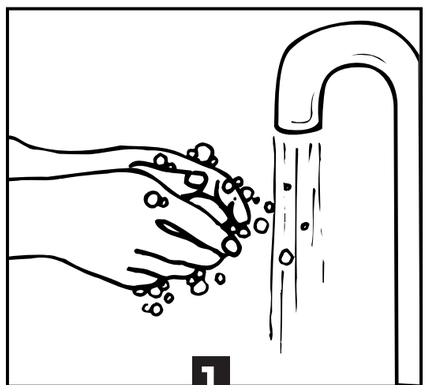
Recommended Steps for

CHANGING DIAPERS



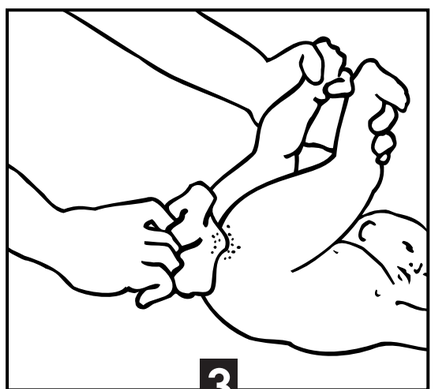
1

Wash your hands with soap and water. You may also use disposable gloves.

2

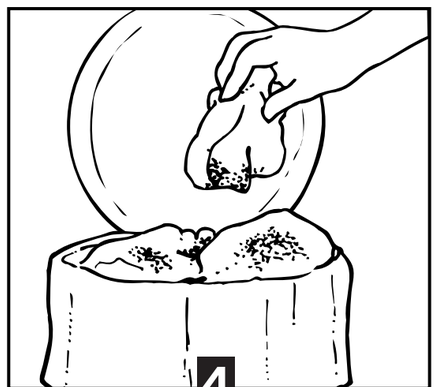
Be sure your supplies are ready and within reach.

Never leave the child alone on the diapering table.



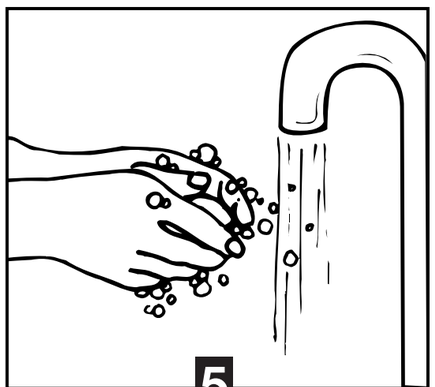
3

Take off the dirty diaper, and clean the child's bottom with wet wipes.



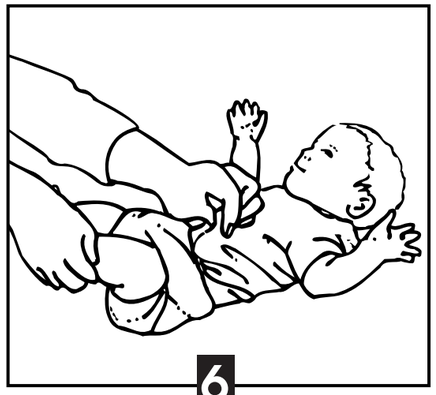
4

Throw away or bag the dirty items. Use a properly labeled, covered container that meets health regulations.



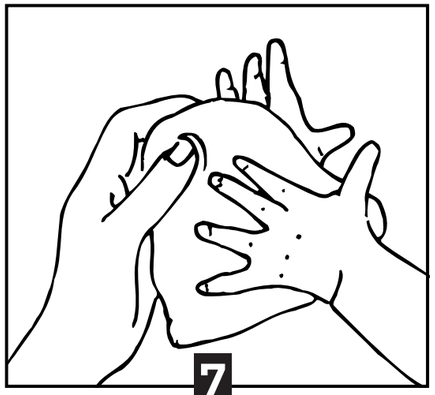
5

Wash your hands with soap and water or use a wet wipe.



