

# BEST BEGINNINGS STARS TO QUALITY

## Daily Health Check information

- Remember to follow HIPAA rules and maintain confidentiality of protected health information, including daily health checks, at all times.
- Doing daily health checks at children's arrival at the facility is the first opportunity to watch for signs of illness or other health issues.
- Facility health policies should be strictly enforced for the exclusion of children showing signs or symptoms of infectious disease as indicated in Montana's Licensing/Registration Requirements for Child Care.
- Some ways to document daily health checks include: recording on a daily parent report sheet with a copy for the child's file, maintaining a daily record of each child in a table format that includes a space for recording brief health check.
- You may want to hang the Daily Health Check sheet provided in the STAR Kit near the children's arrival entrance as a reminder to watch each child for possible signs of illness, disease, or other health issues.
- Often, changes in a child's normal activity level or a change in their normal mood may be the first signs of illness. Observing the child upon arrival may indicate a need for close monitoring the child throughout the day for other signs that may indicate illness or other health issues.
- Some common indicators of illness are: unusual low activity levels or crankiness, fever, diarrhea, vomiting, sore throat, rash, or discharge from eyes or nose.
- The daily health check is not a detailed exam of the children. The intent is to watch for changes in individual children that might indicate illness or other health issues. It is a brief assessment of whether each child is looking and acting normal for them BEFORE the parent leaves. It is a casual observation of the child as you welcome them to your program. You are observing for signs of well-being, not finding reasons to exclude children.

