



MORNING HEALTH CHECK

SIGNS TO OBSERVE

- Activity Level
- Skin Color
- Unusual Spots or Rashes
- Swelling or Bruises
- Sores
- Severe Coughing, Sneezing
- Discharge from Nose, Eyes and Ears
- Breathing Difficulties
- General Mood/ Unusual Behavior

USE ALL OF YOUR SENSES

- Look
- Listen
- Feel
- Smell