

Daily Health Check

Policy

In order to maintain a healthy environment, sick children are temporarily excluded, as stated in the Exclusion Standard Operating Policy and Procedure.

Early Head Start/Head Start staff in Center-Based programs conducts a daily health check of each child arriving to ensure that children with obvious signs of illness do not attend.

Reference and Regulation:

Head Start Program Performance Standard 1302.42 (c) (2)
California Community Care Licensing 101226.1 (a) and (b)

Daily Health Check

Procedure

Issuance Date: August 2006

Revised: June 2017

Teaching staff conducts a daily health check when greeting the child and the parent/guardian as they arrive. The child is observed throughout the day.

- **Listen:** Staff greets the child and the parent/guardian with general conversation and listens to what is said about how the child is feeling. If the child can talk, is he or she complaining of anything? Is his/her voice hoarse or are they wheezing?
- **Look:** Observe general appearance. Is the child's behavior unusual for this time of day? Is the child coughing, breathing fast, or having trouble breathing? Does the child appear listless, in pain, or have difficulty moving? Is the child clinging to the parent/guardian, acting cranky, crying, or fussing? Observe the child's skin. Does the child look pale or flushed? Are there any cuts or bruises? Ask the parent/guardian about any cuts or bruises. Do the child's eyes look red, crusty, or watery? Is there a runny nose?
- **Feel:** Staff should gently run the back of his/her hand over the child's cheek, forehead, or neck. Does the skin feel bumpy? Does the child feel unusually warm or cold and clammy? If the skin feels hot, take the child's temperature.
- Additional attention should be paid to children who have been absent because of illness or have been exposed to a contagious disease.
- An Authorization to Release Medical Information may be required for children who have been absent due to illness.

What to do based on findings

If staff has concerns about how a particular child looks or feels, they discuss it with the parent/guardian before the child is signed in to class for the day. If the physical concern (i.e. runny nose or watery eyes) is determined to be caused by allergies and not due to infection or illness, then staff may determine that the child can remain in school all day.

Staff should inform the parent/guardian about changes in the child's health status. Information about the child's activity level, appetite, food intake, bowel movements, and habits at naptime is valuable information to the parent/guardian. This conversation is documented in the Progress Notes of Section 2 of the Child File.

Note: A Daily Health Check Poster is posted in each classroom for quick reference (see sample attached).

Documentation:

Progress Notes



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

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