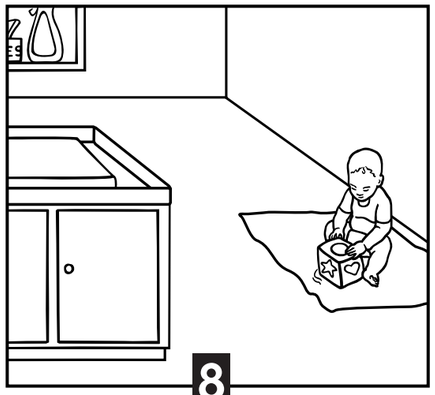
6

Diaper and dress the child.



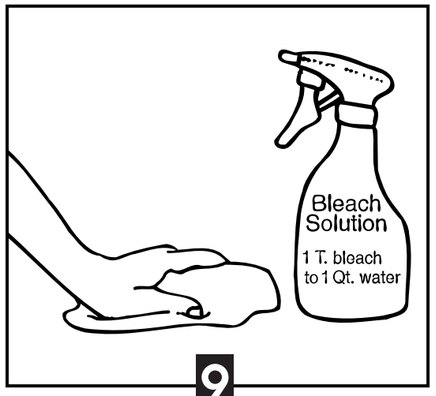
7

Wash the child's hands with soap and water or with a wet wipe.



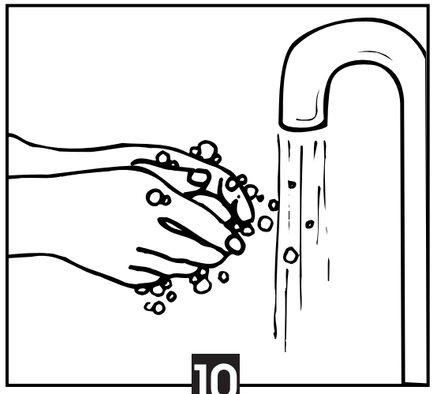
8

Put the child down in a safe place.



9

Clean and disinfect the diapering area and any equipment or supplies you touched. Always use an approved solution. Mix daily.



10

Wash your hands with soap and warm running water. Rinse well. Turn off faucet with a paper towel.

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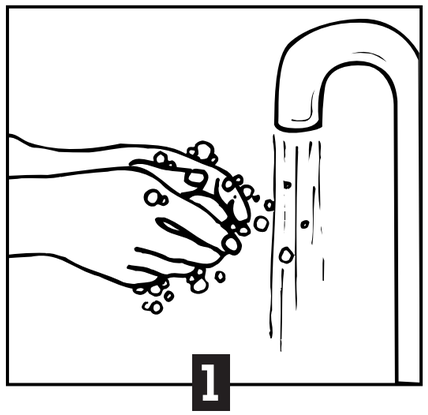
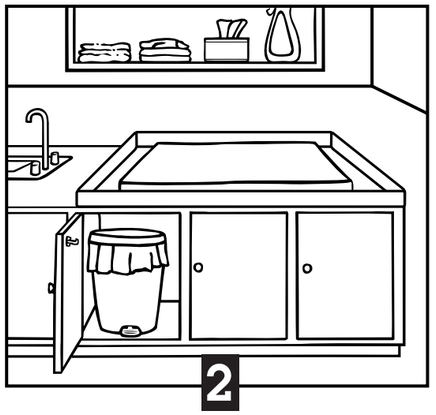
Pasos recomendados para

CAMBIAR PAÑALES



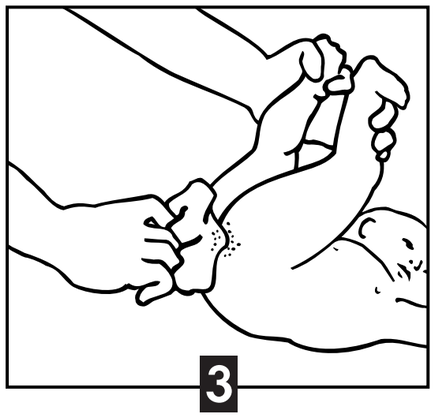
1

Lávese las manos con agua y jabón. También puede usar guantes.



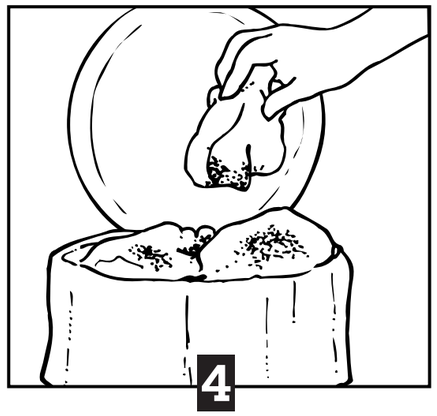
2

Asegúrese de que sus artículos de limpieza estén listos y a la mano. Nunca deje al niño solo en la mesa para cambiar pañales.



