself.
- Don't say "*it's just hair*" or "*I thought you had cancer!*".
- **Do** understand that alopecia areata can be very isolating and scary.
- Don't tell me your medical opinion or treatment ideas if I don't ask.
- **Do** accept that I may choose not to treat my alopecia.
- Don't assume the cause of my hair loss.
- **Do** ask questions in a respectful way.
- Don't assume you know how I am handling my alopecia.
- **Do** support me by learning and raising awareness.

