

COVID-19 / Influenza Progress Report(To be completed by Parent/Guardian)

Elementary / Junior High / High School Grade: Class:

Student Name: _____

Date of Symptom Onset 症状出現日 : Reiwa Year Month Day (Day 0)

Date of Medical Diagnosis 医療機関診断日 : Reiwa Year Month Day

Doctor's Notes / Precautions (to be communicated to the school)医師からの注意事項:

◆ Period of Suspension from School Attendance for COVID-19

According to Article 19, Paragraph 2 of the Enforcement Regulations of the School Health and Safety Act, the suspension period is “until 5 days have passed since the onset of symptoms, and 1 day has passed since symptoms have improved.” The day of onset is counted as Day 0. The student must not attend school for 5 full days (6 calendar days total). After symptoms improve, at least one additional day must pass before returning to school.

◆ Period of Suspension from School Attendance for Seasonal Influenza

According to the same regulations, the suspension period is “until 5 days have passed since the onset of symptoms, and 2 days have passed since the fever subsided.”

The day of onset is counted as Day 0. The student must not attend school for 5 full days (6 calendar days total). After the fever has subsided, count that day as Day 0, and ensure that at least 2 full days of normal temperature have passed before returning to school.

Days Since Onset	Date Month / Day	Morning (°C) Time : Temp.	Afternoon (°C) Time : Temp.	Mark ○ on the day respiratory symptoms improve
Day 0 (Onset)	/	: °C	: °C	
Day 1	/	: °C	: °C	
Day 2	/	: °C	: °C	
Day 3	/	: °C	: °C	
Day 4	/	: °C	: °C	
Day 5	/	: °C	: °C	
Day 6	/	: °C	: °C	
Day 7	/	: °C	: °C	
Day 8	/	: °C	: °C	
Day 9	/	: °C	: °C	
Day 10	/	: °C	: °C	

Parent/Guardian Name 保護者等サイン : _____

- On the 5th day (before returning to school), please contact the homeroom teacher by phone to confirm your child's condition.- When returning to school, please submit this completed form to the homeroom teacher.登校再開前(5日目)に、学級担任と電話で経過確認する。登校するときに、この用紙を学級担任に提出する。