

Mycoplasma Infection (マイコプラズマ)

Mycoplasma infection is respiratory illness caused by *Mycoplasma pneumoniae*, a microscopic organism related to bacteria. Anyone can get the disease, but it most often affects older children and young adults.

Mycoplasma infections occur sporadically throughout the year. Widespread community outbreaks may occur at intervals of four to eight years. Mycoplasma infection is most common in late summer and fall.

Mycoplasma is spread through contact with droplets from the nose and throat of infected people especially when they cough and sneeze. The contagious period is probably fewer than 10 days but occasionally longer.

Typical symptoms include fever, cough, bronchitis, sore throat, headache and tiredness. A common result of mycoplasma infection is pneumonia (sometimes called "walking pneumonia" because it is usually mild and rarely requires hospitalization). Symptoms generally begin 15 to 25 days after exposure. The symptoms generally develop slowly, over a period of two to four days.

At this time, there are no vaccines for the prevention of mycoplasma infection and there are no reliably effective measures for control. As with any respiratory disease, all people should cover their face when coughing or sneezing.

Please note that for mycoplasma infection we do not require a doctor's certificate when returning to school, however if pneumonia develops then a doctor's certificate will be required.

Please see the following website for up-to-date information concerning this illness:
NHSDirect- <http://www.nhs.uk/conditions/pneumonia/pages/causes.aspx>

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

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Best Regards,
The British School in Tokyo
Health & Safety Office