



## **Staph Decolonization Protocol**

- 1) Wash body every day with antibacterial cleanser:

Cetaphil Antibacterial bar cleanser or Hibiclens (chlorhexidine) wash

- 2) Apply mupirocin ointment to the following areas 3 times a day for 1 week. Repeat every month for at least 3 months:

Inside of nostrils

Navel

Under finger nails

Cleft of buttock

- 3) Dilute bleach baths:

Add  $\frac{1}{4}$  cup Clorox laundry bleach to  $\frac{1}{2}$ -1 tub of bath water

Soak for 10 minutes

Avoid contact with eyes and mouth

Rinse with clean water after soak

Repeat 3 times per week