

学校長 様 To the School Principal

Grade _____ Class _____ Student No. _____

Student's Name _____

療養解除届 Notification of End of Self-Isolation

上記の者は、以下により療養等をしておりましたが、出席停止期間を経過しましたので本届を提出します。The above student has completed the required self-isolation period for the following illness and will resume attending school from the date stated below.

該当に○ Draw a circle	病名 Illness	出席停止期間の基準 (①と②の両方を満たす) Requirement to end self-isolation (Both ① and ②)
	インフルエンザ Influenza	① It should be day 6, with the day of onset as day 0. ② It should be day 3, with day 0 being the day when the fever subside (lowering to normal [less than 37.5°C] throughout the day).
	新型コロナウイルス感染症 COVID-19	① It should be day 6, with the day of onset as day 0. ② It should be day 2, with day 0 being the day when the fever and the symptoms subside (lowering to normal [less than 37.5°C] throughout the day). ※In case of an asymptomatic patient, it should be day 6, with the day COVID test taken as day 0.

発症日 The day of onset	yyyy 年 mm 月 dd 日
解熱した日 *インフルエンザの場合に記入 The day fever subsided (For influenza)	yyyy 年 mm 月 dd 日
症状が軽快した日 *新型コロナウイルス感染症の場合に記入 The day symptoms cleared (For COVID)	yyyy 年 mm 月 dd 日
登校開始日 Return to school date	yyyy 年 mm 月 dd 日

Date: yyyy 年 mm 月 dd 日

Parent/guardian's name _____

Dear Parents/guardians, 保護者の方へ

- Influenza and COVID-19 infections are stipulated by the school health and safety law enforcement regulations. Infected student is to stay-home during this time to avoid infecting others. (However, if the school doctor and other doctors determined that there is no risk of infecting others, this may not apply depending on the medical situation.)
- Refer to the back page for how to count the period of self-isolation.
- This report is to be filled in by a parent or guardian. Do not ask medical institutions to fill it out.
- If the doctor instructs you to see the child for another visit after treatment at the time of diagnosis, please follow the instructions. Also, if you are unsure of whether the symptoms have improved or not, please consult the doctor.

Influenza: Self-Isolation Period (Reference table)

	<u>Elementary School students and older</u>	Onset	After onset						
		Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Date	/	/	/	/	/	/	/	/
	Body Temp.	°C	°C	°C	°C	°C	°C	°C	°C
Eg.1	Fever subside the day after the onset (minimum period)	Fever	Fever subside	Day 1 after fever	Day 2 after fever	Day 4 after onset	Day 5 after onset		
		School attendance suspension period							Can go to school
Eg.2	Fever subside after 2 days after the onset	Fever	Fever	Fever subside	Day 1 after fever	Day 2 after fever	Day 5 after onset		
		School attendance suspension period							Can go to school
Eg.3	Fever subside after 3 days after the onset	Fever	Fever	Fever	Fever subside	Day 1 after fever	Day 2 after fever		
		School attendance suspension period							Can go to school
Eg.4	Fever subside after 4 days after the onset	Fever	Fever	Fever	Fever	Fever subside	Day 1 after fever	Day 2 after fever	
		School attendance suspension period							Can go to school

※“Fever subside” means the body temperature is back to normal, i.e. less than 37.5°C.

※The onset of influenza generally refers to fever.

The day the fever subside is counted as Day 0, and the next day is counted as the first day after the fever subside.

COVID-19: Self-Isolation Period (Reference table)

	<u>Elementary School students and older</u>	Onset	After onset							
		Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day8
	Date	/	/	/	/	/	/	/	/	/
	Body Temp.	°C	°C	°C	°C	°C	°C	°C	°C	°C
Eg.1	Fever subside the day after the onset (minimum period)	Fever	Fever subside	Day 1 after fever	Day 2 after fever	Day 4 after onset	Day 5 after onset			
		School attendance suspension period							Can go to school	
Eg.2	Fever subside after 5 days after the onset	Fever	Fever	Fever	Fever	Fever	Fever subside	Day 1 after fever		
		School attendance suspension period							Can go to school	

Eg.3	If the child has Influenza and COVID-19 at the same time	Onset	After onset								
		5 days must pass after the onset, and 3 days since the clearing of all symptoms.							Day 6	Day 7	Day8
		Isolation period may be extended depending on the length of recovery.									
		School attendance suspension period							Can go to school		