

# Indoor Health Checklist

<input type="checkbox"/>	Ensure rooms are ventilated. Clean air vents regularly to remove dust and mold.
<input type="checkbox"/>	Keep room temperature between 65–82 degrees.
<input type="checkbox"/>	Maintain well-lit, glare-free rooms. If there is a light fixture then the light should be in working order.
<input type="checkbox"/>	Mop floors daily, sweep floors throughout the day, especially after meals or snacks.
<input type="checkbox"/>	Vacuum carpets and large area rugs when children are not present. Spot clean as needed. Fully clean twice per year.
<input type="checkbox"/>	Clean small rugs and launder at least weekly.
<input type="checkbox"/>	Prepare fresh bleach solution daily to sanitize surfaces and disinfect toys and all washable learning materials.
<input type="checkbox"/>	Wash dress-up clothes and accessories at least once a week.
<input type="checkbox"/>	Wash, rinse, sanitize tables at the beginning of the day, before and after meals, and between activities.
<input type="checkbox"/>	Wash, rinse, sanitize food preparation surfaces, counters, chairs with trays, eating utensils, and dishes after each use.
<input type="checkbox"/>	Line trash bags with plastic bags and empty daily.
<input type="checkbox"/>	Store children's brushes so that they can air dry without touching one another.

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<input type="checkbox"/>	Keep tissues, liquid soap, and paper towels accessible to children .
<input type="checkbox"/>	Sanitize diaper changing table after each use with proper solution.
<input type="checkbox"/>	Wear nonporous gloves to clean up bodily fluid.
<input type="checkbox"/>	Use a bleach sanitizing solution to clean up any bodily fluids immediately.
<input type="checkbox"/>	Wash, rinse, and sanitize bathrooms including toilets, sinks, counter tops, and faucets daily
<input type="checkbox"/>	Sanitize doors and cabinet doors daily
<input type="checkbox"/>	Sanitize tablets, computers daily as well as empty and sanitize water table daily
<input type="checkbox"/>	Clean and sanitize cribs daily, if one crib is used per child then can be completed weekly, disinfect daily any areas a child may have mouthed
<input type="checkbox"/>	Place mats three feet apart. Use mats that are at least 2 inches thick, waterproof, washable, and appropriate for the size of the children.
<input type="checkbox"/>	Using bedding for one child only. Wash weekly or when soiled.
<input type="checkbox"/>	Keep children dry at all times. Change clothing and put in a ziplock bag with name on the bag in the child's cubby.
<input type="checkbox"/>	Keep drinking water on hand at all times and dispose of one-time use cups after use.

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<input type="checkbox"/>	Choose a classroom pet according to setting and state regulations.
<input type="checkbox"/>	Ensure pets do not pose a health risk to the children and maintain pets health records.
<input type="checkbox"/>	Keep pets away from food preparation and eating areas.
<input type="checkbox"/>	Clean and sanitize all areas affected by animal droppings and their habitats.
<input type="checkbox"/>	Keep pet food and litter box out of children;s reach.
<input type="checkbox"/>	Teach children how to feed pets with adult supervision
<input type="checkbox"/>	Take children outside daily. Utilize your state regulations on temperatures that are unsafe.
<input type="checkbox"/>	Dress children appropraitely for the weather that is happening.
<input type="checkbox"/>	Have appropriate shade for all children when it is hot outsie.
<input type="checkbox"/>	Have drinking water available while playing outside.
<input type="checkbox"/>	
<input type="checkbox"/>	