Daily Health Check Guidelines

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

Signs to observe

COVID-19 specific symptoms:

During times of heightened concerns for COVID-19 exclude children for the following:

Fever (100.4° or higher) **OR** two or more of the following symptoms: fatigue, myalgia (body aches), cough, headache, chills, shortness of breath, congestion, sore throat, runny nose, nausea, vomiting, diarrhea, abdominal pain **OR** loss of taste and/or smell.

For specific concerns & questions about COVID-19 consult the North Dakota Department of Health at 866-207-2880



Symptoms to note for other types of illnesses:

- 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
North Dakota Department of Health www.health.nd.gov

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