

Diluted Bleach Bath Recipe and Instructions

**Read *all* instructions before beginning;
Bleach baths are safe when done correctly...and NOT if they're not!**

1. Add $\frac{1}{4}$ – $\frac{1}{2}$ cup of common household bleach to a bathtub full of water, and stir to ensure it is mixed in well.
2. Soak from the neck down for about *10* minutes. **DO NOT submerge your head and be very careful to avoid getting diluted bleach into the eyes;** it will not cause damage if you mixed the bath correctly, but it will sting like pool water.
3. Rinse off with fresh water, either by taking a fresh bath in plain water, or stand up and take a shower. If you are prone to dry skin, apply moisturizer (such as regular Crisco/vegetable shortening, coconut oil, or Vaseline/petroleum jelly) liberally.

Bleach baths help strip the outer layer of bacteria from your skin like soap; but because you soak in it and water gets everywhere, it even "finds" the staph hiding in nooks and crannies like between your toes, in your groin, and between your butt cheeks!

It is recommended to do a bleach bath once or twice a week for anyone who has had a staph infection in their household within the past several weeks. It is best if everyone in the family does it since we all hug at home, or share the same couch, and share our bacteria. Some wrestlers, gymnasts, and cheerleaders working frequently on sweaty mats also choose to do bleach baths once or twice weekly to minimize the risk of not only staph, but ringworm infections. **MORE THAN TWICE A WEEK IS NOT BETTER - Once or twice a week ONLY.**

If your family continues to struggle with staph, please ask your doctor about adding in a nightly treatment of Bactroban (mupirocin) ointment in the nostrils to also reduce the staph hiding there.

