

## Dirty Diaper Details

Some of the germs that can cause illness – like *Salmonella*, *Listeria*, *E.coli* and *noroviruses* – can be found in a dirty diaper even when the child is healthy. It’s important to follow key safety steps during diaper-changing, particularly if you will be preparing food afterwards. Hands contaminated with feces play a significant role in the spread of many bacteria and viruses that can cause food poisoning.



- Always change diapers in the same, designated location in your home to keep any germs confined to one area.
- Never change a diaper near food or food preparation surfaces – that means the kitchen and eating areas are always off limits for diaper-changing no matter how busy you are.
- Do not remove the diaper until you are sure you have all the necessary supplies at hand: fresh diaper, diaper wipes, diaper cream or ointment (optional).
- Have a plastic bag handy to put the child’s clothes in if they have been soiled, so the clothes won’t contaminate anything else before they go into the washing machine.
- Lay the child down on a washable changing pad or cover. Have several available, so you can change pads regularly for washing, even if they don’t look stained.
- After unfastening the dirty diaper, lift the child’s legs to use disposable wipes to clean the skin on the child’s genitalia and buttocks.
- Remove stool and urine by wiping from front to back, using a fresh wipe each time.
- Put the soiled wipes into the soiled diaper or directly into a plastic-lined, hands-free covered can.
- Remove the soiled diaper without contaminating any surface not already in contact with stool or urine.
- Fold the soiled surface of the diaper inward and make into a compact ball.
- Do not put the used diaper down on the floor or on some other surface. Instead, put it directly into a hands-free, lidded container lined with a plastic bag.
- Slide a fresh diaper under the child and fasten.
- Wash the child’s hands by wetting them under warm water, then lathering with a liquid soap, washing hands and wrists and in between fingers for 20 seconds. Rinse hands and then thoroughly dry them with a single-use, paper towel. Use the towel to turn off the faucet.
- Next, wash and dry your hands, following the same procedure.