



RSPS Guidelines for Illness

These guidelines were created with our district nurse, Marianne Johnson RN, MSN (johnsonmg@mdusd.org) to help provide guidance for families and staff. These were created in alignment with the Contra Costa Health Services Communicable Disease Guide for Schools and Child Care Settings, and the CDC.

CCHS Guide for Schools defines illness as: Unable to participate in routine activities or needs more care than can be provided by the child care/school staff. Based upon those guidelines, your child may be unable to attend school if they exhibit any of the following symptoms of illness:

- behavior changes
- unexplained irritability
- stiff neck
- difficulty breathing
- wheezing
- rash
- sore throat
- unusually tired/ lethargy
- uncontrolled coughing
- persistent crying (outside of the typical range for your child)
- unable to participate in routine activities (that they normally do)
- diarrhea, at least 2 times (very loose stools and out of the ordinary)
- vomiting
- eye drainage with purulent drainage (pus)
- fever of 100.4 or higher

We do not take a child's temperature unless they are exhibiting any of the symptoms listed above. Any individual, or combination of the symptoms listed above are indicators that your child is ill and may need more care than we can provide. If they exhibit them, we will call you to pick up your child in order for them to receive the care they require.

If your child has had diarrhea or a fever, they cannot return to school for at least 24 hours after those symptoms disappear without the use of fever reducing medication.

COVID-19: If your child displays any of these symptoms, we encourage you to test for Covid. These symptoms of illness are also symptoms of Covid. We have Covid tests available upon request in the office and available if you are picking up a sick child.