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.

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