

## Hygiene – Daily Health Checks

### Policy/Approach:

SOHS provides opportunities for healthy growth and development including establishing daily routines for each child served. Children will have a daily health check, wash their hands at required times, and brush their teeth daily according to established procedures and with the guidance and support of trained staff. Staff will also follow Health and Safety Institute training and diapering and toileting procedures as needed for each child.

#### Head Start Performance Standards:

1302.47(7)(iii) – Safety Practices

#### Oregon State Office of Child Care:

OAR 414-300-0220 – Illness or Injury

Our procedures are subject to adjustment based on Public Health needs or advisory from either our local, state or federal governing bodies. Any temporary modifications to procedures in this event will be documented and shared with staff.

### Procedure:

1. Prior to the start of each class, the designated staff member will perform a health check on each child before they enter the classroom. The Site Manager will monitor this and ensure staff are following the protocol daily.
2. The health check will begin with questions for the parent (if present) and the child:
  - **Ask Parent/Guardian** – “How has your child been in the last 24 hours?” (Sleeping/eating habits, medications, illness concerns, accidents, or other concerns)
  - **Ask Child** – “How do you feel today?”
3. Staff member will perform a thorough head check on each child. Staff member will use a head check stick to section the child’s hair while looking for possible lice or nits. **After completion of the head check, the staff member will dispose of the head check stick in a trash bin at the health check station. Under no circumstances is the head check stick to be reused on another child.** If lice are found, staff will refer to the [Head Lice Procedure](#).
4. The staff member will continue the health check by looking at the child’s:
  - Overall appearance

- Color/condition of skin, face and arms (pale or flushed appearance, rash or injuries)
    - i. Injuries must be documented in the notes (bruises, scrapes, etc.).
  - Eyes (redness, drainage, injuries, swelling or itching)
  - Nose (drainage or discharge)
  - Mouth (dry/cracked lips, rash/lesions on or around lips, drooling)
  - Movement (unusual walk, limp, or overly protecting any area of the body)
  - Injuries (stitches/glue/staples/cast/brace/sling) will need to be cleared by Health Services before joining class. Staff will call Health for guidance/clearance before letting the guardian leave.
5. When staff has completed the health check, they will decide if there is a suspected contagious condition, injury or another concern that would prevent the child from safely attending class (severe stomachache, lack of sleep, severe cold, fever, severe poison oak, or an injury that prevents normal activity). If any of these are determined to be the case, staff will inform the parent/guardian to take the child home or call the parent/guardian to come and pick up their child. Staff will refer to the Illness Flip Chart ring set when advising the parent as to when the child may return to class.
  6. Staff will document any children sent home with a contagious condition or suspected contagious condition in the database (under the Health tab, Illness Documentation) and on the attendance.
  7. If a child has to be excluded, staff will make every attempt to preserve the child's self-esteem and confidentiality.
  8. If a child is found to have a contagious condition or a suspected contagious condition, the staff member doing daily health checks will wash their hands thoroughly with soap and water before proceeding with the next child's health check.
  9. Notify Health in the case of any diagnosed contagious condition in the classroom.
  10. Staff will document the Daily Health Check for each child in Playground, answering each question for each child at the time of the Daily Health Check.
  11. Health Checks must be completed and documented for children arriving late.