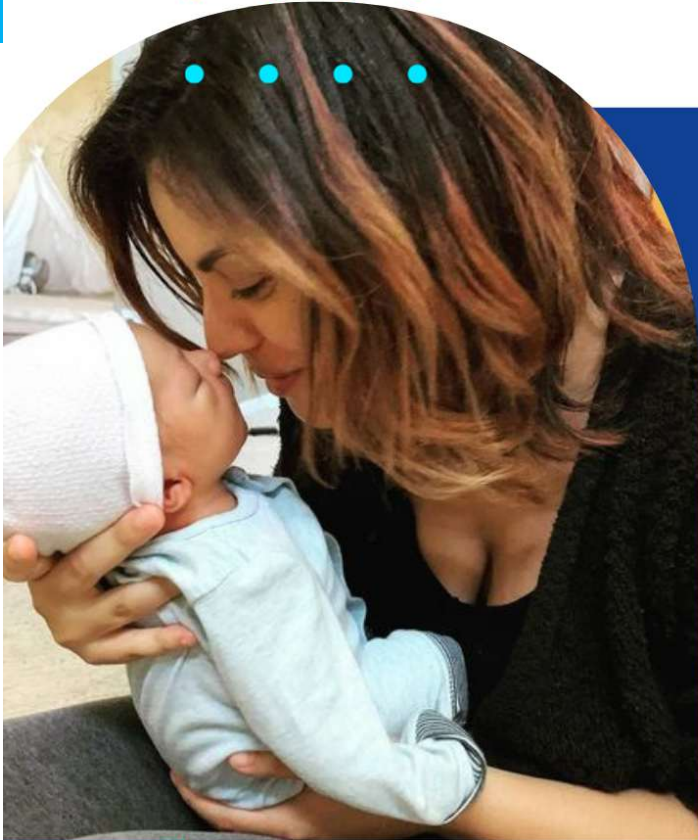




WE CARE ABOUT YOUR HEALTH

PROTOCOLS FOR FAMILIES AND STAFF



**MITIGATION
STRATEGIES**



**UPDATED HEALTH
POLICIES**



**DAILY WELLNESS
CHECKS**

Rise and Shine
Child Care Centers

"Handwashing can prevent
1 in 3 diarrhea related sicknesses
and 1 in 5 respiratory infections,
such as cold or flu"

-Center for Disease Control (CDC)



A special note from our Executive Director 09/18/2025:

Health & Wellness Update for 2025

Keeping every child, family, and staff member healthy remains our top priority. Respiratory illnesses (including COVID-19, influenza, and RSV) continue to circulate seasonally, so our program follows up-to-date public health guidance and maintains clear, consistent practices to reduce the spread of illness.

We can't do this without you—thank you for partnering with us to protect our most vulnerable: our children.

What we ask of every family

- **Keep children home when sick** (fever, vomiting/diarrhea, new or persistent cough, unexplained rash, or any symptom that prevents comfortable participation).
- **Follow return-to-care criteria** based on current health guidance (symptom-based and provider recommendations).
- **Notify us promptly** of positive test results or significant exposures.
- **Be flexible** with temporary health measures that may be needed during higher-risk periods.
- **Keep contact and emergency information current** so we can reach you quickly when needed.

Our commitment

- **Safe, clean environments** with enhanced hand hygiene, routine disinfection, and strong ventilation/air quality practices.
- **Trained staff** who follow current health protocols and model healthy habits.
- **Transparent communication** about any updates or changes to procedures.
- **Alignment with public health guidance** from Sonoma County Department of Health Services, the California Department of Public Health, and the CDC.

Policies & Guidance

This Health & Wellness Handbook includes Rise and Shine's **Wellness Policy (Last updated: 09/2025)** and our **Scenario-Based Respiratory Illness & COVID-19 Guidance**, adapted from Sonoma County Department of Health Services for licensed facilities. You'll find clear steps for symptoms, exposures, testing, positive results, and other health concerns.

Please take time to read this handbook thoroughly and reach out with any questions—we're here to help.

With appreciation,

Cary Rich

Executive Director, Rise and Shine Child Care Centers & Family Services Agency

This handbook is to help guide our centers, families, and staff amid health concerns.

