



Rise and Shine Child Care Centers & Family Services Agency Wellness Policy

Updated September 2025

All staff and children are required to follow this plan to mitigate illnesses.

All families and staff must follow the current wellness policy as well as the current guidelines for covid symptoms.

Exposure and quarantine or isolation as defined by Sonoma County Public Health.

Information is subject to change and will be updated accordingly.

Questions or concerns please contact:

Staff via

1. ProCare App
2. Email at contactus@riseandshinesoco.com
3. Voice mail: (707) 293-9795

Wellness Policy

Our policy is as follows: In case of medical emergency, 911 will be called and parent or other authorized contact will be notified.

Children are required to be well and symptom free to attend our program.

1. Any signs of illness that is present you are required to keep your child home.
2. If your child has had any illness symptoms, they must be symptom free for 24 hours unless accompanied with a fever.
3. If a fever was one of the symptoms, child must be fever free without fever reducing medication for 48 hours and one of following must be provided before returning to daycare:
 - A negative Covid19 test -Done by a lab. Please note: At home tests are not valid for children.
 - Doctors release to return to school.
 - 5-day Quarantine

Additionally, please report your child's absence as soon as possible. We are required to keep track of these details and it is imperative that you notify us right away.

Symptoms include but are not limited to the following:

- Any symptoms of illness
- Contagious illness
- Cough
- Diarrhea
- Discharge from eyes
- Fever
- Lethargy
- Rash
- Runny nose
- Sneezing
- Sore throat
- Vomiting

If your child has had any of the above symptoms within the previous 24 HOURS (not one day but a full 24 hours), they must stay home, **except as noted above regarding fever, then it must be 48 hours free of fever without the use of fever reducing medication.**

With fever: Your child must be **SYMPTOM FREE for a FULL 48 hours** before he/she may return. This will greatly reduce the spread of possible illness.

Symptoms such as coughing, runny nose and direct contact, as you can imagine, are the main transmitters of disease spread in group settings hence our requirement for children to be symptom free.

If a sibling, or other close family member, of child enrolled in our program is showing signs of illness then the child enrolled in our program should not attend until the sibling, or other close family member, with symptoms, completes the symptom free period. It is possible that exposure could happen, as they may be contagious prior to visible signs of illness.

If your child exhibits any symptoms or becomes ill while in our care, parent or other authorized contact will be notified and arrangements to pick up your child must be made immediately. Above guidelines must be followed for returning to care.

If your child has allergies, asthma or other noncontagious and/or chronic condition, you are required to provide a doctor's note identifying condition, symptoms, and treatment plan.

Known Covid Exposure – 'Close Contact'

When a child, family member or staff member has been exposed to someone that tested positive for COVID the following protocols are to be followed for readmittance into our program:

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UNVACCINATED CHILDREN (over age 2 years) OR STAFF Must quarantine for 5 days with no testing (even if no symptoms are present) OR Negative Test ON or AFTER 5th day of exposure, then may return AFTER 7 full days have passed following exposure.

FULLY VACCINATED CHILDREN (over age 2 years) OR STAFF No need to quarantine, but test is recommended (not required) 3-5 days after exposure.

CHILDREN UNDER TWO-YEARS OF AGE Testing is not required! However, children in this category require automatic quarantine to due to the inability to mask and social distance.

Quarantine even with no symptoms! Day zero is the first day of exposure to someone with symptoms. Must quarantine for 5 days and may return on day 6.

If symptoms appear, 5-day quarantine restarts at onset of symptoms. The onset of symptoms is day zero, may return on day 6.

Covid Positive Test

When a child, family member or staff member has tested positive for COVID the following protocols are to be followed, regardless of vaccination status, for readmittance into our program:

MUST REMAIN HOME IN ISOLATION UNTIL A minimum of 5 days has passed since symptoms first appeared, 5 days since positive test date, AND symptoms have improved, AND there has been no fever in the last 48 hours without fever reducing medication.

I accept and agree to abide by all terms of the wellness policy above.

My child's name: _____

Parent's name: _____

Signature: _____ Date: _____