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 of 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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