

# For a healthy school life



The second year of Reiwa, when the new coronavirus infection raged, has ended and a new year has arrived. However, it seems that the days spent with the new coronavirus infection will continue for the third year of Reiwa. We will continue to inform you of the cooperation at home and useful information for the health management of children and families in 『Yokkaichi School Infectious Diseases News』. Please read it with your family and use it to prevent infection.

※ You can also see 『News from Yokkaichi School Infectious Diseases』 on the Yokkaichi City website.

四日市 感染症だより

検索



## 「Continue」 「What you can do」 ~Make sure you take basic measures~

One infectious disease specialist's teacher likens infectious disease control to 「a marathon, not a sprint. 」

To prevent infection, it is important to continue to take basic measures.

【 3 points countermeasures for infectious disease】 From Ministry of Education, Culture, Sports, Science and Technology 『Hygiene Management Manual Ver.5』

(1) Cut off the source of infection	Do not bring in viruses from the outside!	◇ If you have symptoms such as fever, do not force yourself to go to school and take a rest
(2) Cut off the infection route	Don't let the virus get into your body!	◇ Prevents droplet infection...Mask, ventilation ◇ Prevent contact infection...wash hands, do not touch eyes, nose, mouth
(3) Increase resistance	Don't lose to the virus!	◇ Sufficient sleep ◇ Moderate exercise ◇ Balanced diet

(1) and (2) tend to attract attention, but (3) is also an important point! In the third semester, the school will work to prevent infection by further strengthening cooperation with the family.



## Q & A about infectious diseases

We asked the official dentist of the Yokkaichi School Health Association.

**Q. The mask life is getting longer. Are there any precautions that can take to keep our mouth and teeth healthy?**

Typical skin problems in mask life are 「acne/pimple」 and 「rash」. The cause is "dryness". 「Moisturizing」 is important to prevent dryness. Mouth and tooth health is actually the same as skin health. In other words, it is not good for the mouth and the surface of the teeth to be dry. The moisturizer in the mouth is 「saliva」. Saliva has antibacterial, protective, digestive, and remineralizing properties. Adults may lose saliva due to aging, but most of the causes of thirst in children are 「mouth breathing」. The human respiratory tract is the nose・pharynx・larynx・trachea・lungs, not the mouth. The constantly open mouth is unprotected and bacteria and viruses can enter the body directly. It can cause symptoms such as coloring of teeth, stains, swelling of gums, and strong bad breath.

Is your mouth open while wearing a mask? Chew food well and get plenty of saliva. And breathe through your nose.

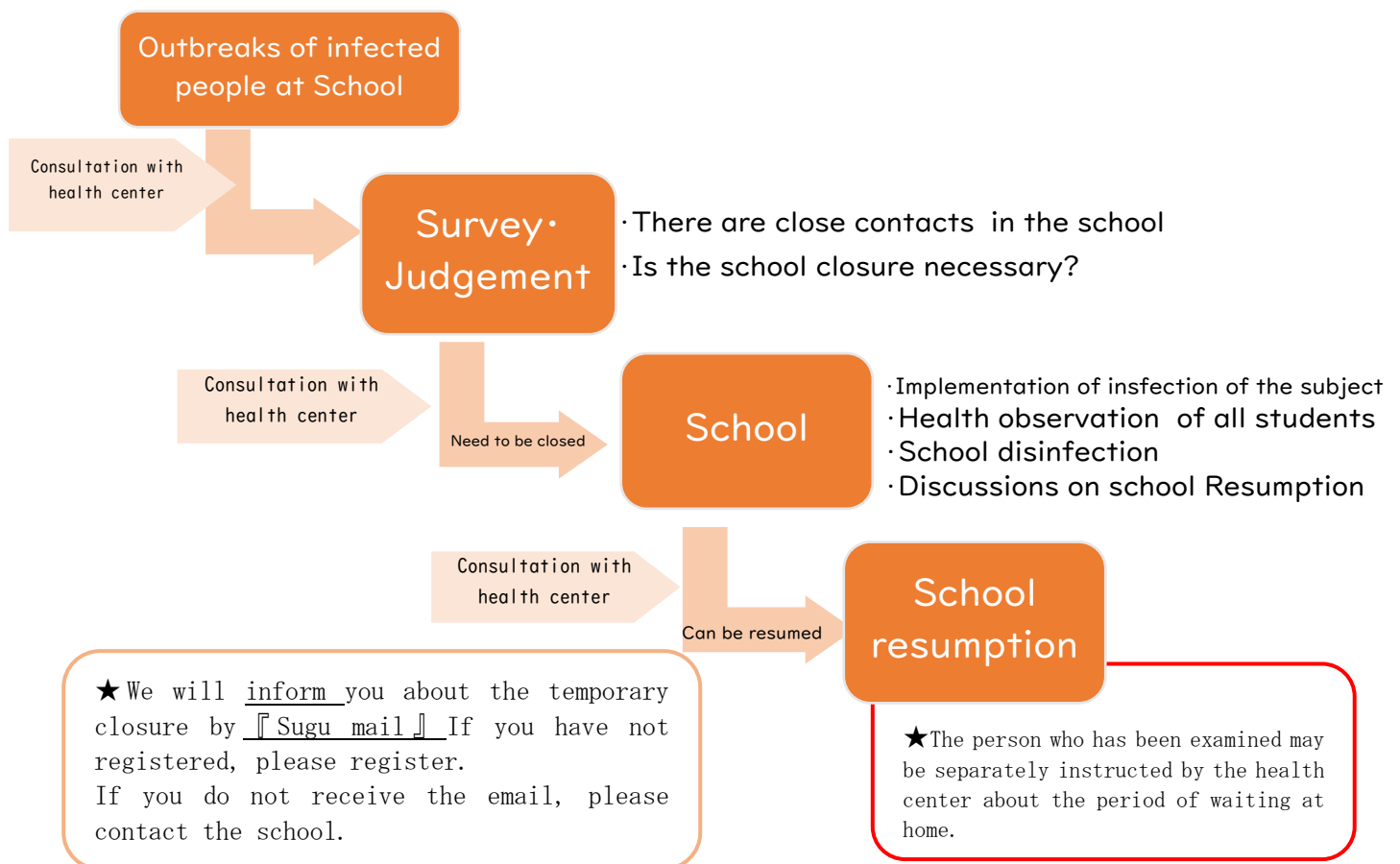


Director  
Dr. Inoue Hiroshi  
(School dentist)

## When an infected person occurs ~Concept of School temporary closure~

If a child or faculty member is infected with the new coronavirus, the board of education will consult with the health center to determine if a temporary closure is necessary. During the temporary closure, we will conduct inspections for close contacts and observe the health of all school children. Then, based on the results of examinations and health observations, we will discuss with the health center again and decide the period (about 1 to 3 days) required to reopen the school. And we will inform you of the school resumption date by 『Sugu mail』.

Parents are advised to observe their child's health during school holidays and to avoid going out during that period to prevent the spread of the infection.



★ If your child or family member is going to be tested for new coronavirus infection, please contact us!

★ Please cooperate with your child's waiting at home until the test result is known!

(Attendance will be suspended and your child will not be absent.)

<p><b>From Mon to Fri</b>    <b>Call the School</b></p> <p>Elementary school 7:45~18:00</p> <p>Junior high school 7:45~19:00</p>	<p><b>Sat · Sun · Holidays</b>    <b>Call the Dedicated phone</b></p> <p>9:00~17:00</p> <p>090-7916-0861 / 080-2642-0967</p>
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