Two-Minute Tips

COVID-19 Edition: Daily Health Check

The new guidelines require care providers to conduct daily health checks. These checks help identify people who have been exposed to someone who has tested positive for COVID-19, has a fever or symptoms of an illness that may or may not be COVID-19 related, and who should stay home until they are well.[1]

Practice Tips

Daily Health Check Form

Complete daily health checks using this form. To consolidate attendance and daily health checks on one form, use this log.

Plan Ahead and Dedicate a Space

Preparedness is key to reducing risk for your staff and children. For a smooth process, make sure you have the necessary equipment organized and ready (e.g., health check form, thermometers, gloves, pen, etc.).

Dedicate a space in your program for health checks. Set up a table to hold your checklist form, thermometer, and other equipment. Ensure children go directly to their designated area after passing the daily health check.

Teaching Ideas

Use group times to talk with children about the new language they may be hearing in the daily health checks, such as symptoms, virus, exposed, positive and negative results, thermometer, etc.

Keep Families Informed

Encourage families to be on the alert for signs of illness in their children and to keep them home when they are sick.

Make this COVID-19 symptoms poster visible to families when dropping off children.

Involve the Children

Children are imitators and could enjoy performing their own daily health check. Promote dramatic play in the classroom by having children perform health checks with a doll or stuffed animal.

Tips in Action!

Watch this video* for examples on how to introduce new words during group activities.

*Disclaimer: Linked media was filmed before COVID-19. Please follow the necessary guidelines to make these tips helpful and safe for your program.

References

[1]Center for Disease Control and Prevention.(2020). Social distancing. (https://bit.ly/3wZjLN4)