

Date/日付:

UIA International School of Tokyo – School Policy on Cases of COVID-19

This policy is a living document and will be implemented in line with any additional advice or direction provided by Japanese Government, Tokyo Metropolitan Government, Wards and check-up doctor.

Covid-19 symptoms include but are not limited to fever 37.5°C or over, cough, sputum, shortness of breath, fatigue, muscle aches, joint pain, sore throat, stomach ache, diarrhoea, nausea or vomiting, loss of taste/smell, headache, congestion or runny nose and conjunctivitis.

Please check your temperature at home each morning before coming to school. It helps to know what your normal temperature is and also if you are well enough to come to school. Temperature should be measured without the use of fever-reducing medicines (medicines that contain ibuprofen or acetaminophen).

Students will be sent home early from school if they have one of the following symptoms:

- fever 37.5 or above.
- persistent cough (have a cough lasting for an hour OR have had 3 or more episodes of coughing in 24 hrs OR coughing more than usual).
- shortness of breath or difficulty breathing
- sore throat
- diarrhoea
- nausea or vomiting
- loss of taste/smell
- severe runny nose or runny nose which colour is not clear
- conjunctivitis
- severe sense of fatigue

● **Students will be sent home early from school if they have 2 (or more) of the following symptoms:** fatigue, muscle aches, joint pain, stomach ache, headache, congestion or runny nose which colour is unknown or clear

Policy for ill student/staff

<p>1. Has any COVID-19 Symptoms but has not had a PCR test (has not consulted with a doctor yet)</p>	<p>If students/staff have only one mild symptom e.g. a sore throat and if it completely disappears in 24 hours the person is allowed to return to school without consulting with a doctor. The student/staff needs to be fever/symptom free for 24 hours before returning to school.</p> <p>Students who do not attend school because of COVID-19 symptoms have to notify the details of the health condition to homeroom teacher.</p> <p>School nurses will contact parents if necessary.</p> <p>Students/staff with 2 or more symptoms or persistent (more than 24 hours) COVID-19 symptoms should follow the guidelines from the government (please</p>
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	<p>find the details from the link https://stopcovid19.metro.tokyo.lg.jp/en/flow). If the symptoms continue for more than 24 hours please consult a doctor to check. Depending on Doctor's advice see 2, 3 or 4 below.</p> <p>For severe symptoms such as shortness of breath, severe sense of fatigue, or fever (37.5 and above*) or you are taking and need to remain on an antipyretic (fever reducing medicine), call your doctor, medical institution or Tokyo Fever Consultation centre (03 5320 4592) or 03-6250-5780 immediately.</p> <p>*A mild/high fever will vary depending on the person's normal temperature, A rise of 1 degree above normal temperature or higher than 37.5 is usually an indicator of a fever.</p>
<p>2. Has COVID-19 symptoms and consulted with a doctor and PCR test was not advised.</p>	<p>Ask the doctor when they can return to school (please make sure that they are fever/symptom free for 24 hours before returning to school).</p>
<p>3. Has COVID-19 symptoms and has received negative PCR test</p>	<p>When all symptoms have disappeared and the individual is symptom free for 24 hours they can return to school.</p> <p>If a doctor suspects/diagnoses seasonal influenza please revert to School Policy on Seasonal Influenza.</p>
<p>4-1 : Is diagnosed with COVID-19 (has positive PCR test)</p> <p>4-2 : Is confirmed as a close contact</p>	<p>Inform school immediately by emailing the homeroom teacher if you are diagnosed with COVID-19. Follow the instructions from the Japanese Government or the ward health centre about returning to school (will likely have to quarantine for up to 14 days and be symptom free for three days). If you are confirmed as a close contact, you will likely have to quarantine for 7 days.</p>
<p>Policy for family members</p>	
<p>5. Lives with a family member (parent, sibling, spouse etc.) with COVID-19 symptoms or a family member is waiting for a Covid test result</p>	<p>If an ill family member has a mild fever or cold symptoms such as sore throat, their family members are allowed to come to school. If the symptom is persistent and/or severe such as shortness of breath or severe sense of fatigue or high fever, all family members have to stay home. Also, if more than 2 family members are unwell with COVID-19 symptoms the whole family has to stay home.</p> <p>If a student or family member has a PCR test or has had a PCR test due to symptoms you must inform the school immediately to the homeroom teacher, and the whole family has to stay home until they receive the result.</p> <p>- If the result is negative the family can return to school if they are symptom free</p>

	<p>- If the result is positive all family members must immediately isolate and follow instructions from the ward health centre.</p> <p>UIA staff and children of all UIA families do not need to remain isolated and away from school while waiting for PCR results for travel/immigration related reasons.</p>
6. Lives with or had close contact with a family member diagnosed with COVID-19	<p>Do not come to school. Follow the instructions from the Japanese Government or the ward health centre. If student/staff has a PCR test due to the close family member's situation then:</p> <ul style="list-style-type: none"> - follow ward office instructions about returning to school (will likely have to quarantine for up to 7 days) - If it is positive follow ward health centre instructions
7. Family member has been confirmed as close contact	<p>Do not come to school until the family member has taken a PCR or antigen test:</p> <ul style="list-style-type: none"> - If the result is negative the student can return to school if they are symptom free - If the result is positive all family members must immediately isolate and follow instructions from the ward health centre
8. Has a family member/guest returned from overseas (from the MOFA list of prescribed countries)	<p>A family member returning from overseas should get a PCR test at the airport, if this is negative other family members can come to school.</p> <p>If the result is positive, the whole family has to follow the advice from the ward health centre (assuming the ill person does not return home but goes straight to hospital and is isolated, the family can come to school).</p>

Sources

- Setagaya and Shibuya ward Health Centre/ School Doctor
- 学校・園における新型コロナウイルス感染症対応ガイドライン 世田谷区教育委員会
- <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/pediatric-hcp.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/symptoms.html>
- <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19-general-advice>
- <https://stopcovid19.metro.tokyo.lg.jp/en/flow/>
- For immigration please refer to the Japanese government website