




When you get sick with influenza(flu)

- Please take medication as directed by your doctor.
- Keep yourself hydrated and rest. OS-1 and other rehydration solutions are recommended.
- The School Health and Safety Act defines the period of exclusion from school attendance of influenza as “**five days after onset of the disease and two days** (three days for infants) after defervescence (however, this does not apply if your doctor confirms there is no risk of infection.) ※See the table below to confirm how many days you need to stay away from campus.
- (For students) See the URL below to apply for authorized absences:
 【Description】
<https://www.titech.ac.jp/english/student/pdf/177-agreement-on-authorized-absences.pdf>
 【Procedural Document】
<https://www.titech.ac.jp/english/student/pdf/177-koketsu.pdf>
- (For Science and Engineering Faculty/Staff)
 As there is no specific period of suspension from work, please follow your doctor's advice for treatment.
 Apply for a leave of absence for the days you will not be working.
 Contact: Human Resources Administration Division (hradm.adm@adm.isct.ac.jp)



Onset date is the day when the symptoms(eg. fever) started. Note that is is not the day of diagnosis.

When you are diagnosed with influenza, please confirm the onset date with the doctor.

		Onset date	After the onset							
		Day0	Day1	Day2	Day3	Day4	Day5	Day6	Day7	Day8
eg. 1	Fever subsided on the 2nd day after the onset	Fever	Fever	No fever	Day1 without any fever	Day2 without any fever	Day3 without any fever			
		Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Allowed to go to campus		
eg. 2	Fever subsided on the 4th day after the onset	Fever	Fever	Fever	Fever	No fever	Day1 without any fever	Day2 without any fever		
		Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Allowed to go to campus	
eg. 5	Fever subsided on the 5th day after the onset	Fever	Fever	Fever	Fever	Fever	No fever	Day1 without any fever	Day2 without any fever	
		Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Stay away from campus	Allowed to go to campus