

# Diapering Hygiene

**Child Care Learning Centers: 591-1-1-.10(5)** – Hygiene. Staff shall wash their hands with liquid soap and warm running water immediately before and after each diaper change they perform. Staff with diaper changing responsibilities shall not be simultaneously assigned to kitchen food preparation duties.

**Family Child Care Learning Homes: 290-2-3-.11(1)(j)1** – Health. Personnel shall wash their hands with liquid soap and warm running water:

1. Immediately before and after each diaper change.

## Rule Type:

**Core Rule:** Child Care Learning Center

**Non-Core Rule:** Family Child Care Learning Home

## Intent of the Rule

To minimize and prevent the spread of contagious diseases/infection.

## Clarification

Appropriate handwashing is the most effective way to reduce the spread of infection. Using hand sanitizer in place of handwashing is not permitted before or after diapering. Using gloves during diapering does not eliminate the need for handwashing.

In Child Care Learning Centers, a staff member with diaper-changing responsibilities may work in the kitchen area provided that this person is not responsible for changing diapers while also working in the kitchen. Appropriate handwashing procedures must be followed at all times (particularly when a staff member must alternate responsibilities) to reduce the possibility of cross-contamination.

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## Indicators

- ✓ Child care program staff must wash their hands with liquid soap and warm running water.
  - Note: Liquid soap has been found to be more effective in limiting the transmission of bacteria in comparison to bar soap; therefore, liquid soap must be used per the rule.
  - Recommendation: Hands and forearms should be rubbed vigorously as they are washed with soap for at least twenty seconds using comfortably warm, running water (between 60 and 120 degrees Fahrenheit). This removes organisms such as virus-containing particles and bacteria from the skin and rinses them away.
  - Reminder: Liquid hand soap used by staff that is labeled “Keep out of reach of children” should be made inaccessible to the children.
- ✓ Staff must wash their hands immediately before and after each diaper change.
  - Note: Washing hands before and after each diaper change is essential to overall cleanliness and interrupting the spread of disease.
  - TIP: The Centers for Disease Control (CDC) recommends that after applying liquid soap staff lather their hands by rubbing them together. Staff should lather the backs of their hands, between their fingers, and under their nails.

- Recommendation: Post the *Proper Diapering Procedures* handout at the area used for diapering to remind staff about proper handwashing techniques. This handout can be found in the Resources section listed below.
- ✓ In centers, staff must not be responsible for diaper-changing duties at the same time as food preparation duties.
  - Note: Teachers in infant/toddler classrooms who open food containers and/or prepare bottles must ensure hands are thoroughly washed before and after performing these functions. When adequate staff are available, they should not be assigned both diapering and food preparation duties.
  - Organizational TIP: Consider scheduling additional staff during meal preparation and feeding times to ensure the same staff members are not repeatedly alternating between feeding and diapering children.
  - Reminder: Staff who work with diapered children are frequently exposed to feces and to infections of the intestines (e.g., diarrhea); therefore, they should not be responsible for food preparation duties after diapering. When circumstances require staff to change diapers and prepare food, they should handle food only for the children in their class and only after thoroughly washing their hands.

## Resources:

Child Care - eXtension (A Part of the Cooperative Extension System)

<http://articles.extension.org>

Caring for Our Children

[www.cfoc.nrckids.org](http://www.cfoc.nrckids.org)

Proper Diapering Procedures Handout

<http://www.decal.ga.gov/documents/attachments/DiaperingHandout.pdf>

Centers for Disease Control and Prevention

[www.cdc.gov/features/handwashing/](http://www.cdc.gov/features/handwashing/)

Communicable Disease Chart

<http://www.decal.ga.gov/documents/attachments/CommunicableDiseaseChart.pdf>