

DIAPERING

Changing diapers in a sanitary manner is an important way child care providers can prevent the spread of infectious organisms. Germs found in the stool can be spread by the hands of staff or children, or through contaminated food, water, objects, or surfaces. Many diseases can be spread by contact with stool. These include infections caused by bacteria (*Salmonella*, *Shigella*, *Campylobacter*, etc.), parasites (*Giardia*, pinworms, etc.), and viruses (rotavirus, Norwalk virus, and hepatitis A, etc). You can help prevent illness by following the diapering guidelines described below.



BASIC PRINCIPLES:

- Change diapers only in the designated diapering area.
- Separate diapering area from the food storage, preparation, and eating areas.
- Dispose of soiled diapers properly.
- Wash hands (staff and children) after diapering.
- Do not allow pacifiers, toys, baby bottles, or food in the diapering area.

EQUIPMENT:

A. Changing surface

- Keep the changing surface away from children, and preferably 3 feet from the floor.
- The surface should be a smooth, moisture resistant, easily cleanable material.
- For extra protection, use non absorbent, disposable paper (computer paper or roll paper) under the child.

B. Handwashing sink and supplies

- The best handwashing sink is one equipped with both hot and cold running water mixed through one faucet (hot water temperature between 110°F and 120°F).
- Water controls ideally should be foot, knee, or wrist (paddle) operated to avoid contamination of hands. The sink should be next to the changing surface and separate from the food preparation sink.
- Keep liquid soap, paper towels, and fingernail brush within reach. Use single use, disposable paper towels instead of cloth towels.
- Turn off faucet handles with wrist or with a disposable paper towel.

C. Diapers

- High absorbency disposable paper diapers are preferred because cloth diapers leak more and require more handling (the more handling, the greater chances of infection).



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- All diapers must have an absorbent inner lining completely contained within an outer covering made of waterproof material that prevents the escape of feces and urine. For cloth diapers, the outer covering and inner lining must be changed together at the same time. Outer coverings must not be reused unless they are laundered.
- Ask your health consultant for approved procedures for the use of cloth diapers, if used.

D. Disposable gloves

- Gloves should be worn when changing the diaper of a child with diarrhea.
- Pregnant women or women considering pregnancy may want to wear gloves when changing any diaper.
- Staff should wear gloves if they have open cuts, sores or cracked skin, or if the child has open areas on the skin.
- Discard gloves and wash hands after each diaper change.

E. Disposable wipes

- Premoistened wipes must be dispensed in a manner that prevents contamination of the wipes or the container.
- If this is not possible, each child must have a separate container of wipes, labeled with his or her name, and only used for that child.

F. Skin-care items



- If skin-care items are used, keep them within the provider's reach and out of the reach of children. Each child must have his or her own labeled container of skin care products.
- Parents must provide written and signed directions and permission to use these products.
- Use skin-care items according to package directions.

G. Plastic bags

- Use disposable plastic bags to line trash cans and to send soiled clothing or cloth diapers home.
- Store plastic bags out of children's reach.

H. Waste container

- Use a tightly covered container with a foot-operated lid.
- Keep the container away from children.
- Line the container with a disposable plastic trash bag.
- Empty container before full and at least daily.
- The container must be cleaned with detergent and disinfected daily (use Disinfecting Solution page 13).



I. Toilet-training chairs (potty-chair)

- Flush toilets are recommended rather than potty-chairs.
- If used, chair frames should be smooth and easy to clean.
- The potty-chair must be emptied into a flush toilet, cleaned with detergent and water in a utility or mop sink, and disinfected after each use (use Disinfecting Solution page 13). Do not clean potty-chairs at handwashing sinks, food preparation sinks, or dishwashing sinks.

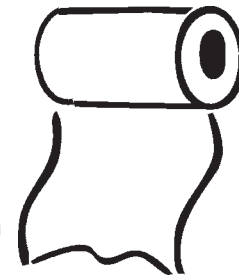
J. Cleaning supplies

- Use disposable gloves, paper towels, detergent and disinfecting solution.
- See cleaning and disinfecting procedures pages 10-11 for specific instructions.

RECOMMENDED PROCEDURES
FOR DIAPERING A CHILD

1. Organize needed supplies within reach of the table.

2. **Place disposable paper on the diaper changing table where you will place the child's bottom.** Diapering surfaces should be smooth, non-absorbent, and easy to clean. Areas that come in close contact with children during play, such as couches, floor areas where children play, etc. should not be used.



3. **If using gloves, put them on now.**

4. **Pick up and hold the child away from your body to avoid soiling your clothes.**

5. **Lay the child on the paper.**

6. **Remove soiled diaper (and soiled clothes).**

7. **Put disposable diapers in a plastic-lined trash can.**

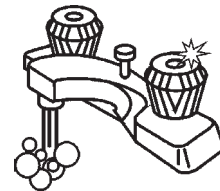
8. **Put soiled reusable diaper and/or soiled clothes WITHOUT RINSING in a plastic bag to give to parent/guardians.**

9. **Clean child's bottom with a disposable wipe.**

10. **Throw away wipe in a foot pedal trash can with plastic bag liner.**



11. If a child needs a more thorough washing; use soap, water and paper towels. Do not use a food prep sink.
12. Remove the disposable paper beneath the child and put in plastic lined trash can.
13. Remove gloves and put them in a foot pedal trash can with bag liner.
14. Wipe your hands with a disposable wipe.
15. Diaper and dress the child.
16. Wash the child's hands under running water.
17. Return the child to the activity area.
18. Clean and disinfect immediately after you finish diapering each child:
 - The diapering area
 - All equipment or supplies that were touched and soiled, nap mat or crib, if needed
19. Wash your hands thoroughly with soap and running water for at least 20 seconds after changing the diaper.



NOTE! Hand sanitizers may be used after proper handwashing is completed, they do not take the place of proper handwashing.