

Information regarding Influenza (インフルエンザ)

Influenza is caused by the orthomyxoviruses, and spread from one individual to another by direct contact or articles recently contaminated by oral or nasal secretions. It is frequently most severe in infants.

The disease has about 1-2 day incubation period, and affected persons are most infectious for 24 hours before and after onset of symptoms. Common symptoms are sudden onset of fever, chills, body aches, inflammation in throat and nose, but may also have lethargy or diarrhoea. The symptoms last for 4-5 days. However some people may have recurrence after fever subsides.

Even if your child has already had a flu jab for this winter, he or she may still get flu but they will only experience milder symptoms. If your child who has already had a flu jab develops any light symptoms of flu, it will be best to take the quick flu test at a clinic as still flu can be spread to others.

We do not require a doctor's certificate when students return to school, but please complete the 'return to school form' and give it to the school nurse when your child comes back to BST.

We will do our best to minimise the possibility of cross-infection and we would advise that you check the following website for up-to-date information concerning this illness. Also please see our website about influenza school policy:

NHS Direct - <http://www.nhs.uk/conditions/flu/pages/introduction.aspx>

If you have trouble accessing these websites or would like any further information please contact the School Nurses:

Ayako Hashimoto, Mariko Toyoshi & Arisa Inoue – nurses@bst.ac.jp
Shibuya Medical Room – 03 5467 4366
Showa Medical Room – 03 3411 4213

Best regards

The British School in Tokyo
Health & Safety Office