

Fact Sheet:

Diapering in Day Care

Following a recommended, and careful, diapering regimen will prevent the spread of diseases such as *Giardia*, hepatitis A, *Shigella*, *Salmonella*, and cryptosporidiosis, among others.

The following is recommended for safe diapering in day care settings:

Changing Areas

1. The diaper changing area should be away from the food handling area. A separate sink should always be used away from the food preparation area.
2. All diapering is done on a surface with a washable plastic-covered pad with no cracks or tears.
3. Disposable paper should cover the plastic surface so each child lies on a fresh, clean surface. Shelf paper, wax paper or computer paper may be used.

Diapering Procedure

1. Get out all materials needed before you begin a diaper change.
2. Cover the plastic changing surface with clean disposable paper barrier.
3. Place the child on the paper surface and remove the dirty diaper. **Always use latex gloves for protection.**
4. Clean child with paper towel or wipe, and reapply a clean diaper.

5. Roll up soiled diaper in the disposable paper that was under the child, and discard into a covered waste can with a lid, preferably a can with a foot pedal.
6. Place any soiled clothing in a plastic bag.
7. Clean the plastic surface after each diaper change. Wash all surfaces with detergent and disinfect with a premixed disinfectant or mix a solution of 1 tablespoon Clorox bleach with 1 gallon water (made fresh daily). *This solution should be labeled and stored out of the reach of all children.*
8. **Wash hands thoroughly with warm running water and soap!**
 - Lather and use friction, paying particular attention to under the nails and between fingers.
 - Dry hands with paper towel, turn off faucets with paper towel, and discard towel into the proper trash receptacle.
 - If water is not available, antibacterial gels may be used, although these products are **not as effective** as running water and soap.
9. Dispose of waste bag from container when full or at the end of the day.
10. Clean and disinfect the diaper waste can every 2-3 days.

This fact sheet is for information only and is not meant to be used for self -diagnosis or as a substitute for consultation with a health care provider. For more information call your health care provider or call Washtenaw County Public Health at 734-544-6700.

