

***How do I know if my child should  
go to child care today?***

**May attend child care if:**

- ☺ Peak flow is in the Green Zone
- ☺ Child has a stuffy nose, but no wheezing
- ☺ Child has wheezing which goes away after taking medication
- ☺ Child is able to perform usual activities (getting dressed, eating) without using extra effort to breathe

**The child should not attend child care if:**

- ☹ Peak flow measurement is below 75% of personal best
- ☹ Wheezing or coughing continues after treatment
- ☹ Child has trouble breathing or is breathing fast
- ☹ Child has a fever over 100 degrees
- ☹ Child is too weak or tired to take part in normal activities (dressing self, eating)

*Adapted from: Illinois Department of Human Services*