Rise and Shine Child Centers & Family Services Agency (RS) developed this handbook to support awareness and open communication about the policies and practices being implemented because of Covid19.

Rise and Shine Child Care Centers will adjust this handbook as needed as State and Federal guidelines, including county Health Orders, are changed, or updated. We will follow all rules, regulations, requirements, and recommendations of our local, state, and federal government for the health and safety of children, families, and staff as they pertain to the age-group we serve.

There are unique shared expectations related to a healthy environment. Parents/guardians are responsible for keeping up to date with RS's health policies by reading all center emails or messages.

SHARED EXPECTATIONS



Health & Wellness

- WE ARE KIND
 - o We plan family time & play together
 - o We help people in our community that are struggling
 - o We acknowledge our feelings & practice self-care.
- WE ARE SAFE & HEALTHY
 - o We check temperature before arriving to daycare
 - o We limit items coming to and from home.
 - o We practice handwashing and healthy hygiene habits.
- WE ARE RESPECTFUL
 - o We read center emails, updates & policies
 - o We follow county & state health orders.
 - o We practice gratitude rather than grievance and safety over risk.
 - o We honor each other's personal space when managing drop-off/pick-up procedures and center hours.

Our current policies are based on the best available public health data at the time. As new data emerges, the guidelines will be updated and shared with families as soon as possible. Rise and Shine Child Care Centers will continue to monitor all health concerns and information related to those concerns.



Child Care Program Health Handbook includes the following topics:

1. Updated Guidance & Daycare Policies
2. Communications Plan & Designated Staff Person for COVID-19 Preparedness
3. Entry & Visitation Procedures
4. Group Size and Staffing: “Stable Groups”
5. Wellness Checks & Illness Policy
6. Mitigation Strategies
7. Containment Strategies
8. Environmental Preparation and Cleaning
9. Appendix
 - a. Illness Policy & Scenario-based Guidance for COVID-19

Guidance as of September 2025

Rise and Shine Child Care Centers families and staff must keep up to date with all health policies.

The following is important to note for this Health Handbook Revision on 09/2025:

1. Children under the age of two are not required to wear facial coverings.
2. Illness Policy update from the county, required quarantine has been changed from 10 days to 5 days.
3. The county encourages everyone to get their flu shot. It is not required.
4. Masks, social distancing, and continued practices to mitigate infection are required in childcare settings.

Updated Daycare Policies

Facial Coverings Orders for

Rise and Shine Child Care Centers

- Infants and Toddlers under the age of two - These young children will not wear masks or be allowed to have masks in our care.
- Masks are optional for parents and staff – Staff typically do not wear masks while interacting with infants. Communication takes place with facial expressions and masks prevent the most common form of that communication.



What should you do if you think you are sick?

Call ahead: If you are experiencing any health-related symptoms.

For known exposure of illness and/or of COVID-19 call your healthcare provider.

Public Health COVID-19 Hotline Number: 1-707-565-4567

Poison Control: 800-222-1222

What Your Family Can Do to Stop the Spread of illness: Act with integrity

1. Follow program health policies and expectations.
2. Get tested for COVID-19 if necessary.
3. We do not dictate your family practice regarding travel; however, we do expect you to follow the honor system if exposure of any illness is suspected.

Preparedness & Communication

We have learned how to face adversity with compassion and will continue with this practice. We have always worked hard to meet children's needs. The following information and strategies have helped Rise and Shine Child Care Centers during Covid19 and beyond, including seasonal influenza and other illnesses young children are susceptible to.

1. We have a written emergency/disaster plan that includes a process and is updated annually.

2. We have a list of community contacts and established an emergency text system with lists of key phone numbers in advance to communicate during an emergency.
3. We are committed to improving day-to-day preparedness and procedures, so we appreciate everyone's patience as we must adapt to new state or county orders or adjust the routines or environment due to the season.

Rise and Shine Child Care Centers & Family Services Agency will use the ProCare app, email, text, website, and FB page for our communications plan to keep families, staff, and the community informed. Rise and Shine Child Care Centers will provide ongoing updates regarding potential exposure of illness to staff and parents/families.

Families and staff may use the ProCare app, email, text, or phone call to talk about topics beyond daily communication. We will be available to keep all families updated and answer/address all children's needs in our care.

