

用稀释漂白剂洗澡

在洗澡水中放入少量漂白剂会对您的孩子的特应性皮炎有帮助，可帮助杀死造成感染的细菌。让孩子在添加漂白剂的洗澡水中洗澡时需要小心。没有充分稀释的漂白剂是危险的有毒家用品。

我如何安全地用稀释漂白剂为孩子洗澡？

- 绝对不要将稀释漂白剂直接用在皮肤上。
- 避免让兑有稀释漂白剂的水进入孩子的眼内或您的眼内。
- 不要吞下兑有稀释漂白剂的水。
- 使用后立即扔掉或冲掉任何未用完的漂白剂或漂白剂水。
- 不要让孩子拿到漂白剂罐。
- 添加漂白剂可能会使浴盆变得很滑，因此需要格外小心，避免孩子摔倒。

我如何准备稀释漂白剂洗澡水？

每周让您的孩子 **2-3 次** 或按照您的孩子的医生嘱咐的次数用添加稀释漂白剂的洗澡水洗澡。请遵守以下步骤：

1. 使用普通无香味家用液体漂白剂（例如 Clorox）。查看罐子上的漂白剂浓度。在漂白剂罐子上，“漂白剂”可能被称为“次氯酸钠”。这是指同样的产品。浓度应当约为 6% 至 8.75%。
2. 在浴盆内放满温水。普通浴盆应能盛放约 40 加仑水。半浴盆约为 20 加仑水。
3. 在普通**满盆水**中倒入 **1 至 4 大汤匙 (Tbs)** 漂白剂。如果您的**浴盆较小**或者您没有将浴盆放满水，则每加仑水放入 **1 至 2 茶匙 (Tsp)** 漂白剂。您可以用一加仑装的奶罐测量浴盆的大小。首次使用时，请向您的孩子的健康护理服务提供者咨询应当使用多少漂白剂。
4. 用小铲子、勺子或手将添加在水中的漂白剂完全混匀。
5. 让您的孩子在含氯水中浸泡约 10 分钟。如果是年龄较小的孩子，用一块布或海绵沾稀释漂白剂洗澡水浸湿干燥的鳞状身体部位。
6. 用稀释漂白剂洗澡水洗完澡后，用新鲜、清洁的温水彻底冲洗孩子的皮肤。
7. 轻轻地将孩子的皮肤拍干。
8. 在孩子的皮肤上涂药膏或润肤霜（或药膏和润肤霜同时用）。

如需了解进一步详情

- 皮肤科
206-987-2158
- 向您的孩子的健康护理服务提供者洽询
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的护士询问。
- 在医院外，拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION

西雅图儿童医院向聋人、听力障碍者或不会讲英语的患者、家庭成员和法律代表提供免费口译服务。西雅图儿童医院将应请求用其他格式提供本信息。请打电话给家庭资源中心，电话号码 206-987-2201。本传单已经由西雅图儿童医院的临床工作人员审阅。但是，您的需求具有独特性。在您根据本信息采取行动或依赖本信息之前，请向您的医疗保健提供者洽询。

© 2024 华盛顿州西雅图儿童医院版权所有。保留所有权利。

4/24
PE1131SC

Dilute Bleach Baths

Baths with a small amount of bleach in them can be helpful for your child's atopic dermatitis. It helps get rid of germs that cause infections. Be careful when giving bleach baths. Bleach that is not very watered down (diluted) is a dangerous household poison.

How can I use dilute bleach baths safely?

- Never use undiluted bleach directly on the skin.
 - Avoid getting dilute bleach water in your child's eyes or in your eyes.
 - Do not swallow dilute bleach water.
 - Throw away or drain any unused bleach or bleach water right after use.
 - Keep bleach bottle out of reach of children.
 - Adding bleach can make your bathtub slippery, so be extra careful to keep your child from falling.
-

How should I prepare a dilute bleach bath?

Give your child dilute bleach baths 2 to 3 times a week, or as often as your child's doctor says you should. Follow these steps:

1. Use common unscented household liquid bleach (like Clorox). Look at the bottle to check the concentration of bleach. On the bottle, "bleach" might be called "sodium hypochlorite." These mean the same thing. The concentration should be about 6 to 8.75%.
2. Fill up the tub with lukewarm water. There are about 40 gallons in a normal bathtub. A half-full tub is about 20 gallons.
3. Pour **1 to 4 tablespoons (Tbs)** of bleach into the bath water for a normal **full bathtub**. If you have a **smaller tub** or if you do not fill the tub all the way, use **1 to 2 teaspoons (tsp)** of bleach for each gallon of water. You can use a gallon milk jug to measure your bathtub. Ask your child's healthcare provider how much to use at first.
4. Completely mix the added bleach in the water with a spatula, a spoon or with your hand.
5. Have your child soak in the chlorinated water for about 10 minutes. For smaller children, use a cloth or sponge to soak the dry, scaly parts of the body with the dilute bleach bathwater.
6. At the end of the bleach bath, rinse your child's skin very well with fresh, clean, lukewarm water.
7. Gently pat your child's skin dry.
8. Put medicine or moisturizer (or both) on your child's skin.

To Learn More

- Dermatology
206-987-2158
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

© 2024 Seattle Children's, Seattle, Washington. All rights reserved.

4/24
PE1131