

For a healthy school life



About half a year has passed since school life under the 「new lifestyle」. Each school takes various measures to reduce the risk of infection for children. We will continue to accumulate effective measures against infectious diseases and strive to prevent the spread of infection.

In the coming winter, infectious diseases other than the new coronavirus will become more prevalent. We would like to inform you that we would like you to continue to cooperate at home as well as measures against infectious diseases at school.

Make infection prevention a 「habit」 ~Countermeasures against infectious diseases at school~

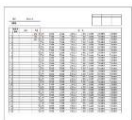
Infectious disease countermeasures at schools are focusing on the following measures below based on the 『Hygiene Management Manual for New Coronavirus Infectious Diseases at Schools』 (Ministry of Education, Culture, Sports, Science and Technology). In addition, the Yokkaichi School Health Association has also received advice from school doctors, school dentists, and school pharmacists regarding specific measures.

We will take appropriate measures while maintaining a balance with infection prevention so as not to lose children's growth opportunities and learning opportunities.

【Yokkaichi School Health Association】

People from various positions such as medical, school officials and parents gather to exchange information and opinions on school health and hygiene, and to carry out activities such as workshops.

Health Observation



Thank you for measuring body temperature at home every morning.

At school, we also observe the health and carefully check physical condition before making decisions such as letting them to wait in a separate room or leaving the school early. Teachers and school staff are also doing it every morning for temperature measurement and health observation.

Thorough hand washing



Timing is important for hand washing.

Before and after meals, after blowing your nose, touching common items, returning from going out, cleaning, etc., wash your hands with soap. Careful hand washing can reduce the virus to one millionth.

Wear a mask



The mask is used to prevent droplets from flying.

The schools call attention to wear a mask when they cannot keep a physical distance.

At the same time, we provide guidance so that children can put on and take off their masks at their own discretion according to the temperature and surrounding conditions.

Avoid the 「3 C's」

It is important that the three dense (sealed, dense, close) do not overlap.

In winter, the classrooms can get cold because the windows and doors are always open for ventilation even during heating.

Please cooperate so that children can regulate their body temperature by putting on and taking off their clothes.

Q & A about infectious diseases

We asked the teachers of the Yokkaichi School Health Association.

Q 1. Please tell me about measures against infectious diseases in winter, such as ventilation in a heated classroom.

The air is dry in winter. It is preferable to always open the windows a little to ventilate, even during heating, as the virus spreads more easily when the air dries.

However, the air conditions in the classroom are very different from those in summer. During heating, warm air tends to collect on the ceiling, so the temperature difference from the vicinity of the floor becomes large. Your feet will get cold on the corridor side where cold air can easily enter. It is necessary to pay attention to the temperature change in the classroom, adjust the width of opening the doors and windows, and turn the fan weakly to prevent the wind from hitting the child to circulate the air. Wearing mask in winter is also effective in humidifying the mouth and throat. Let's continue to wear it.



会長 藤戸健司先生
(School pharmacist)

Q 2. What is the difference between influenza and coronavirus infection?

Both are viruses of respiratory tract infections, but at this point it is said that it is difficult to make a clear distinction based only on the symptoms.

However, in children, influenza tends to cause high fever and may become severe, whereas it is said that the new coronavirus infection is often mild and may be asymptomatic.

Influenza can be vaccinated from autumn to prevent its aggravation, and there are also remedies for infection. On the other hand, for the new coronavirus infection, the vaccine is still in the development stage and no therapeutic drug has been established.

If you have symptoms such as fever, please contact your medical institution or health center by phone.



副会長 渡邊真也先生
(School Doctor)

Q 3. The child has a mild cold symptom and may be wondering whether to attend school or absent. Is there a point of judgment?

The standard for fever is generally 37.5 ° C, but there are individual differences in normal fever, so if you feel that your body temperature is 「higher than usual」, you should be absent without overdoing it. On the other hand, if you have a chronic disease such as asthma or allergic rhinitis, you may have like long-lasting cold symptoms. In that case, please consult your medical institution for consultation.

To be contact if you are going to be tested for new coronavirus infection

① If your Child will be examined

② If the Family living together with your child will be examined

Monday to Friday Call the school
Elementary 7:45~18:00 · Junior high school 7:45~19:00

Saturday · Sunday · Holiday Call to Dedicated phone
9:00~17:00 090-7916-0861 / 080-2642-0967

In either case, please let your child wait at home until the test result is available.
(It will be treated as suspension of attendance.)