



Morning Health Check Guidelines

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

Signs to observe

- General mood and changes in behavior
- Fever or elevated body temperature
- Skin rashes, unusual spots, swelling or bruises
- Complaints of pain and not feeling well
- Signs/symptoms of disease (severe coughing, sneezing, breathing difficulties, discharge from nose, ears or eyes, diarrhea, vomiting etc.)
- Reported illness in child or family members

Use all your senses

- **LOOK** for signs
- **LISTEN** for complaints
- **FEEL** for fever
- **SMELL** for unusual odor

If changes are observed, it is important to address these changes with the parents so a decision can be made as to whether or not the child will be excluded.



Sources:
California Childcare Health Program, www.ucsfchildcarehealth.org

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