



DAILY HEALTH CHECKS

- ✓ **Fever**
- ✓ **Diarrhea:** abnormal, loose stools. Observe the child for more loose/abnormal stools or other symptoms (vomiting, fever, etc.)
- ✓ **Sore throat**
- ✓ **Pink eye:** tears, redness of eyelid lining, irritation, itching, swelling, discharge of pus
- ✓ **Ear infection:** earache, tugging or rubbing ear, fever, fussiness
- ✓ **Severe coughing:** child gets red or blue in the face, child makes high-pitched croupy or whooping sound after he coughs
- ✓ **Trouble swallowing**
- ✓ **Difficult or rapid breathing:** This is especially important in an infant under 6 months old
- ✓ **Skin:** infected patch(s), rusty, bright yellow, dry or gummy areas, rashes, spots, cheeks flush, hot, bruise(s)
- ✓ **Diaper area:** red, strong odor, discharges, bruises, blood, tears
- ✓ **Urine:** unusually dark, tea-colored
- ✓ **Stool:** gray, black, green or bloody, watery
- ✓ **Headache and stiff neck**
- ✓ **Severe itching** of body or scalp or scratching of the scalp (may be signs of lice or scabies)
- ✓ **Loss of appetite, nausea or vomiting**
- ✓ **Unusual behavior:**
 - Cranky or less active than usual
 - Crying more than usual
 - Child feels general discomfort or just seems unwell

WASH YOUR HANDS!