Entry & Visitation Procedures

We will continue to practice a stricter policy with all visits. All visits should be as brief as possible. Due to limited space, we do request only one parent or guardian at drop off and pick up, and only one family inside the building at once. Please plan for extra time to allow for wait. Please be mindful of a parent behind you waiting to drop-off or pick up. Health is the priority of staff while children are in care.

Group Size and Staffing: Rise and Shine Child Care Centers maintain and monitor strict ratio guidelines. Licensing requires 1 adult for every 4 infants. We typically maintain 3 or less.

If guidelines differ from local health ordinances and Licensing, then Rise and Shine Child Care Centers will always follow the stricter guidelines.

Parents are required to do temperature checks and wash their hands prior to leaving home. Temperature checks are conducted at drop-off and may be conducted at least two more times during the day.

Parents/guardians will utilize our unique QR Code from their own personal device for signing in and out each day. There will be visual aids and reminders to help this process.

Student Supplies

Children should arrive in clean clothing. Children should bring all necessary items needed in tote bag provided by us and must be washed weekly. All items will be sent home at the end of the week for proper washing. Staff regularly cleans, disinfect, and sanitize all items, toys, and environment daily. All food and snack items must be stored in disposable containers. Tupperware, lunch boxes or other similar items are not permitted. The only exception is for bottles.

Facial Coverings NOT CURRENTLY REQUIRED

Facial covers are not worn by children younger than the age of two (2).

- Infants and Toddlers under the age of two - These young children will not wear masks or be allowed to have masks while in our care at Rise and Shine Child Care Centers & Family Services Agency.

We will also follow the CDC's guidance for wearing face masks to help prevent the spread of COVID. Adults must wear facial coverings while on the school premises and within 6 ft of others. However, due to the unique needs of infants to recognize facial expressions staff will not wear facial coverings while caring for children. All adults/staff will maintain the required social distance of 6 ft from each other and parents.

Handwashing Procedures

"Handwashing can prevent 1 in 3 diarrhea-related illnesses and 1 in 5 respiratory infections, such as a cold or the flu." - Centers for Disease Control and Prevention (CDC)

Parents/Guardians and caregivers must wash their own hands and assist in cleansing their children's hands before dropping off, before coming for pick up, and when they get home. Also, there will be hand sanitizers out of the reach of children, near the entry doors and other high traffic areas.

Handwashing on entry is requested for all staff.

Hand sanitizer is optional; CDC has noted that frequent handwashing is more effective than the use of hand sanitizers. Children may use hand sanitizer under adult supervision only and is kept out of children's reach.

1. Handwashing Resources

- a. [Handwashing: A Family Activity](#)
- b. [Handwashing: Keeping Your Family Healthy; Español](#)
- c. [Happy Handwashing Song](#) (CDC)
- d. ["Wash Your Hands with Baby Shark"](#) (Shared by Michael's mom!)

Call Poison Control if hand sanitizer is consumed: 800-222-1222

Daily Wellness Checks and Screening

Rise and Shine Child Care Centers & Family Services Agency has developed a daily health check for staff and children.

This procedure expands Caring for Our Children Standards to include at least a daily temperature check.

Our bi-weekly health survey is currently suspended. We reserve the right to reinstate it at a later date.

Current Health Screening section:

"Providers must implement screening procedures for all staff and children before they enter the facility. Ask all individuals about health symptoms or concerns within the last 24 hours. Exclude anyone who has health related symptoms."

If a child's parent or caregiver has symptoms, the child should not enter the facility. If the child or staff have ANY signs of COVID-19, they should not enter the facility. If staff or children display signs while in care, they will be sent home, following the guidance for exclusion.

Symptoms

Rise and Shine Child Care Centers are well-care facilities. We do not care for children with symptoms of illness. In this case, families should prepare for back-up care should the need arise. Symptoms for exclusion are as follows and may not be limited to those listed. Those listed are the most common:

- Cough
- Fever (low-grade fevers are now a concern)
- Shortness of breath
- Nausea, vomiting, or diarrhea.
- Body aches
- Headache
- Sore throat
- Runny nose
- New loss of taste or smell
- Rash

If your child is sent home for non-COVID signs or COVID symptoms, see the Pandemic illness policy for your child's required steps to return to childcare during this time. In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in our community. We will follow those instructions.