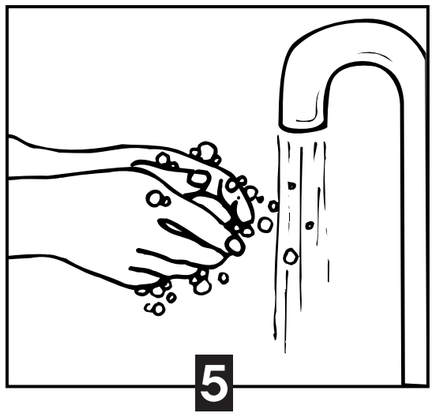
3

Quítele el pañal sucio y limpie el área del pañal con toallitas húmedas de bebé.



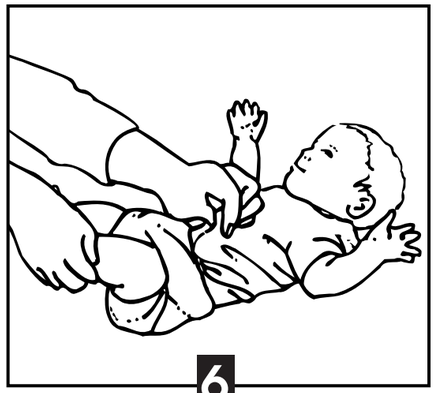
4

Tire o ponga en una bolsa los artículos sucios. Use un recipiente cubierto, propiamente marcado, que satisfaga los reglamentos de saludridad.



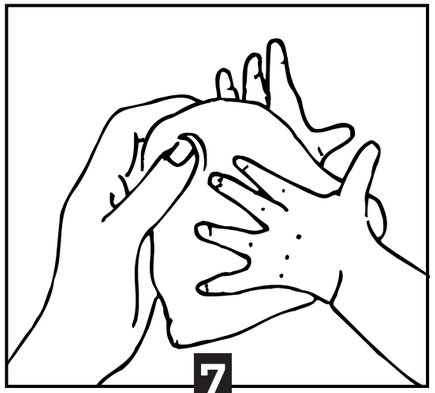
5

Lávese las manos con agua y jabón, o puede usar una toallita húmeda.



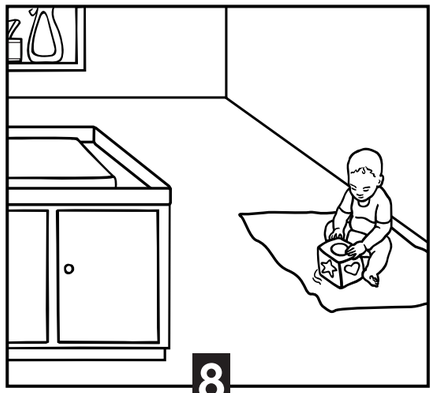
6

Póngale el pañal y vista al niño.



7

Lave las manos del niño con agua y jabón or con una toallita húmeda.

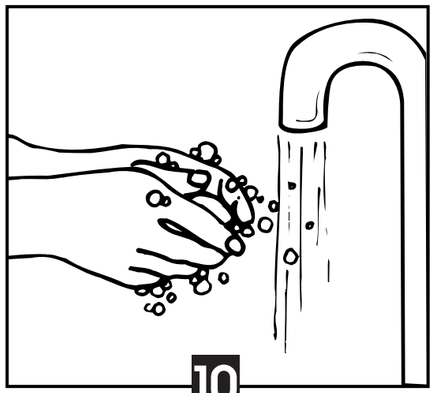


8

Coloque al niño en un lugar seguro.

9

Limpie y desinfecte el área de cambio de pañales y cualquier equipo o artículo que tocó. Use siempre una solución aprobada. Prepare la mezcla diariamente.



10

Lávese las manos con agua tibia fluyendo y jabón. Enjuáguese bien. Cierre la llave del agua con una toalla de papel.

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