

10 steps for diaper changing

- 1.** Remove the diaper. Fold it closed and put it out of the child's reach.
- 2.** With warm water, clean the child's diaper area with a disposable paper towel, baby wipe or single-use cloth. Dry well, patting rather than rubbing. Use soap only if it's needed to remove stool. Use diaper cream only if there's redness or a rash. Remove cream from a container with a tissue or tongue depressor to avoid contamination and apply it with your fingers.
- 3.** Diaper the child, keeping one hand on him at all times to prevent a fall.
- 4.** Wash your hands well. Wash the child's hands too.
- 5.** Move him to a safe place, such as a crib.
- 6.** Avoid handling the diaper if you don't need to—this increases the risk of hand contamination. Don't rinse reusable (cloth-lined) diapers, because this will spread germs to the toilet, floor or other surfaces.
- 7.** Dispose of the dirty diaper. Wrap disposables before putting them into a secure, foot-activated, plastic-lined and covered garbage container. Bag soiled **reusable** diapers without disturbing the contents and send them home for laundering at the end of each day.
- 8.** If you use a disposable paper liner on the diaper-changing surface, discard it into the garbage container after each change. If the diaper-changing surface is wet or soiled, you must clean and disinfect it and allow it to air dry (see step 9, below) before covering it again. Keep diaper pails and garbage containers tightly sealed and out of children's reach, preferably in a closed cupboard.
- 9.** If you don't use a paper liner, disinfect the diaper-changing surface with a mild (1:100) bleach solution for a contact time of at least 2 minutes, and allow it to air dry.
- 10.** Wash your hands.