

Preventing the Spread of Infection from Diarrhea

Bacteria that cause infection are in human feces and can get on hands when using the toilet or changing diapers. The infection is spread when contaminated hands come in contact with food, the mouth and other things, such as toys. Infection can spread easily from person-to-person especially among toddlers and babies.

Stop the Spread of Infection at Home

- Wash your hands with warm water and soap carefully after going to the bathroom or changing diapers and before preparing food or drinks.
- Throw away dirty diapers in a closed lid container or bag them.
- Clean and disinfect diaper changing areas after each use with the disinfectant wipes or spray or diluted chlorine bleach.
- Do not prepare food or drinks for others while you have diarrhea. Wait two days after it has stopped to prepare any food or drinks.

If a Child Has Diarrhea and How to Stop the Spread to Others

- Children with diarrhea should not be in contact with non-ill children.
- Keep them out of child care or school.
- Supervise handwashing of toddlers and small children after they use the toilet.
- Keep his/her toys separate and wash them with hot, soapy water daily.
- No swimming in pools or water parks until two days after diarrhea has stopped.
- Do not bathe children together.
- Wash laundry for a child with diarrhea separately using hot water.

Handwashing Basics for Children

- Teach by example – wash your hands with them.
- Put handwashing reminders at children's eye level.
- Every time they wash their hands, reward them until it's a habit.
- Keep a stool underneath the sink so that children can reach easily.
- Teach children to wash their hands for as long as it takes them to sing their ABCs or "Happy Birthday" twice.
- Keep hand sanitizer with you for when soap and water are not available.