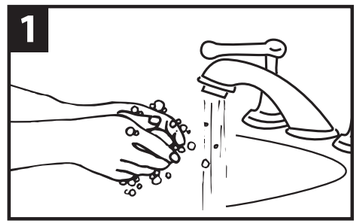
How to Change a Diaper

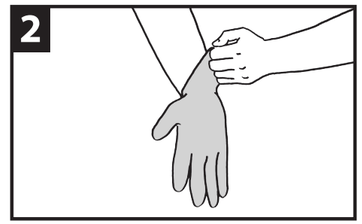
Before You Begin

Have the following supplies within reach so you can keep one hand on the baby at all times:

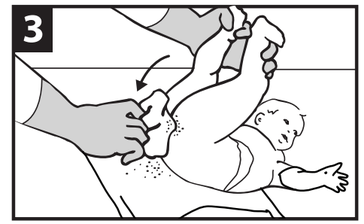
- A sturdy surface that can safely support the baby and can be cleaned and sanitized
- A clean diaper
- Disposable diaper wipes
- Disposable gloves
- Diaper ointment
- A garbage can, lined with a plastic bag—it should have a tight cover that opens without using your hands.



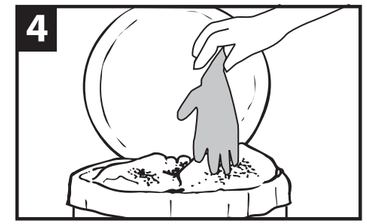
Wash your hands with soap and warm water.



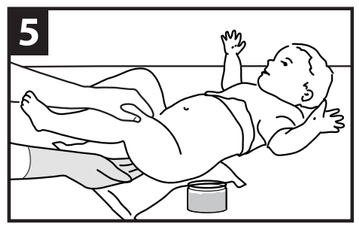
Put on disposable gloves.



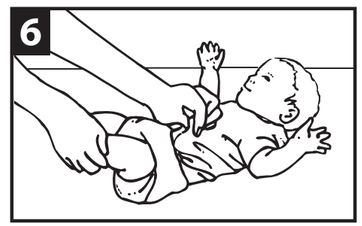
Unfasten the soiled diaper, but leave it under the baby. Use disposable wipes to clean the baby's bottom from front to back.



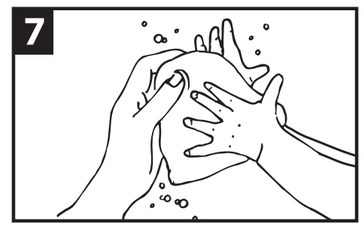
Throw away the soiled diaper and the gloves and wipes you used.



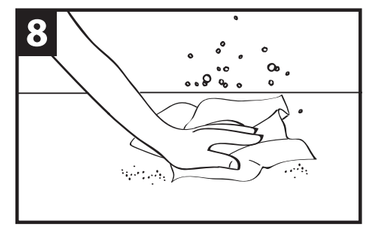
Put on a new glove if applying ointment. Throw away the glove when finished. Slide a clean diaper under the baby.



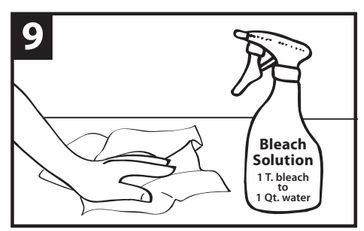
Fasten the diaper securely, making sure it's not too tight.



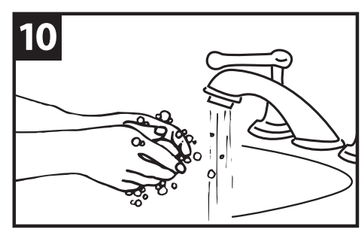
Wash the baby's hands with soap and warm water. Return the baby to a safe area.



Clean the changing surface with soap, warm water, and a disposable towel.



Disinfect the changing surface using a disposable towel and a solution of 1 Tbsp. chlorine bleach to 1 Qt. water.



Wash your hands with soap and warm water.

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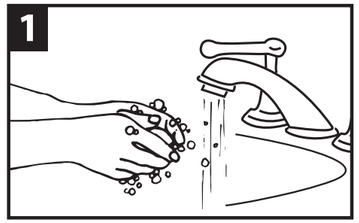
This publication was developed through a review of best practices and interviews with content experts. Sources available upon request.

