

To the attending doctor,

Apologies for the inconvenience, we request that you complete the below form and return it to the child's guardian.

Shizuoka Prefectural Board of Education

Health and Physical Education Section Manager

Influenza Disease Certificate

Name _____ Date of Birth Heisei Y M D

The person named above is verified to be infected with influenza.

Date symptoms started: Reiwa ___ Y ___ M ___ D (0 days since onset)

Date of diagnosis: Reiwa ___ Y ___ M ___ D

Name of medical institution:

Name of doctor or representative: _____ 印

In accordance with the School Health and Safety Law Article 19 Section 2 Influenza (Except New strains of influenza, Bird flu, Etc.), the period of required absence from school is "until 5 days since the onset of symptoms, and 2 days after alleviation of fever (3 days for infants) have passed".

※If there are any symptoms you are concerned about, please consult with your doctor.

Doctor's Notes

Influenza Progress Report (completed by guardian)

Days since onset	Date	Morning Measurement Time : Temperature	Afternoon Measurement Time : Temperature
Day 0	M D	AM ___ H ___ M : _____°	PM ___ H ___ M : _____°
Day 1	M D	AM ___ H ___ M : _____°	PM ___ H ___ M : _____°
Day 2	M D	AM ___ H ___ M : _____°	PM ___ H ___ M : _____°
Day 3	M D	AM ___ H ___ M : _____°	PM ___ H ___ M : _____°
Day 4	M D	AM ___ H ___ M : _____°	PM ___ H ___ M : _____°
Day 5	M D	AM ___ H ___ M : _____°	PM ___ H ___ M : _____°
Day 6	M D	AM ___ H ___ M : _____°	PM ___ H ___ M : _____°
Day 7	M D	AM ___ H ___ M : _____°	PM ___ H ___ M : _____°
Day 8	M D	AM ___ H ___ M : _____°	PM ___ H ___ M : _____°

Attending school is stopped from the date symptoms started and for the next 5 days (total of 6 days). Also, the day a normal temperature is recorded becomes the date of alleviation of the fever. 2 days following alleviation of the fever (3 days for infants) with continued normal temperatures is required before returning to school.

