



## INSTRUCTIONS FOR DAILY HEALTH CHECKS

A child care program should not deny admission to or send home a child because of illness unless one or more of the following conditions exists. The parent, legal guardian, or other person authorized by the parent will be notified immediately when a child has a sign or symptom requiring exclusion from the facility, as described below:

1. The illness prevents the child from participating comfortably in program activities.
2. The illness results in greater care than the child care/school staff can provide without compromising the health and safety of the other children
3. Please refer to the *Illness Policy, When To Keep Your Child at Home*

If a child becomes ill during the day, the child should remain under adult supervision. Provide a quiet comfortable area for the child.

Everyday, upon entry or as soon as possible after each child arrives and during observation of the child at play, a health check of each child is performed by a trained staff member.

**1. Be at the child's level so you can interact with the child, even if talking with the parent.**

**2. Check:**

- ☐ **Behavior typical or atypical for time of day and circumstances**

- ☐ **Appearance**



Skin: pale, flushed, rash

Eyes, nose, mouth: note color; are they dry or is there a discharge?  
Is child rubbing eyes, nose or mouth?

Breathing: Normal or different; cough

- ☐ **Report of parent on how the child seemed to feel or act at home.**

- ☐ **Sleeping normally?**

- ☐ **Eating/drinking normally?**



When was the last time child ate or drank?

- ☐ **Any unusual events?**

- ☐ **Bowels and urine normal?**



When was the last time child used toilet or had a diaper change?

- ☐ **Any evidence of illness or injury since the child was last in child care**

- ☐ **If the child is on medication**, ask parent when the last dose was given.  
Be sure to have all of the proper forms on hand so that you can give the child his/her medication during the day.

Adapted from *Caring for Our Children: National Health and Safety Performance Standards 2<sup>nd</sup> Edition 2002* Washington, DC: AAP & APHA.