# HYGIENE TIPS

## CHANGING DIAPERS

- Wear disposable gloves and change each baby's diaper in his own crib or on a vinyl floor mat if available. Vinyl floor mats are preferred over changing tables.
- If using a changing table, secure the safety straps around the child. Wipe the table and straps with disinfecting solution after each use.
- Place a sheet of waxed paper on top of a clean, opened diaper and slide them both under the child.
- Unfasten and remove the soiled diaper, roll it in the waxed paper, and set it aside for disposal.
- Clean the child and fasten the new diaper securely.
- Remove any soiled crib sheets; disinfect the mattress top; and apply a clean sheet.
- Remove gloves by rolling them down (inside out) and over the soiled diaper. Dispose of the trash in a covered can.
- Wash your hands thoroughly after each diaper change.

## WASHING HANDS

- Wash your hands before feeding a child, before and after treating a cut, after assisting a child with toileting, and after wiping a child's nose or mouth (or your own).
- Use soap and the warmest water possible. Rub the front and back of your hands vigorously for at least 15 seconds.
- Dry your hands with paper towels. Dispose of the towels in a covered trash can.

## HELPING PRESCHOOLERS WASH HANDS

- Guide preschoolers to wash their hands before eating, after going to the restroom, after being outdoors, and after activities such as painting or using play dough.
- Provide soap and turn on the water for preschoolers who are unable to do it themselves.
- Adjust the water temperature to warm and feel to ensure that it is not too hot.
- Encourage preschoolers to apply soap to their hands and rub them together vigorously for at least 15 seconds. (Teachers should model this action.)
- Provide paper towels for drying hands.

## CLEANING PRACTICES

- Clean wounds carefully. Wash your hands and put on disposable gloves before cleaning all wounds. Keep open cuts or wounds covered. Wash and disinfect your hands after removing the gloves.
- Clean toys after each use. Every time a child touches or mouths a toy, remove it from the play area until it is cleaned.
- Wash toys in a dishpan of warm, soapy water; spray them with the disinfecting solution; and rinse them in clear water. Allow toys to air-dry before offering them to another child.
- Clean cribs before and after the first session and after each subsequent session. Wipe crib rails, sides, and mattresses with warm, soapy water and spray with disinfecting solution. When dry, put clean sheets on mattresses.