



## Health Checklist

Think about your child care setting and then answer these questions. Write YES or NO next to each item. Then go back and circle all the “no” answers for immediate attention.

1. \_\_\_\_ Are diapering, food preparation, and feeding areas separate?
2. \_\_\_\_ Do adult sinks in both the changing and the feeding areas have warm running water?
3. \_\_\_\_ Are hand washing procedures posted?
4. \_\_\_\_ Are liquid soap and disposable towels available for hand washing?
5. \_\_\_\_ Are toothbrushes and personal items labeled and stored separately?
6. \_\_\_\_ Is information on children’s food allergies and medical needs readily available?
7. \_\_\_\_ Are food preparation and feeding areas cleaned after each use?
8. \_\_\_\_ Are pillow and cushion covers machine washable?
9. \_\_\_\_ Are couches, cots/mats, and soft furnishings easy to clean?
10. \_\_\_\_ Are children assigned individual cribs, cots, or rest mats?
11. \_\_\_\_ Are cribs, cots, and rest mats placed at least 3 feet apart or when in use unless separated by a solid divider with 18 inches apart?
12. \_\_\_\_ Are sleeping mats and cots covered with machine washable sheets?
13. \_\_\_\_ Is there a regular, frequent schedule for cleaning bedding?
14. \_\_\_\_ Is there a regular, frequent schedule for cleaning and disinfecting toys, walls, floors, and rugs?
15. \_\_\_\_ Are procedures in place to remove mouthed toys from play before they pass from one child to another?
16. \_\_\_\_ Are mouthed toys washed and disinfected before being returned to use?