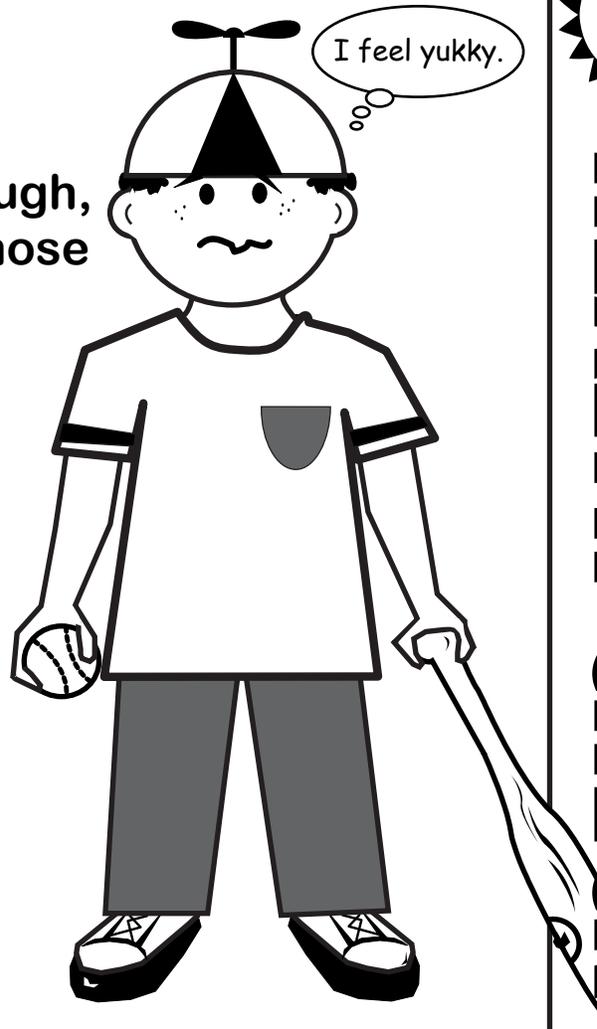


DAILY **HEALTH CHECK**

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SIGNS TO OBSERVE:

- General mood/unusual behavior
- Unusual skin color
- Rash
- Swelling or bruises
- Sores or cuts
- Respiratory: sore throat, cough, sneezing, wheezing, runny nose
- Diarrhea
- Mouth sores with drooling
- Stomachache
- Vomiting
- Urine problems
- Headache
- Fever
- Eye drainage, redness
- Other (i.e. Pain)



USE ALL OF YOUR SENSES



LOOK for signs



LISTEN for complaints



FEEL for fever



SMELL for unusual odor

(See instructions on back.)

INSTRUCTIONS FOR DAILY HEALTH CHECK



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



2. Check:
 - Behavior normal for time of day and circumstances?
 - Appearance

Skin: pale, flushed, rash? Feel the child's skin by touching affectionately.



Eyes, nose, mouth:

- Note color; are they dry or is there discharge?
- Is child rubbing eyes, nose, or mouth?



3. Breathing: normal or different; cough?



4. Report from parent on how child seemed to feel or act at home:

- Sleeping normally?
- Eating/drinking normally?
- When was last time child ate or drank?
- Any unusual events?
- Bowels and urine normal?
- When was last time child used toilet or was changed?

