

**HEALTH & SAFETY - HYGIENE & INFECTION CONTROL / NAPPY CHANGE**

**POLICY**

Children with specific infectious diseases need to be excluded from care (symptoms of common infectious diseases are fever, cough, runny nose, rash, vomiting, diarrhoea, neck stiffness) – see Exclusion/Infectious Diseases policy.

Disposable gloves should be worn at any time when contact with body fluids is unavoidable:

- changing nappies.
- dealing with blood.
- dealing with other body fluids.

The Co-ordination Unit must ensure that Educator have up to date information from health authorities in relation to procedures to minimise cross infection.

Infection Control practices should be used at all times to facilitate a safe, hygienic environment.

**PROCEDURE**

1. Body Substance Precautions - Risk of infection can be greatly reduced if simple hygiene practices are followed. These practices are often referred to as *Body Substance Precautions* - highlighting the fact that infection is transmitted in body secretions, sputum, saliva, pus and serious ooze. All *Body Substance Precautions* should be used as routine (see Gloves procedure).
2. Cleaning & Disinfecting - Cleaning is an important part of prevention of transmission of infection. In most cases this can be achieved with detergent and warm water. In some instances however, the use of a disinfectant is recommended *after the area has been cleaned*.
  - Toilets should be checked after use and cleaned when necessary.
  - Change tables and benches should be cleaned if soiled, and wiped with suitable disinfectant after each napkin change or a clean disposable paper cover should be used.
  - Baths should be cleaned with a bleach cleaning agent.
  - Toys used by young infants should not be shared without washing and disinfecting.
  - Objects mouthed by children should be washed at least daily.
3. Cleaning of Floors - Washed daily with detergent and water - it is not necessary to use disinfectant on floors. Carpeted areas should be vacuumed and spills of body fluids dealt with immediately. (Bleach cannot be used on carpets).
4. Gloves - Disposable latex or vinyl gloves
  - Disposable gloves should be available in all settings and should be worn when contact with body fluids is unavoidable.
  - Gloves should also be worn to clean spills of body fluids. Substance should be removed with paper towel or other paper and disposed of into sealable waste bag. Area should then be washed with detergent and water. A bleach-type disinfectant should be used where possible.
  - Soiled cots should also be treated as above.
  - To remove gloves, peel back from wrists and drop into sealable bag. Do not reuse disposable gloves.
  - Wash hands after removing gloves.

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5. Hand Washing - Hand washing is the single most effective infection control measure.
  - Hands should be washed:
    - After toileting.
    - After nappy changing.
    - Before preparing food.
    - Before eating and drinking.
    - After wiping noses.
    - After contact with body fluids.
  - Hands should be washed with soap and warm running water for 15 seconds.
  - Hands should be dried on individual or disposable paper towels. Communal hand towels should not be used.
6. Linen - Each child should have their own bedding, face cloths and towels. Face cloths/towels must be washed daily, bedding weekly or as required.
7. Potties - To be thoroughly cleaned and disinfected after each use.
8. Sand Pits - Must be kept clean, raked over daily and kept covered when not in use to protect from animals. Sand should be changed frequently.
9. Washing (nappies etc) - Routine recommended practices - soil should be removed with cold water, and hot water and detergent used for washing.
10. Waste Disposal - All soiled articles such as disposable nappies and tissues should be placed in bags which can be tied or sealed in covered storage and disposed of in line with local by-laws.

Source:

Department of Human Services and Health publication:  
"Staying Healthy in Child Care - Preventing Infectious Diseases in Child Care"  
Australian Government Publishing Service, Canberra.

### **HYGIENIC NAPPY CHANGING PROCEDURE**

1. Before each nappy change the Educator should ensure that the supplies needed are ready, including disposable towels, pre-moistened face washer or disposable towel, disposable gloves, plastic bags, nappy bin, fresh nappies, clothes, lined rubbish bin.
2. Ensure nappy change mat has been cleaned with disinfectant. Place disposable towel on change mat if desired.
3. Place the child on the change mat. Never leave the child unattended.
4. Wear gloves for all dirty nappies and at the discretion of the Educator for wet nappies.
5. Remove clothes, place soiled/wet clothes in nappy bin out of reach of children to later rinse and put into plastic bag for parents.
6. Remove child's nappy:
  - Disposable - stick tabs down to enclose contents, place in a plastic bag and dispose of into lined rubbish bin.
  - Cloth - remove nappy liner and contents, place into plastic bag and dispose of into lined rubbish bin. Place nappy and plastic pants (if soiled/wet) in nappy bin out of reach of children to later rinse and put into plastic bag for parents.
7. Clean the child's bottom with face washer or disposable moistened towel and dispose of as for the nappy.
8. Remove gloves by peeling them back from the wrists. Do not let skin touch the outer contaminated surface of the glove. Put the gloves in a lined rubbish bin.
9. Put a clean nappy on child and dress the child.
10. Wash the child's hands, even if they are not visibly soiled.
11. Remove the child from the immediate change area.
12. If necessary, rinse soiled/wet cloth nappy and clothing holding an uncontaminated area of the fabric, then place into plastic bag (second pair of gloves may be needed).
13. Spray change mat with disinfectant and wipe down with a paper towel. Put paper towel into lined rubbish bin.
14. Wash hands and lower arms thoroughly, using liquid soap.

Source: Mt Alexander FDC handbook  
National Law, Regulations and Standards (ACECQA 2011)  
"Staying Healthy In Childcare" 3<sup>rd</sup> Edition. NHMRC  
Mt Alexander Shire Environmental Health Dept

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