

# Keeping Baby Healthy:

## Your baby & diaper rash

Many babies get diaper rash. Some have diaper rash a lot, and it can make them feel bad.

### What is a diaper rash?

Skin in the diaper area might be:

- Pink or red, and sore
- Covered with small bumps
- Blistered and peeling.

### What can cause a diaper rash?

- Wet or dirty diapers that stay on too long
- Frequent, loose stools
- Antibiotic use
- Changes in what baby eats
- Diapers rubbing against skin.

### How can diaper rash be prevented?

- Keep baby's skin as clean and dry as you can.
- Change wet or dirty diapers right away.
- Clean baby's diaper area with a clean washcloth, a non-soap/gentle cleanser and plain, warm water. If using wipes, use a product free of alcohol and fragrance. Don't forget to clean the folds in baby's skin!
- Pat baby's skin dry before putting on a clean diaper.
- Use a mild soap or plain, warm water, to clean baby's skin during baby's regular bath.
- Expose baby's bottom to air. Put baby on a blanket in a safe, warm place without a diaper for several minutes each day.

- Before putting on baby's diaper, smooth a thick layer of petroleum jelly or a barrier paste with zinc oxide over baby's clean bottom. This can help protect baby's skin.
- Choose a highly absorbent diaper. If you use cloth diapers, wash them in a mild soap and hot water. Rinse diapers two times. Dry without using fabric softener.
- Do not use baby powder or talcum powder.
- Avoid using rubber pants.

### Call your child's health care provider if:

- The rash doesn't get better in one to two days.
- Baby has blisters.
- Baby's skin is peeling.
- Baby appears sick.
- Baby has vomiting or diarrhea.
- Baby does not want to eat.
- Baby has a fever.
- Baby has a rash on other parts of the body.
- Baby is very fussy.

### Hand Washing:

- Wash your hands with soap and water before and after every diaper change.



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