We must work together to keep children, staff, and families safe and healthy. It is the parents/guardians' responsibility to be open and honest with staff about any illnesses the child or parent may be experiencing. If we find that this is not the case, students will be asked not to attend, and the director may terminate the child's enrollment.

Becoming Ill While in Care

We have a plan for keeping children who become sick at our program away from other children until a family member arrives, such as a fixed place for isolation.

We require ill staff and children to remain home until their symptoms are gone, and they feel ready to come back and meet the necessary criteria; see the illness policy and scenario-based guidance.

Testing & Quarantining

Sonoma County's website shares, "There are numerous resources available for those seeking assistance financially during COVID-19. The resources are constantly changing."

1. [Sonoma County Website](#) and financial resources
2. [Free COVID-19 Testing Sites](#)

We understand it is challenging to say what this virus will do and why some people get COVID-19 when they are making all the right choices to stay healthy, so we are sharing what the county will require for quarantine precautions. Hence, the expectations are clear for planning. No matter how hard we work together to prevent COVID-19 from impacting our center community, there is a chance it may, so we will be prepared to close if ordered to do so. The Public Health Department makes that determination, we do not.

We appreciate everyone understanding that this will be a long season, but it is not forever. We can only promise to implement policies with fidelity and respond appropriately to COVID-19 circumstances with complete transparency.

Flu Season & COVID-19

Flu and COVID-19 are both contagious respiratory illnesses, but different viruses cause them. While it is impossible to project how infections will spread this winter, both the flu viruses and the virus that causes COVID-19 will likely spread during the winter months.

Young children are at higher risk of severe illness from the flu. Learn the similarities and differences between the flu and COVID-19 at CDC's [website](#).

For flu, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. Our policy requires 48 hours fever-free without the use of a fever-reducing medicine.

Protect yourself, your family, and your community against the flu this fall and winter by following CDC recommendations to protect yourself from both flu and COVID-19.

Outdoor Classroom & Dressing for the Weather

“There is no bad weather, only inappropriate clothing.” —Ranulph Fiennes

Ensuring children are dressed appropriately and have a supply of backup clothes during each season is crucial for the success of our program. Enrollment during these restrictive times requires each parent/guardian's commitment to provide and maintain the proper clothing. We have families asking if others need jackets and rain boots, so please see Cary if there is a need.

We understand the colder weather may mean a chilly season for younger children. The reality is children do not get sick from being outdoors. They get sick from being around other infected individuals. Rise and Shine Child Care Center is a well-child only program. It does not provide care to sick children, nor does it allow children to attend with illness symptoms. A significant part of children building their immunities now means they will grow up to be healthy adults.

Content of Health Records

California Licensing Requirements states that in childcare centers, the contents of a child's health record can include, but are not limited to:

- Documentation of current immunizations (“blue card”) or signed waiver by physician releasing child from immunizations.
- Medical assessment, including dietary allergies and restrictions.
- Children's health records and forms should be updated at least every year or sooner if changes occur, such as IMS medication adjustments or changes in emergency contact information.

Records for Allergies

During this pandemic season, Sonoma County has instructed us to understand runny noses and common colds are symptoms of COVID-19, which means we must respond appropriately to stop the spread.

The Sonoma County Health Department of Health Services stated programs could not take ‘allergies’ as an excuse from the parents. If we get ‘allergies’ as an excuse from a doctor, it must be clearly documented why they are experiencing allergies outside of the typical allergy season. A doctor’s note getting cleared to return to daycare must include symptoms being cleared and that nothing else going on with no concern for covid.

Children can return to school once the runny nose improves, and there are still no other symptoms present.

There is NO flexibility due to allergies without proper documentation from a physician.

Moving forward while planning for post-pandemic policies, we will make sure children have an updated Physician’s Report, recognizing their allergies. We must have a doctor’s note on file annually as a preventative measure for runny noses in the group care setting. We understand through continuity of care from infancy to toddlerhood, we will learn together how to keep the children healthy and safe as they show us their individualized needs and developmental changes.

