

DIAPERING AND TOILETING

Inadequate or improper diapering and toileting practices are the activities in a day care facility most likely to result in the spread of a communicable disease, such as hepatitis A, Giardiasis, or Norovirus.

It is essential to develop and implement procedures that minimize the possibility of contaminating the environment, the caregiver, and the child.

The less a soiled diaper is handled the better. Some caregivers place plastic bags on their hands while diapering, and when they are finished they remove the soiled bag by pulling it over their hand. This process reverses the bag (inside out) and traps the contaminants inside. The soiled bag is then placed in a covered garbage receptacle. If, for purposes of controlling odor, one wants to double bag the diaper, the procedure can be used with the bag covering the other hand. Otherwise, the bag(s) should be discarded after the initial use. **DO NOT REUSE THE BAGS!!** If both hands are covered then both bags must be discarded. If gloves are used (use non-latex) then they must be used only **once** and discarded. Multiple-use gloves are not safe and must not be used for diapering. Whether bags or gloves are used, one's hands must still be thoroughly washed after the diapering procedure is finished.

The area used for diapering must be separate from all food preparation and serving activities. Either a counter space must be designated for "diapering only", or a diapering table must be provided. If diapering is done on a counter, the counter must have a hand washing sink next to it, or directly adjacent to it.

If a diapering table is used, a hand washing sink must be adjacent to the diapering table (i.e. not across the room or in another room). If the sink of a toilet room is to be used for washing after diapering, then the diapering counter or table must be in the toilet room. The diapering counter or table must have an impervious, smooth cover that can be sanitized. In addition, there must be storage for diapers and clothing, and a secured storage area for sanitizing solutions.

Common supplies of Vaseline and ointments are not to be used. If children need such items, then individual supplies must be provided. They must be labeled with the child's name, and stored separately from those of other children.

Material used to clean a child during diapering should be used only once. Single use paper (or other disposable material) is strongly recommended, rather than fabric wash cloths. Soiled disposable diapers should go directly from the child to a foot pedal-operated can with a lid that is lined with a plastic bag. The bag should be disposed of when full and/or at end of each day. **Fecal matter should**

not be removed from diapers. The removal of feces in the day care facility greatly increases the risk of contaminating the environment, and the removal of the fecal matter also makes it impossible for the parents to observe the number, amount, size, consistency and color of their child's stool (**changes in a child's stools may be the first indication of illness**). Each child who uses cloth diapers brought from home, should have his/her own foot pedal-operated can lined with a plastic bag. At the end of each day, the parent should remove the plastic bag with the soiled diapers and take them home for laundering. When rubber pants are used, they should be changed when soiled. **There must be containment of fecal matter and there is no dumping of fecal matter allowed.**

The diapers should not be placed in the container used to bring food and bottles to and from the child's home. All containers for dirty diapers should be stored in the diapering area out of reach of the children.

Children should not be diapered on a floor, couch, or any other surface that cannot be sanitized. The child's hands should be washed after diapering to help teach good hygiene practices. The caregiver must thoroughly wash his or her hands before and after each child is diapered or helped to toilet. The hand washing sink must not be used for any food-related activity. The hand washing sink must be provided with soap, hot and cold water, and dispensed paper towels at all times.

The diapering pad must be sanitized after each child is diapered. An excellent sanitizing agent is chlorine bleach mixed with water in a spray bottle and use test strips for accurate measurement to provide a 100 ppm (2 tsp per gallon water) concentration applied for one minute. If another sanitizing agent is used, such as Quaternary Ammonia (i.e. as a minimum 300ppm Ammonium Chloride with the use of test strips for proper measurement), then care must be taken to use it according to the manufacture's instructions as to concentration and contact time.

A diapering procedure should be posted at diaper changing area.

The Health Department recommends that potty chairs **NOT** be used. Few, if any, facilities have the ability sanitize them properly. The extra required handling of soiled potty chairs greatly increases the potential for the caregiver's hands to become contaminated. **In CF, it's an option to use potty chairs if: (a) compliance is met, (b) approved by EHS and (c) there is a written procedure. For CC facility, it is NOT an option to use potty chairs at all.**

Staff who diaper or help children with toileting or sanitizing soiled potty chair receptacles should not prepare or serve food, until double hand-washing can be completed. Double hand-washing is getting your hands

wet, putting soap on them, scrubbing down for 20 seconds, rinsing and then reapplying soap and doing the same thing without drying off in between.

Original Document Prepared by Anna Helm, RS, MPH, Multnomah County Health Department
Revised 2/2010 by CHICS Committee during our meetings between Child Care Division staff and Health Department staff in the Tri-County area