



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

Web: www.marist.ac.jp

School Rules Regarding Influenza

(Please keep these rules for your records.)

Recovering Period and Returning to School:

In regard to how many days a child should stay home when diagnosed with influenza (type A and B), the doctor's ordered recovery period may differ from clinic to clinic. However, please be informed that Marist (the school hereafter) will strictly follow and comply with the recovery period regulations mandated by the Ministry of Health, Labor and Welfare of Japan.

A student may return to school as follows: (Please review the chart to help you understand the school rules.)

- **G1 to G12:** Students should stay home for a minimum of 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 (Montessori):** Students should stay home for a minimum of 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.

Certificate to Resume School:

A Certificate to Resume School is not required for students with influenza and who have stayed home for the period of time recommended by the Ministry. However, if your doctor orders less than the days mandated by the Ministry, they must provide a Certificate to Resume School (登校許可証・To-ko-kyo-ka-sho) for your child.

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 monitor 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? (Please share any other symptoms your child has.)
- 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 or B?

As with the usual attendance taking procedures, whether due to influenza or not, all absences should be reported to the school office by 9:00 a.m. so that an accurate attendance can be kept. Messages may be left on the answering machine for any calls made before 8:00 a.m. and after 4:30 p.m. Also, please inform the school office about your child's absence even if you have already contacted your child's homeroom teacher.



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School Rules Regarding Influenza (cont.)

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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 the 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, as well as taking many different aspects of the outbreak into consideration. Also, the school will use the Ministry's recommendations as a guideline 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. Depending on how many students come down with the flu while the class is closed, the Head of School may need to extend the closure period.

School work during class/school closure:

Your child's schoolwork will be accommodated and teachers will reschedule quizzes and tests. If your child is feeling well during the closure, they may continue their studies from home through homework assigned by teachers. Phone calls may be made to teachers during school hours; however, email is strongly preferred.

Student Athletes:

Students involved in school sports are to also follow the same school rules and contact the school main office, coaches, and the athletic director as necessary. Students cannot participate in any school sports events until they have fully recovered from the flu. These rules are not only meant to protect the health of the students but also the health of any schools the students may travel to.

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.