The following two items are required to honor a child’s illness symptoms as allergies:

1. Physician’s Report ([LIC 701](#)) with the ‘Allergies: medicine’ completed if authorized to provide over the counter allergy medication.
2. A doctor’s note to document the diagnosis/allergy and why the child is experiencing allergies outside the regular season.

Staff Training & Policies

Rise and Shine Child Care Centers provide ongoing updates about COVID-19 to staff.

Our center regularly reviews symptoms, prevention transmission and current protocols on COVID-19.

Staff have been informed that they must avoid work if acute respiratory illness is present and contact their medical provider to consider COVID-19 testing. Staff must adhere to same policies and procedures of children and may return to work after a medical clearance.

Participant Policies

- Our current calendar can be found on our website under tab ‘admissions’.
- Parents/guardians have been reminded to update their emergency contact information.
- Rise and Shine Child Care Centers will follow the group size guidance for Centers noted in the most recent Provider Notification Pin (PIN); if the state and county have different numbers
- Staff will handle utensils and keep the food covered to prevent contamination.

STATE OF CALIFORNIA
HEALTH AND HUMAN SERVICES AGENCY

CALIFORNIA DEPARTMENT OF SOCIAL SERVICES
COMMUNITY CARE LICENSING

PHYSICIAN'S REPORT—CHILD CARE CENTERS
(CHILD'S PRE-ADMISSION HEALTH EVALUATION)

PART A – PARENT'S CONSENT (TO BE COMPLETED BY PARENT)

NAME OF CHILD: _____ born _____ (month/day/year) is being studied for readiness to enter _____

NAME OF CHILD CARE CENTER/SCHOOL: _____ This Child Care Center/School provides a program which extends from _____ a.m./p.m. to _____ a.m./p.m. _____ days a week.

Please provide a report on above-named child using the form below. I hereby authorize release of medical information contained in this report to the above-named Child Care Center.

(Signature of Parent/Guardian or Other Authorized Representative)

(Date)

PART B – PHYSICIAN'S REPORT (TO BE COMPLETED BY PHYSICIAN)

Problems of which you should be aware:

Hearing: _____ Allergies: medicine _____

Vision: _____ Infantile: _____

Developmental: _____ Food: _____

Languages/Speech: _____ Asthma: _____

Dental: _____

Other (Include behavioral concerns): _____

Comments/Explanation: _____

Medication Prescribed/Special Routines/Restrictions for this child: _____

IMMUNIZATION HISTORY: (Fill out or enclose California Immunization Record, PM-298.)

VACCINE	DATE EACH DOSE WAS GIVEN				
	1st	2nd	3rd	4th	5th
POLIO (OPV OR IPV)	/ /	/ /	/ /	/ /	/ /
DTaP (DIPHTHERIA, TETANUS AND PERTUSSIS) AND Tdap (TETANUS AND DIPHTHERIA ONLY)	/ /	/ /	/ /	/ /	/ /
MMR (MEASLES, MUMPS, AND RUBELLA)	/ /	/ /	/ /	/ /	/ /
MMR2 (REQUIRED FOR CHILD CARE ENTRY)	/ /	/ /	/ /	/ /	/ /
HEP A (HEPATITIS A)	/ /	/ /	/ /	/ /	/ /
HEP B (HEPATITIS B)	/ /	/ /	/ /	/ /	/ /
VARICELLA (CHICKENPOX)	/ /	/ /	/ /	/ /	/ /

SCREENING OF TB RISK FACTORS (listing on reverse side)

☐ Risk factors not present; TB skin test not required.

☐ Risk factors present; Mantoux TB skin test performed (unless previous positive skin test documented).

(Communicable TB disease not present)

I have ☐ have not ☐ reviewed the above information with the parent/guardian.

Physician: _____ Date of Physical Exam: _____
Address: _____ Date This Form Completed: _____
Telephone: _____ Signature: _____

☐ Physician ☐ Physician's Assistant ☐ Nurse Practitioner

CC-100 (Rev. 1/2018)

PAGE 1 OF 2

- Handwashing routines before and after meals and diapering
- Gloves are worn while serving the meals.
- Gloves are worn while diapering.
- Napping and rest time equipment are placed at least 6 feet apart or 3 feet apart with head-to-toe orientation.

