

**STOP  
DISEASE**

## MORNING HEALTH CHECK

### Signs to Observe:

- General mood and changes in behavior
- Fever or 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 of your senses . . .

- **LOOK** - for signs
- **LISTEN** - for complaints
- **FEEL** - for fever
- **SMELL** - for unusual odor



## PREVENTION OF COMMUNICABLE DISEASES

- Proper hand washing for adults and children
- Proper diapering and toileting techniques
- Environmental cleaning and sanitation
- Food safety
- Daily health checks
- Up-to-date immunizations
- Pets and pest control
- Maintaining good ventilation of indoor space
- Communication with child care health consultants, parents and health care providers

