Safe and Healthy Diapering
to reduce the spread of germs

Keep a hand on the child for safety at all times!

1. PREPARE
   • Cover the diaper changing surface with disposable liner.
   • If you will use diaper cream, dispense it onto a tissue now.
   • Bring your supplies (e.g., clean diaper, wipes, diaper cream, gloves, plastic or waterproof bag for soiled clothing, extra clothes) to the diapering area.

2. CLEAN CHILD
   • Place the child on diapering surface and unfasten diaper.
   • Clean the child's diaper area with disposable wipes. Always wipe front to back!
   • Keep soiled diaper/clothing away from any surfaces that cannot be easily cleaned. Securely bag soiled clothing.

3. REMOVE TRASH
   • Place used wipes in the soiled diaper.
   • Discard the soiled diaper and wipes in the trash can.
   • Remove and discard gloves, if used.

4. REPLACE DIAPER
   • Slide a fresh diaper under the child.
   • Apply diaper cream, if needed, with a tissue or a freshly gloved finger.
   • Fasten the diaper and dress the child.

5. WASH CHILD’S HANDS
   • Use soap and water to wash the child’s hands thoroughly.
   • Return the child to a supervised area.

6. CLEAN UP
   • Remove liner from the changing surface and discard in the trash can.
   • Wipe up any visible soil with damp paper towels or a baby wipe.
   • Wet the entire surface with disinfectant; make sure you read and follow the directions on the disinfecting spray, fluid or wipe. Choose disinfectant appropriate for the surface material.

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

Centers for Disease Control and Prevention
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