Cómo cambiar un pañal

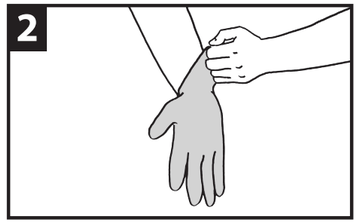
Antes de Comenzar

Como es importante mantener una mano sobre el bebé en todo momento mientras le cambie el pañal, tenga las siguientes cosas al alcance de usted:

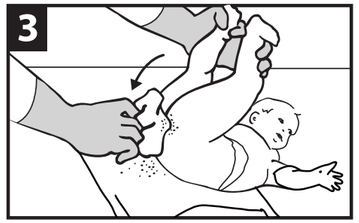
- Una superficie firme que soporte al bebé con seguridad y que se pueda limpiar y desinfectar
- Un pañal limpio
- Toallitas desechables
- Guantes desechables
- Aceite para bebés
- Un recipiente para basura con tapa y bolsa de plástico que se abra sin tocar con las manos



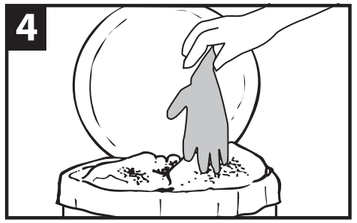
Lávese las manos con jabón y agua tibia.



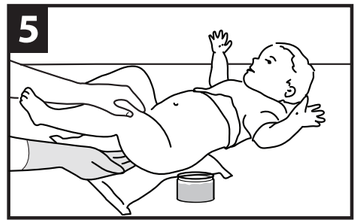
Póngase los guantes desechables.



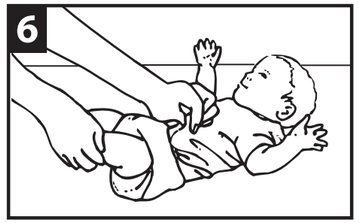
Desajuste el pañal sucio y dóblelo por debajo del bebé. Use toallitas desechables para limpiar la cola del bebé de adelante hacia atrás.



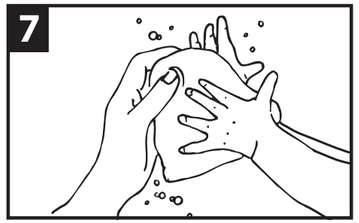
Arroje el pañal sucio, las toallitas y los guantes usados en un recipiente para basura con tapa y bolsa de plástico que se abra sin tocar con las manos.



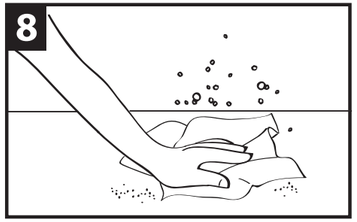
Póngase un guante nuevo si le aplica aceite. Deseche el guante cuando haya terminado. Ponga un pañal limpio por debajo del bebé.



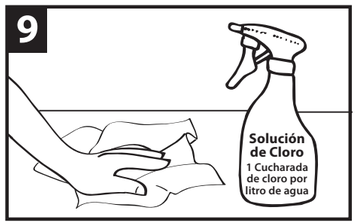
Ajuste el pañal, asegurándose de que no esté demasiado apretado.



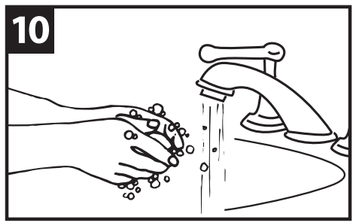
Lave las manos del bebé con jabón y agua tibia, y vuelva a colocar al bebé en un área segura.



Limpie la superficie usada con jabón, agua tibia y una toalla desechable.



Desinfecte la superficie con una cucharada de cloro en un litro de agua y una toalla desechable.



Lávese las manos con jabón y agua tibia.

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DOH 130-082 April 2009 Spanish

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Esta publicación fue desarrollada a través de entrevistas y una revisión profesional. Las fuentes están disponibles a solicitud.

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