

# Diaper rash

Diaper rash is very common. All babies get a red or sore bottom once in a while. To help prevent diaper rash:

- Change your baby's diaper often.
- Wash the diaper area with a clean wash cloth whenever you change a diaper. Dry the area well.
- Leave your baby's bottom bare as often as possible.

## To treat diaper rash:

- Change diaper as soon as it is wet.
- Wash and dry the diaper area carefully at each diaper change.
- Cover the rash with a **zinc-based ointment**.

## CAUTION!

### Call the doctor if:

- The skin in the diaper area is very red and peeling.
- There are sores along with the rash.
- You've tried everything on this page and the rash won't go away or is getting worse.



# Loving Care



Birth to 6 Months

2010



Health Promotion  
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