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SHTF Survival: How to Prevent Infections

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Those that are preparing for [short term](#) ^[1] and [long term](#) ^[2] disasters more than likely have begun stocking up on certain supplies, such as bleach, water and [baking soda](#) ^[3]. As versatile as these prep items are, it's no wonder that preppers have a good supply of them. But did you know that when these three items are combined together, they create a powerful antiseptic that can save a life? This antiseptic, otherwise known as Dakin's Solution (diluted sodium hydrochlorite solution 0.5%) can be used to kill most bacterias and viruses.

This antiseptic was first discovered during World War I, when doctors on the battlefield were trying to find ways to kill germs and prevent infections, such as gangrene and putrefaction from setting in. Doctors used Dakin's solution before and after surgical procedures and for wound irrigation. It was most beneficial after the wound had been adequately cleaned and foreign material and dead tissue had been removed.

All Supplies Needed:

- Sodium hydrochlorite solution at 5.25% (Bleach-unscented)
- Baking soda
- Clean tap water
- Clean pan with lid
- Sterile measuring cups and spoons
- Sterile jar with a sterile lid
- Label for jar to label antiseptic, date, time and discard date

Directions:

1. Wash your hands well with soap and water.
2. Measure out 32 ounces (4 cups) of clean water. Pour into a clean pan and allow water to boil for 15 minutes.
3. Remove pan from heat.
4. Using a sterile measuring spoon, add 1/2 tsp. of of baking soda to the water.
5. Measure bleach according to the strength that is desired:
 - For full strength – add 3 oz. bleach or 95 ml.
 - For 1/2 strength – add 3 tbls. + 1/2 tsp. or 48 ml
 - For 1/4 strength – add 1 tbls. + 2 tsp. or 24 ml.
 - For 1/8 strength – add 2 1/2 tsp. or 12-14 ml.
6. Place the solution in a jar and close it tightly with a sterile lid. Cover the closed jar with tin foil to protect it from sunlight.
7. Throw away any unused portion of the antiseptic within 48 hours of use. This solution can be made up to a month prior to using and stored away

Uses For Dakin's Solution

- Minor scrapes
- Skin and tissue infections
- Can be used before and after surgical procedures to prevent infection
- Can be used as a mouth wash (*should not be swallowed*)
- Used as a wound irrigator solution to clean wounds
- Can be applied as a wet-to-moist dressing for wounds

According to [WebMD](#) ^[4], "The body's own wound-healing tissues and fluids can decrease the antibacterial effect of Dakin's solution. Therefore, this solution is often used only once daily for minor wounds and twice daily for heavily draining or contaminated wounds... Additionally, protect the surrounding healthy skin with a moisture barrier ointment (i.e. petroleum jelly) or skin sealant as needed to prevent irritation."

[Additional Information on Dakins Solution](#) ^[5]

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[4] WebMD: <http://www.webmd.com/drugs/drug-62261-Dakin>

[5] Additional Information on Dakins Solution:
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