

# DAILY HEALTH CHECK

Do the daily health check when you greet each child and parent as they arrive. Also observe the child throughout the day.



**LISTEN:** Greet the child and parent.

- Listen to what the child and parent tell you about how the child is feeling
- If the child can talk, is he complaining of anything? Is he hoarse or wheezing?



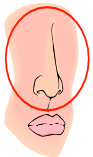
**LOOK:** Get down to the child's level. Observe signs of health or illness.

- GENERAL APPEARANCE** (comfort, mood, behavior, and activity level)
  - BREATHING** (coughing, breathing fast, or difficulty breathing?)
  - SKIN** Look for pale or flushed skin, rash, sores, swelling, bruising. Is child scratching her skin or scalp?
  - EYES, NOSE, EARS, MOUTH** (eyes red, crusty, goopy, or watery? Nose runny? Pulling ears? Mouth sores, drooling or difficulty swallowing?)



**FEEL:** Gently run the back of your hand over the child's cheek, forehead, or neck.

- COLD, CLAMMY OR UNUSUALLY WARM OR SKIN FEELS BUMPY?**



**SMELL:** Be aware of unusual odors, breath smell foul or fruity? Foul smell to child's stool?

The Nose