

# インフルエンザに罹った後、 いつから登校できますか

インフルエンザに感染した場合、学校保健安全法第19条にもとづき、

「発症した後5日を経過し、かつ解熱した後2日を経過するまで」

登校を控えてください。

発症日とは、受診をした日ではなく、インフルエンザ様症状が始まった日です。

## インフルエンザ出席早見表

		発症日	発症後							
		0日目	1日目	2日目	3日目	4日目	5日目	6日目	7日目	8日目
例1	発症後1日目に解熱した場合 (最低基準)	発熱	解熱	解熱後1日目	解熱後2日目	発症後4日目	発症後5日目			
		出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	登校可能	
例2	発症後2日目に解熱した場合	発熱	発熱	解熱	解熱後1日目	解熱後2日目	発症後5日目			
		出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	登校可能	
例3	発症後3日目に解熱した場合	発熱	発熱	発熱	解熱	解熱後1日目	解熱後2日目			
		出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	登校可能	
例4	発症後4日目に解熱した場合	発熱	発熱	発熱	発熱	解熱	解熱後1日目	解熱後2日目		
		出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	登校可能
例5	発症後5日目に解熱した場合	発熱	発熱	発熱	発熱	発熱	解熱	解熱後1日目	解熱後2日目	
		出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	出席停止	出席停止

### お願い

処方された薬によっては解熱が早い場合がありますが、ウイルスの感染力が残っていて、自己判断で登校し学校での感染、流行が懸念されます。蔓延防止にご協力をお願いします。

# When should you return to school after catching influenza?

As per Article 19 of the School Health and Safety Act, if you catch influenza please do not come to school for "five days after the onset of the disease and two days after the fever has ended."

The onset of the disease is the day on which symptoms started, not the day on which you were diagnosed.

## Returning to Class after Influenza Quick Reference

	Start of illness	Days after start of illness								
	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	
Fever ends 1 day after start of illness. (Minimum Criteria)	Fever	Fever ends	1st day after fever ends	2nd day after fever ends	4 days since start of illness	5 days since start of illness				
	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	OK to attend classes			
Fever ends 2 days after start of illness.	Fever	Fever	Fever ends	1st day after fever ends	2nd day after fever ends	5 days since start of illness				
	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	OK to attend classes			
Fever ends 3 days after start of illness.	Fever	Fever	Fever	Fever ends	1st day after fever ends	2nd day after fever ends				
	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	OK to attend classes			
Fever ends 4 days after start of illness.	Fever	Fever	Fever	Fever	Fever ends	1st day after fever ends	2nd day after fever ends			
	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	OK to attend classes		
Fever ends 5 days after start of illness.	Fever	Fever	Fever	Fever	Fever	Fever ends	1st day after fever ends	2nd day after fever ends		
	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	Do not attend classes	OK to attend classes	

### Request

Although your fever might subside after taking medication, you may still be contagious. Even if you judge yourself ready to return to school, you could infect others. We ask for your cooperation in preventing an influenza outbreak.