Mitigation Strategies

Rise and Shine Child Care Centers & Family Services Agency will immediately notify the children's authorized representative if symptoms develop or if COVID-19 exposure occurs. A crib will be placed inside the current 'office' space and is designated as an isolation area since this space has been identified as an area where others do not regularly pass. Napping room may be used as well with appropriate supervision.

Rise and Shine Child Care Centers have adequate supplies on hand including touchless diaper pail. Our center has enhanced cleaning to be consistent with the CDC guidance.

Containment Strategies

Rise and Shine Child Care Centers & Family Services Agency will contact the parents/guardians if their children develop illness symptoms while at school. Children may be accepted back following quarantine and medical clearance for COVID-19 after the required time to isolate. Sick staff and children may not return until they have met CDC criteria.

If parents plan to test and isolate children at home until they receive the results for a negative COVID-19, then they may return to school with a negative test result. This is required if there is enough concern to test a child or family member. If a parent is concerned about their symptoms being COVID-19, then the child must stay home until the parent receives their immediate test results being negative.

Rise and Shine Child Care Centers will continue to provide meals and IMS medications (following IMS guidelines) to children in isolation if needed until picked up by parents/guardians.

Environmental Preparation and Cleaning

Rise and Shine Child Care Centers & Family Services Agency implement proper cleaning, sanitizing and disinfection of environmental surfaces and laundry. Commonly touched surfaces are cleaned and disinfected throughout the day and at the end of the day. Handwashing stations are available.

Signs are posted throughout the center and entryways to promote handwashing, cough/sneeze etiquette, and social distancing. The sinks are well stocked with handwashing soap and paper towels for handwashing. Signs are posted at entry to encourage parents/guardians and staff to report acute respiratory illness.

Honor System & Travel

Rise and Shine Child Care Centers & Family Services Agency must remind families and staff of the importance of the honor system. As we continue to maintain a healthy environment for all, families and staff that have traveled and may have returned ill must adhere to our wellness policy. Whether it's 48 hours due to an illness with a fever or 24 hours for other symptoms. Please plan accordingly.

Operations

We will continue to follow all Child Care Licensing guidelines, including implementing our center-wide expectations.

The California Department of Social Services (CDSS) is recommending child care providers follow the guidance in this PIN in addition to guidance or instructions from their CDSS Child Care Regional Office, including but not limited to all CDSS PINs, and from health care providers, the Federal Centers for Disease Control and Prevention (CDC), the California Department of Public Health (CDPH), and local health departments.

Rise and Shine Child Care Centers & Family Services Agency will only care for allowed children in accordance with the state, federal, and local government. County orders override Licensing regulations unless Licensing has stricter orders.

We understand enrollment must factor in health conditions, scheduling, and siblings. Unintentional negative consequences may accidentally harm friendships. We are working hard to be accessible for all families needing care and can share community resources for families needing support.

As we are essentially forced to redesign our program and update policies continuously, we may not meet all family needs. Please communicate with staff to help her create the support your family needs since our goal is to find a solution for every issue.

If weather permits, we will follow Licensing's "best practice" and utilize the play yards as an outdoor classroom.

Hours of operation and schedule may change due to illness related closures.

Closing of the Center

If the medical team of a child or the parent/guardian has been informed that they have COVID-19, Rise and Shine will immediately notify local health officials. Our program may be shut down, depending on the health officer's ruling. Rise and Shine Child Care Centers will coordinate with local health officials to determine a course of action for our center.

In consultation with the local public health department, the Director may consider if the childcare facility's closure is warranted and what length of time is appropriate based on the risk level within the specific community, as determined by the local public health officer.

As mentioned previously, if staff is limited due to illness then parents/guardians will be notified immediately that care will not be available. We have limited flexibility with substitute teachers and aides. Parents must plan for back-up care if our center closes while being mindful of the health orders.

Tuition Payments during a Pandemic

Payment of care is required if a family chooses or is required to quarantine. If our program closes to quarantine for two-weeks payment would still be required. This situation is out of our control. It is a decision made by public health officials.

We risk everyone's health as we operate as an Essential business. Our business overhead stays constant regardless of pandemic related protocols. Payment guarantees staying open during the pandemic (unless as noted above) and reopening after quarantine.

