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- ▶ Place paper on the change table
- ▶ Put the child's bottom on the paper
- ▶ Wear gloves for a dirty nappy
- ▶ Remove the child's nappy and clothes
- ▶ Clean the child's bottom
- ▶ Remove the paper
- ▶ Remove gloves by peeling them back from your wrists



Changing nappies without spreading germs



- ▶ Dress the child
- ▶ Wash the child's hands
- ▶ Take the child away from the change table
- ▶ Clean the change table well
- ▶ Wash your hands