

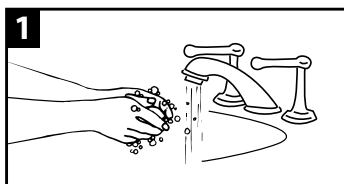
How to Change a Diaper

Before You Begin

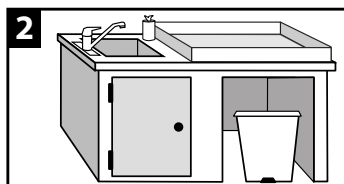
Gather the diapering supplies so they are within arm's reach of the changing surface.

Supplies need to include:

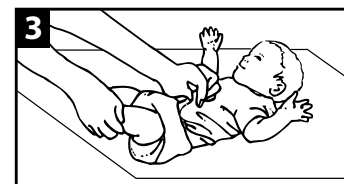
- A clean diaper
- Disposable diaper wipes
- Disposable latex-free plastic gloves
- Diaper ointment (use only with parental consent)
- A garbage can lined with a plastic bag—with a tight fitting lid that can be opened without using your hands.



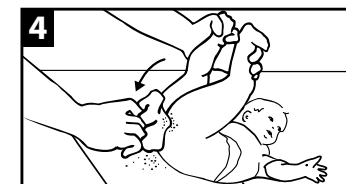
1 Wash your hands with soap and warm running water. Use clean paper towels to dry your hands. Always use a paper towel to turn the water off. Clean, non-latex disposable gloves are optional.



2 Prepare the diapering area. Be sure the diapering supplies and garbage can are within reach.



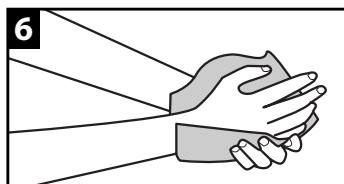
3 Place the child on the diapering surface. Do not use safety belts. **Always maintain contact with the child.**



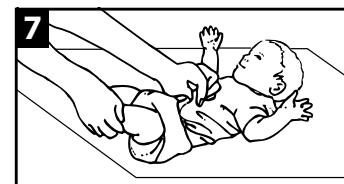
4 Remove the diaper. Use wipes to clean the child's bottom from front to back. Use a clean wipe for each stroke.



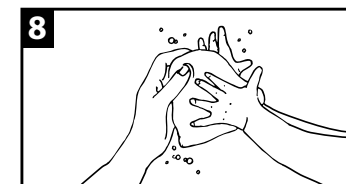
5 Throw away or bag the dirty items. If using gloves, remove and throw them away.



6 Clean your hands (even if you used gloves). Use soap and warm running water **only if you can maintain contact with the child.** Use disposables wipes otherwise.



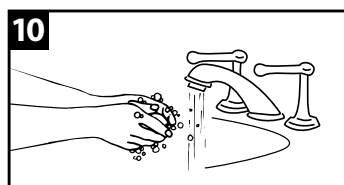
7 Put a clean diaper on the child and then dress the child.



8 Wash the child's hands with soap and warm running water. Return the child to a safe area.



9 Clean, rinse, and disinfect the diapering area, equipment, and supplies touched. Be sure to leave the disinfectant on the table long enough for disinfection to occur.



10 Wash your hands with soap and warm running water (even if you used gloves).