

# Bleach bath instructions



Dilute bleach (sodium hypochlorite) baths can improve eczema and prevent skin infection.

Use **dilute** bleach baths twice a week for everyone when there is skin infection in a household.

## 1 Choose the right bleach

The bleach should be plain, without added fragrance or detergent.

**Budget Household Bleach Regular (2.2%)** is recommended.

Bleach gets weaker with time so you may need to get a fresh bottle.

**Make sure you store the bleach where children cannot reach it.**

## 2 Fill your bath or tub with warm water

A full-sized bath filled 10cm deep holds about 80 litres of water.

A baby's bath holds around 15 litres of water.

You can work out how much water is in your bath by filling it to a mark using a bucket or large bottle.

## 3 Add bleach and mix well

Add 2 ml of **2.2 % Budget Bleach** for every 1 litre of water (this will make a 0.005% solution). Other brands of bleach may be a different strength – check the bottle.

A 10cm deep full-sized bath will need half a cup (150ml) of **2.2% Budget Bleach**.

## 4 Soak in the bath for 10–15 minutes

## 5 Rinse off with tap water

Pat skin dry with a towel. Do not share towels.

Apply steroid and moisturiser creams.

## 6 Use **dilute** bleach baths 2 times a week

See your doctor or nurse if skin is irritated by the bath, or if infection occurs.

The information was correct at time of writing, but commercial bleach products may change. See your doctor if you have any concerns.