

## Checking for Health

Take a walk around your child care setting to find the answers to these questions. Write a "Y" for yes or an "N" for no next to each item.

1. \_\_\_\_\_ Is the diapering area kept separate from food preparation and feeding areas?
2. \_\_\_\_\_ Do adult's sinks in both the changing and feeding areas have hot and cold water?
3. \_\_\_\_\_ Are food preparation, feeding, and toileting areas cleaned and sanitized daily and after each use?
4. \_\_\_\_\_ Are pillow and cushion covers washable?
5. \_\_\_\_\_ Are couches or mattresses easy to clean?
6. \_\_\_\_\_ Are sleeping mats fitted with washable covers?
7. \_\_\_\_\_ Is there a regular schedule for cleaning walls, floors, and rugs?
8. \_\_\_\_\_ Is there a regular schedule for washing and sanitizing bedding?
9. \_\_\_\_\_ Have the furnace filters been replaced this year?
10. \_\_\_\_\_ Do the children get fresh air every day?
11. \_\_\_\_\_ Is the paint peeling, or are there broken or chipped floor tiles infants could put in their mouths?
12. \_\_\_\_\_ Are toxic substances and medications stored safely away from children?

Compare your answers to the correct answers for each question:

1. Y 2. Y 3. Y 4. Y 5. Y 6. Y 7. Y 8. Y 9. Y 10. Y 11. N 12. Y

If any of your answers show something is unsafe, fix it right away so you can have children and caregivers that are safe and happy!