Center-Wide Expectations

There are center-wide expectations attached to this Health Handbook, including a copy of updated Health Policy for current, new, or returning families. An additional receipt must be signed before a child attends Santa Rosa Rise and Shine Child Care Center and will be placed in the child's file. Parent's original signature will state their understanding of keeping up with updated policy changes and county and state health orders.

Rise and Shine Child Care Centers & Family Services Agency is not responsible for any illness or confirmed cases of COVID-19 since we cannot prevent the spread of this virus, only guide the practices to stop it. That being said, we will take reasonable precautions to limit our program's exposure to all illnesses including COVID-19.

Rise and Shine Child Care Centers & Family Services Agency

Scenario-based COVID-19 Guidance

This guidance is adapted from the Sonoma County Department of Health Service's updated on September 18, 2025. Since there is still a lot to learn about this virus, there will, unfortunately, be case-by-case situations and the final decision will be made by the director and/or Public Health Department.

Scenario	Action	Communication
Child or staff has symptoms of COVID-19	Send home and recommend testing. Child under age two, testing is not required.	Reinforce the importance of social distancing, hand hygiene, facial coverings, and symptom checks.
Child or staff has had close contact with someone with confirmed COVID-19.	Send home with instructions to quarantine for 5 days after the last exposure. Recommend testing prior to returning, at least 5 days after last exposure (sooner if symptoms develop). See policy for children under age two-years.	Consider notifying staff and families. "Contact Exposure Advisory" Sample Letter.

Child or staff has confirmed COVID-19 infection	• Notify Sonoma County Public Health • (complete “Site Information Gathering Tool” prior): Call (707) 565-4566 or e-mail Phnurse@sonoma-county.org • Stay home for at least 5 days after the first symptoms occurred. Must have been fever-free for 72 hours without using medication. • ○ If no symptoms, keep home for 5 days since the day they were tested • Identify close contacts, which likely includes the cohort of person: ○ Instruct to quarantine for 5 days after the last exposure. ○ It is strongly recommended that exposed persons get tested 5 days after the last exposure, or sooner if symptoms develop • Clean and disinfect spaces where the person with COVID-19 spent time. • Center should be CLOSED for 5 days after the last exposure. The Public Health Department has final determination.	• Notify staff and families of children who are close contacts using the “Close Contact Advisory” template. Notify all other staff and families of children about the COVID -19 case using the “General Exposure Advisory” template.
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1. A cohort is defined as a stable group with fixed membership that stays together for all activities (e.g., mealtimes, play) and avoids close contact with other persons or cohorts.
2. See CDC definition of “close contact”:
<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>.
3. It is also strongly advised to do an initial test for children or staff as soon as close Covid contact is identified to prevent further spread within the cohort. If negative, needs to be repeated at day 10-12 of 14-day quarantine.

Return-to-school/daycare criteria for children and staff after COVID-19 symptoms, close contact, or confirmed COVID-19

Scenario	Criteria
Child or staff has a negative test after symptoms of COVID-19 OR an alternate diagnosis has been made by a healthcare provider	Follow facility illness policy for non-COVID illnesses, e.g.: • No fever for 48 hours after the fever breaks without the use of fever reducing medication. • No nausea, vomiting, or diarrhea for 48 hours without the use of anti-nausea or anti-diarrhea medication. • Well enough to participate in routine activities. • Follow any additional criteria determined by the patient’s healthcare provider, if applicable

Child or staff has multiple symptoms of COVID-19, has not been tested for COVID-19, and has not received an alternate diagnosis from a medical provider	Stay home until: • 5 days have passed since the onset of symptoms, AND • The person has had no fever for 48 hours without the use of fever-reducing medications, AND • Symptoms have improved
Child or staff has symptoms of COVID-19 and was tested but is still waiting for the test result	Stay home until the person has received their test result and a determination can be made as to how to proceed.
Child or staff had a positive test/ confirmed COVID-19 (with or without symptoms)	Stay home until: • 5 days have passed since the onset of symptoms, AND • The person has had no fever for 48 hours without the use of fever-reducing medications, AND • Symptoms have improved. • If no symptoms, stay home until 5 days have passed since the date of the test. A doctor's note does not override these criteria.
Child or staff had close contact with someone with confirmed COVID-19.	Stay home for 5 days after the last exposure, even if the child or staff has a negative test during this time or is waiting for test results. The child or staff must have no symptoms upon returning. If the person has ongoing close contact with the person with COVID-19 (for example, a parent or caregiver), the person must quarantine for 5 days after the person with COVID-19 is no longer infectious. In most cases, this is a total of 24 days since the person with COVID-19 first developed symptoms or had a positive test.



