



Bleach baths assist in reducing the number of bacteria on the skin so the eczema does not get infected. Regular bleach bathing may help manage eczema in children and adults, resulting in reduced inflammation and itch.

*Be assured that the chemical concentration of this very diluted bleach bath will be lower than that of a public swimming pool.*

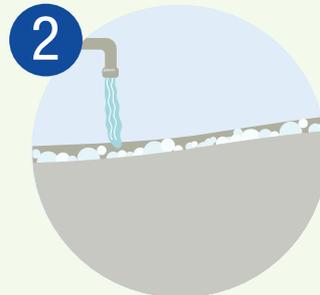
### You will need:

- Bath tub or baby bath
- Lukewarm water
- 10L household bucket
- Unscented Household White King bleach – 12mL per 10 litres of water
- Bath oil – 1-2 capfuls per bath if recommended
- Pool or table salt – 1/3 cup per 10 litres of water if recommended

## HOW TO USE BLEACH BATHS



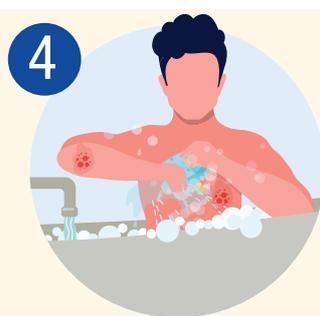
**1** Before you start, wash and dry your hands



**2** Fill the bath with water to the level needed using the 10 litre bucket so that you can measure how much water you are adding



**3** **BLEACH:** Add 12mL of bleach for each 10 litre bucket of water poured into the bath (for a half full family bath, add 1/4 cup of bleach). **IF RECOMMENDED: + SALT:** Add 1/3 cup of salt for each 10 litre bucket of water poured into the bath **+ BATH OIL:** Add 1-2 capfuls of bath oil



**4** Soak for approximately 10 minutes in the bath, making sure to wet face and head, taking care not to get water in the eyes.



**5** If you or your child have eczema sores and crusts, gently clean these areas to try and remove the crust



**6** Rinsing after bathing is not required. To dry off pat gently with a clean towel.



**7** Apply topical therapies and moisturisers as directed by your doctor or nurse practitioner.



**8** Follow your health professionals advice regarding how often to repeat baths.