Safe and Healthy Diapering in the Home

Protect yourself and your child from germs by following these diapering steps.

1. CLEAN CHILD
   * Keep hand on child at all times for safety!
   * Place the child on diapering surface and unfasten diaper.
   * Clean the child’s diaper area with fresh baby wipes. Always wipe from front to back.
   * Keep dirty diaper/clothing away from any surfaces that cannot be easily cleaned.

2. REMOVE DIRTY DIAPER
   **If child is using cloth diapers:**
   * Place used disposable baby wipes in a plastic-lined, lidded trash can or place cloth wipes in a cloth diaper pail.
   * If child has pooped, fold diaper closed and set aside for now, out of child’s reach.
   * If child has not pooped, place the dirty diaper in a cloth diaper pail.
   **If child is using disposable diapers:**
   * Set the used baby wipes in the dirty diaper.
   * Place the dirty diaper and used baby wipes in a plastic-lined, lidded trash can.

3. REPLACE DIAPER
   * Slide a fresh diaper under the child.
   * Apply diaper cream, if needed.
   * Fasten the diaper and dress the child.

4. WASH CHILD’S HANDS
   * Wash child’s hands with soap and water and place him or her in a safe, supervised area.

5. CLEAN DIAPERING SURFACE (Especially if there were any spills or leaks of diaper contents)
   * If diapering surface is waterproof, wipe up any visible soil with damp paper towels or a baby wipe. Then scrub with a disinfectant and allow surface to air dry.
   * If diapering surface has a fabric cover, remove the soiled cover and replace it with a fresh one.

6. FLUSH POOP (If using cloth diapers)
   * If the child had pooped into the diaper, discard poop in toilet. Take care not to touch any other surfaces.
   * Place the dirty diaper in the trash can or cloth diaper pail.

7. WASH YOUR HANDS
   * Wash your hands thoroughly with soap and water.

Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases