

DIAPERING AND SOILED ARTICLES

General Information

Child care providers and school staff can help prevent the spread of infectious organisms by changing diapers in a separate designated area and by using effective cleaning and disinfecting practices. Germs found in the stool can be spread when the hands of caregivers or children contaminate objects, surfaces, or food. Infections that can be spread by contact with stool include:

- Bacteria (e.g., *Salmonella*, *E.coli*, *Shigella*, *Campylobacter*)
- Parasites (e.g., *Cryptosporidium*, *Giardia*, pinworms)
- Viruses (e.g., rotavirus, norovirus, hepatitis A virus)

Note: The importance of using good body mechanics cannot be over emphasized when changing diapers of larger or older children, as well as infants and toddlers. Use appropriate bending and lifting techniques to prevent injury.

Basic Principles

- Change diapers in a designated diapering area.
- Follow safety procedures and do not leave children unattended.
- Use surfaces that can be easily cleaned and disinfected.
- Use a separate area for diapering that is away from the medication, food storage, food preparation, and eating areas.
- Dispose of soiled diapers in a covered waste container.
- Wash hands of both staff and children after diapering.
- DO NOT allow objects such as toys, blankets, pacifiers, or food in the diapering areas.
- Consult with your child care health consultant or school nurse for any special diapering issues.

Handwashing Procedures

The hands of the provider and child must be washed after each diaper change. Handwashing information can be found in Section 2.

Disinfecting Procedures

- Diapering area must be wiped down with disinfectant after every diapering.
- Add **1 tablespoon of bleach to 1 quart (4 cups) of water**, if an EPA-registered disinfectant is not available.
- The disinfectant should be kept handy, but out of the reach of children.

Soiled Articles

- Articles soiled with contaminated secretions, such as toys, need to be disposed of or cleansed properly.
- Soiled disposable diapers and tissues are to be placed in covered waste containers.
- Contaminated clothing or linens are to be laundered with detergent and hot water. If laundering is not available, they are to be placed in a **sealed** plastic bag and sent home with the child.
- Contaminated surfaces and equipment should be cleaned routinely, preferably with a disinfectant.
- Soiled washable toys should be washed with soap and hot water.

DIAPERING PROCEDURES

Preparation

- Wash hands
- Assemble supplies (make sure they are all within reach)
- Cover diapering surface
 - The paper should be the length of the child.
- Put gloves on (Section 2, "Gloving")

Dirty Phase

- Place child on diapering surface
- Remove soiled diaper
 - Roll diaper inward. Place diaper directly into a covered waste container or out of child's kick space/reach.
- Cleanse diaper area of child
 - Cleanse from front to back; one swipe per wipe.
- Remove gloves

Clean Phase

- Put clean paper under child if the paper is soiled
- Apply ointment, as directed
 - Use a clean glove or swab to apply.
- Diaper and dress child
- Wash child's and provider's hands
- Return child to activity

Clean Up

- Dispose of soiled items
 - Put soiled clothing, without rinsing, in a plastic bag for parent/guardian to take home.
 - Put diaper, wipes, paper towels, changing paper, cotton swabs, and gloves into the plastic-lined waste container.
- Clean and disinfect diapering area (Section 2, "Diapering and Soiled Articles")
- Wash hands

Communicate

- Record diaper change
- Record concerns to parents
 - unusual color, odor, frequency, or consistency of stool; rash

Questions?

Contra Costa County
Communicable Disease Programs
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