

# Daily Health Checks

*Use all your senses ....*

- **Look**
- **Listen**
- **Feel**
- **Smell**

***Observe the child for these signs:***

1. General mood and behavior

2. Change in usual activity level

3. Breathing difficulties

4. Skin color (pale or flushed)

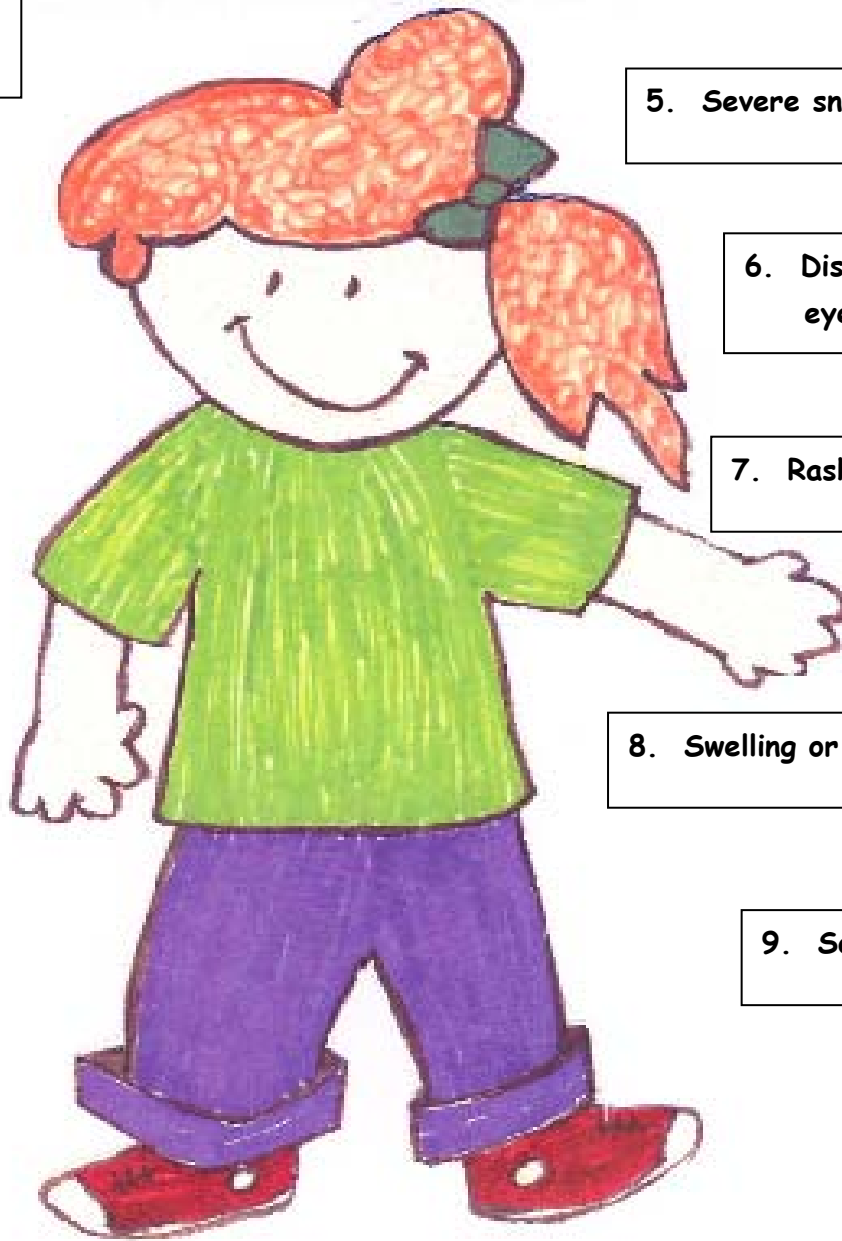
5. Severe sneezing or coughing

6. Discharge from nose, eyes, or ears

7. Rashes or unusual spots

8. Swelling or bruises

9. Sores



## **Check in with the parent/guardian**

- 1. Current illness in child or family members**
- 2. Change in the child's patterns for eating, drinking, elimination, sleep, etc.**