



## MORNING HEALTH CHECK

### Signs to Observe:



- ⇒ Fever or elevated body temperature
- ⇒ Severe coughing, breathing difficulties, or sneezing
- ⇒ Runny nose, diarrhea, vomiting, etc.
- ⇒ Pale or flushed
- ⇒ Cranky, crying or fussing
- ⇒ Complaints of pain or not feeling well
- ⇒ Skin rashes, unusual spots, swelling or bruises
- ⇒ Listless or difficulty moving
- ⇒ General mood and changes in behavior
- ⇒ Reported illness in family members



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**Emergency Information Line 866-409-4099**