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