



Staphylococcal Reduction Measures

Staphylococcus aureus and other types of bacteria commonly live on the skin in people with eczema. This can make the eczema worse and lead to flares of eczema symptoms. Other than usual eczema management (i.e. moisturising, topical steroid creams, wet dressings) it is very important to reduce these skin bugs to help control eczema severity.

The following is a list of measures suggested to reduce Staphylococcus aureus and other bacteria from the skin:

- **Oral antibiotics**
 - These may be prescribed by your doctor if there are signs of significant infection
 - A swab of the infected skin may be taken prior to commencing antibiotics to confirm the type of infection and ensure the correct antibiotics have been prescribed
- **Bleach Baths** (Similar to swimming in a pool)
 - Add ¼ cup of household bleach to ½ a bath.
 - Soak in bath for 1-2 minutes. Do not immerse face in water containing bleach.
 - Thoroughly rinse skin in fresh water after bath to prevent dryness and irritation
 - Pat dry using old or white towels to avoid bleaching of coloured towels. Do not rub dry, as this is the same as scratching the skin.
 - Immediately apply any prescribed creams/ointments, followed by moisturiser
 - Repeat every 2-3 days or as suggested by your doctor
- **Microshield T wash or QV flareup (not recommended for children still in nappies)**
 - This is an alternative to bleach baths that can be used in the shower.
 - Can be purchased at RCH pharmacy.
 - Lather skin directly with Microshield T wash or QV flareup and leave on for 30-60 seconds.
 - Immediately rinse skin thoroughly in shower. Ensure that there are no traces of Microshield T wash left on skin as this can cause severe skin irritation.
 - Immediately apply any prescribed creams/ointments after pat drying skin, followed by moisturiser
 - Repeat every 2-3 days or as suggested by your doctor
- **Bactroban Nasal Ointment**
 - This may be prescribed by your doctor to reduce nasal carriage of the Staphylococcus aureus bacteria that infects the skin
 - Apply topically inside each nostril, three times a day for 5 days
 - Ensure all members of the household are treated at the same time
 - More than one person can use each bottle of Bactroban Nasal Ointment, ensuring a clean cotton bud is dipped into ointment each time before inserting into the nostril. Never re-insert a used cotton bud into the ointment.
- **Hygiene at home**
 - Do not share towels amongst members of the family
 - Wash towels and bedding regularly in very hot water