RISE AND SHINE CHILD CARE CENTERS & FAMILY SERVICES AGENCY HEALTH POLICIES ACKNOWLEDGMENT

To operate our program, we established health policies and procedures. These policies have been updated September 2025, (updated as needed) and will continue to be updated as needed. Please read each item below, sign, and return to the school to continue enrollment at Rise and Shine Child Care Center.

I, _____, parent of _____ acknowledge and agree to abide by all policies as it pertains to my child. The following list is true for my family:

- Parent agrees to conduct a temperature check prior to arriving at daycare each day.
- Parent agrees to wash child's hands prior to leaving home and before arriving at day care each day.
- Parents will utilize their personal device to check their child in/out each day by scanning our unique QR code.
- Parents will not bring unnecessary items into the program.
- If I bring my child, it is because everyone in our home is healthy and symptom-free, with no known exposure to any illnesses.
- I will wait and participate with the staff in my child's daily health check.
- If my child shows signs of illness during care, I, or another authorized person, will retrieve my child within 60 minutes of notification. I understand there are criteria for illness symptoms and have read the Health & Wellness Policy.
- I will wait my turn to enter the facility. Only one parent/child (except for other minor child that cannot be left unattended) is allowed in the facility at a time.
- Only one parent/guardian is permitted per family at drop off at pick up.
- I will follow all policies in the Health Handbook, including revisions made after today. I will read center emails and access center website (santarosariseandshine.com) as well as other community resources.
- I understand that health, wellness and other related policies or concerns are subject to change without significant notice.
- I understand failure to follow safety guidelines may result in the terminating of my child's enrollment; 30-day notice will not apply, and all fees paid will be forfeited.
- I understand the health protocols and policies may affect the daily schedule and center hours due to implementing county or state orders.

Parent/guardian signature

Date

Winter Reminders

During colder weather, it is common to have a fire in the fireplace and heaters turned on. Please remember that all fireplaces, wood burning stoves, and open-faced heaters need to be made inaccessible to children in care. Please refer to the Title 22 regulations below for specific facility types.

[Child Care Centers 101239\(c\)](#)

Fireplaces and open-faced heaters shall be made inaccessible to children to ensure children's safety.

[Family Child Care Homes 102417\(g\)\(1\)\(2\)](#)

Fireplaces and open-face heaters shall be screened to prevent access by children. The home shall contain a smoke detector device which meets standards established by the State Fire Marshal. Gas heaters shall be properly vented and permanently installed.

Carbon monoxide detectors are also required in all childcare facilities as detailed by the following links:

[Child Care Centers 1596.954](#)

[Small Family Child Care Homes 1597.45](#)

[Large Family Child Care Homes 1597.46](#)

Child Development Series- Three to Twelve Months

Infants between three and twelve months of age undergo many changes in the way they interact with others and express themselves. Infants begin to sit on their own without support, sit down from a standing position, throw objects, crawl, and then walk. Caregivers and childcare providers can assist in this time of physical development by giving infants a safe space to crawl, walk and explore their environment.

Infants at this age are increasing their abilities to relate to others, including longer eye contact and smiling. Infants learn about themselves through their interactions with others and are interested in those around them. Their primary way of communication is crying, which is a signal for hunger, sleepiness, and discomfort. It is important for caregivers and childcare providers to spend time with infants aside from feeding and diapering. Reading and playing with age-appropriate materials is critical during this time.

Brain development between three and twelve months of age is still rapid. Infants are beginning to reach for objects with one hand, develop hand-eye coordination, recognize familiar people and objects at a distance, watch the path of an object as it falls, and explore the environment by shaking, banging, and throwing objects. Frequent communication can help foster brain development as infants become more independent.