



Marist Brothers International School

1-2-1, CHIMORI-CHO, SUMA-KU, KOBE, 654-0072, JAPAN

Ph: (078) 732-6266

Email: info@marist.ac.jp

Fax: (078) 732-6268

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Recommended Influenza Measures

Recovering Period and Returning to School:

In regard to how many days a child should stay home when infected with influenza (A, B, H1N1), the doctor's ordered recovery period may differ from clinic to clinic. However, please be informed that recovery period recommended by the Ministry of Health, Labor and Welfare of Japan is as follows:

- **G1 to G12:** Students should stay home for at least 5 days after symptoms appear and should not return to school until they are fever-free (below 37.5 °C or 99.5 °F) for at least 48 hours without the use of fever-reducing medication.
- **Preschool:** Students should stay home for at least 5 days after symptoms appear and should not return to school until they are fever-free (below 37.5 °C or 99.5 °F) for at least 72 hours without the use of fever-reducing medication.

For a child who is showing any flu-like symptoms and chooses not to be seen by a doctor, the school strongly recommends that the parents use their discretion when sending their child back to school.

Certificate to Resume School:

Students may return to school according to the Ministry of Health, Labor and Welfare guidelines or the doctor's orders.

A Certificate to Resume School is not required for students with influenza and has stayed home for the period of time recommended by the Ministry. However, if the doctor orders less than the days recommended by the Ministry of Health, Labor and Welfare of Japan, please keep your child home as recommended by the Ministry or return to school with a Certificate to Resume School (登校許可証・To-ko-kyo-ka-sho) issued by the doctor.

Reporting to school:

When calling the school office to inform about your child's absence, it is important for the school nurse to obtain detailed information regarding your child's current health condition. This will help in finding the trend among students and also help to understand the school's overall health situation. Also, having the most updated and thorough student health status will help to decide if class dismissals, school closures, or postponing school activities are necessary in order to prevent further spreading of viruses. It would be most helpful if the following information is provided upon calling the school office to report your child's absence.

- Reason for absence
- Is your child running a fever?
- Is your child showing any flu-like symptoms?
- Have you taken your child to see the doctor?
- If no, are you planning to take your child to see the doctor?
- If yes, did the doctor suspect your child of having the flu and begin treatment as a result?
- If yes, did your child test positive for Influenza type A/B?

Whether due to influenza or not, ALL absentees should be reported to the school office. Please call the school office and let one of the secretaries know that your child will be absent so an accurate attendance can be kept. Also, please inform the school office about your child's absence even if you have contacted your child's homeroom teacher already.

As with the usual attendance taking procedures, if your child is marked absent and we do not hear from you by 8:30 a.m., you will be contacted by a secretary to verify the above questions. We ask you to please make the effort to call the school before classes begin or leave a message on the school answering machine.



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Recommended Influenza Measures (cont.)

Siblings:

Siblings of students with confirmed or suspected influenza may not come to school if he/she is running a body temperature of more than 37.5C° / 99.5F° or showing any of the flu-like symptoms listed below:

- Sore throat
- Coughing
- Runny or stuffy nose
- Body aches
- Headaches
- Fatigue (feeling very tired)
- Vomiting (in some cases)
- Heavy diarrhea (in some cases)

As the incubation period for influenza virus is usually 1-4 days, it is important to monitor siblings' health thoroughly for any of the above symptoms.

Class/School Closure:

Class or school closures will be decided upon by the number of students with confirmed or suspected influenza cases. Marist will follow the recommendation given by the Ministry of Health, Labor and Welfare of Japan when considering class or school closure. In the case of class or school closures, the date to return to school will be announced when decided by the Head of School.

School Work:

Your child's schoolwork will be accommodated and teachers will reschedule quizzes and tests. If possible, please make the effort to contact the teachers via email once your child feels better but cannot yet resume school due to the Ministry of Health, Labor and Welfare guidelines or the doctor's orders.

Student Athletes:

Students involved in sports are to also follow the same measures mentioned above and make an effort to contact the school main office, coaches, and the athletic director as necessary.

Masks:

Send your child with a properly fitted mask if your child has recovered from influenza or a cold but still has a lingering cough. Parents should instruct children to correctly wear their mask over their mouth and nose, not their chin.

Also, encourage children to keep their masks on throughout the day, except during eating, and to continue practicing good hand washing. Students are welcome to wear masks for preventative measures, as masks are a good barrier to keep infected hands from coming into contact with the nose or mouth. Glasses may also be a recommended substitute for contact lenses in order to keep infected hands away from the eyes. However, please do not send your child to school with unprescribed glasses, such as sunglasses or fashion glasses.