Safe and Healthy Diaper Changing Steps

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, wiping from front to back.
- Keep dirty diaper/clothing away from any surface 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, 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

Clean 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.
- If diapering surface has a fabric cover, remove the soiled cover and replace it with a fresh one.

6 FLUSH POOP

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.

For more information, visit https://www.cdc.gov/hygiene/childcare/diapering.html