

# About the period of stopping from attendance school due to Influenza

Education board of Kikugawa

In case of getting Influenza, the children have to stay resting at home for 5 days. Even antifebrile, it's necessary to stay resting for 2 days. This period is considered stopping from attendance school due to Influenza. **From September, 1<sup>st</sup> 2020, it's not necessary to bring to school (kindergarten) the [Medical proof of Influenza disease] paper.**

● Start day (symptoms)	First day of having fever or another symptom suspecting Influenza
● 5 days after starting symptom	Count day 0 to the starting symptom day, after that count more 5 days.
● 2 days antifebrile (3 days to small children)	Count day 0 at the day the child is antifebrile and from it count 2 days (small children could be for 3 days)

### 【List example to understand the period of stopping from attendance school】

	発症日	5 days after diagnosed Influenza					発症後 5 日経過		
	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Day 1 antifebrile	stopping	stopping	stopping	stopping	stopping	stopping	Come to school		
Day 2 antifebrile	stopping	stopping	stopping	stopping	stopping	stopping	Come to school		
Day 3 antifebrile	stopping	stopping	stopping	stopping	stopping	stopping	Come to school		
Day 4 antifebrile	stopping	stopping	stopping	stopping	stopping	stopping	stopping	Come to school	
					antifebrile	Day 1	Day 2		
Day 5 antifebrile	stopping	stopping	stopping	stopping	stopping	stopping	stopping	stopping	Come to school
						antifebrile	Day 1	Day 2	

### 【Warning points】

**1 After finishing the treatment, if the child have any kind of below symptom, be sure to go to the doctor**

- don't reply as soon as called
- spasm, convulsion
- unconscious
- excitement feeling
- can't focus
- different behavior as usual one, and so on

**2 Pay attention to second contamination in the family**

Influenza is an infection disease caused by droplet (cough, sneeze) and contagious (touching doors or any places touched by others, and after that touching own eyes, nose or mouth). Take sterilization measures washing hands, spreading alcohol, and being careful to cough etiquette and so on to avoid have 2<sup>nd</sup> contamination in the family.