

～Support for parents and teachers, recovery tips～

In a first for a Japanese prefecture, Tokyo iCDC has compiled a list of tips for parents and teachers to boost understanding of Long Covid affecting children and to support them in balancing their daily routines and school lives with recovery (press release, Sep 29, 2023)

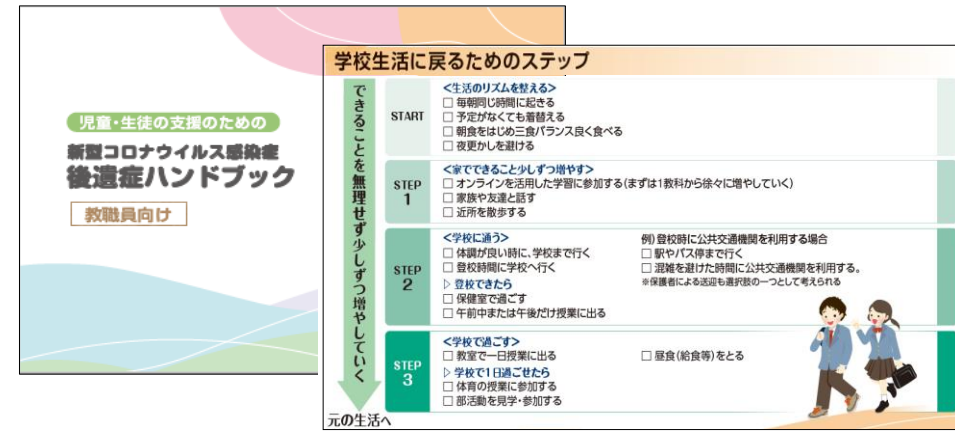
Leaflet for parents

- **Children's Long Covid Q&A**
- **Symptoms**
 - ✓ Mild, moderate and severe cases
- **Managing symptoms**
 - ✓ Points to note for family life
- **Considerations in school life**
- **Hospitals handling Long Covid cases**



Handbook for teachers (e-book)

- **Tips for recovery**
 - ✓ Daily routine, things to work on
- **Steps to return to school**
- **Case studies of how schools are handling Long Covid**
 - **Explainer video with Tokyo iCDC experts**



Advocacy

- Bureau of Public Health Long Covid webpage
- Advocacy through Tokyo Metropolitan elementary, junior high and high schools



← Long Covid leaflet page here