



### Procedures for Changing Soiled Pull Ups or Underwear

- 1. Get organized-** Assemble all supplies for the change, such as clean underwear or pull up, plenty of wet wipes, gloves, plastic bag for any soiled clothing. Also, have a hands-free, plastic-lined, covered, waste can available to receive the contaminated disposable items from the change.
- 2. Avoid contact with soiled items- With Gloved Hands;** Remove the child's bottoms and socks before the soiled underwear or pull up to protect any un-soiled clothing. If disposable pull-ups were used, pull the sides apart, rather than sliding the garment down the child's legs. When removing the soiled pull up or underwear, do your best to minimize the contact of soiled surfaces with the child's skin and other surfaces. Dispose of pull up in the hands-free, plastic-lined, covered waste can. Place all soiled clothing directly into a plastic bag after the article is removed, to avoid further contamination of surfaces by temporary placement on other surfaces. **Do not rinse soiled clothing in the toilet or elsewhere. Send all soiled clothing and shoes home for cleaning.** Call Parents if child does not have extra clothes or shoes at the center.
- 3. Clean the child's skin-** Wipe the child's skin with disposable wipes from front to back, using a fresh wipe each time. Dispose of the wipes directly into the hands-free, plastic-lined, covered waste can.
- 4. Throw away disposable items-** Throw away disposable items (Gloves, Wipes, Paper) directly into a hands-free, plastic-lined, covered waste can. Check for any contamination that is on the surface under the child's feet. Clean the surface or help the child move over if necessary until you can clean the surface. **Use a disposable wipe to clean your hands and then another to clean the child's hands, then dispose of wipes.**
- 5. Put on clean underwear or pull up and clothing-** Assist the child, as needed, in putting on clean cloth underwear or disposable pull up, then in re-dressing. Note and plan to report any skin problems such as redness, skin cracks, or bleeding.
- 6. Child washes hands-** Have the child wash his/her hands at the sink after the change is completed ensuring handwashing procedure is followed.
- 7. Clean and disinfect contaminated surfaces!** Remove any visible soil from the changing surface with a disposable paper towel saturated with water and soap. Then rinse. Spray the entire changing surface with the disinfectant. Follow the manufacturer's instructions to effectively disinfect surfaces.
- 8. Teacher/Assistant wash hands and complete log -** Follow Hand Washing Procedure.

