

INSTRUCTIONS FOR DILUTE BLEACH BATHS

Dilute Bleach Baths are strongly recommended by dermatologists to help children/adults with recurrent skin infections, especially those with hard to control eczema and/or MRSA (Methicillin resistant *Staphylococcus aureus*) infections. These antibacterial baths will help keep bacteria from re-infecting the skin, as well as preventing flares of eczema.

Some children may not tolerate dilute bleach baths, so be sure to report any problems with your doctor.

INSTRUCTIONS:

1. Mix $\frac{1}{4}$ - $\frac{1}{2}$ Cup of regular Clorox bleach into your bath tub that is one-quarter filled with lukewarm water.
2. Give your child a bath in this diluted bleach water for about 5-10 minutes.
3. Rinse your child with lukewarm water and pat dry with a towel. Immediately apply a moisturizer cream and your prescribed medication to the inflamed areas.
4. Repeat the dilute bleach baths about twice a week.

Tips:

1. If the dilute bleach baths irritate your child's skin, ask your doctor about alternative ways to treat your child. Diluting the bath even further will likely not be helpful, because while it may not irritate your child's skin anymore, it probably won't be strong enough to kill the bacteria on his skin.
2. Keep the undiluted bleach out of your child's reach, since *household cleaning products are among the top household poisons*.
3. Even though the bleach in this bath is diluted, it can still be irritating, so be careful to keep it out of your child's eyes and out of his mouth.

What You Need:

Regular Clorox bleach (sodium hypochlorite)
A bath tub
Lukewarm water