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- Reduce the time spent in crowded settings if possible and keep your distance from people who show symptoms similar to influenza, such as coughing and sneezing (try to maintain a distance of about 1 meter if possible).
- Improve airflow in a living space by opening windows for a few minutes.

How long should I stay home with the flu?

According to the school health law, you should keep your child at home for a minimum of 5 days after contracting influenza as the illness can be infectious for up to 48 hours after the fever has subsided. Furthermore, if your child's fever persists, please keep him/him at home for another 2 days (for G1-G12) or 3 days (for K1-K3) after the fever subsides.

If you have any inquiries, please feel free to contact me at yukiko.yamazaki@kist.ed.jp.

Yukiko Yamazaki
School Nurse

References:

- Centers for disease control and prevention: Influenza. (2019, Feb. 18). Retrieved from <http://www.cdc.gov/flu/>
- Kids Health: Tips for treating the flu. (2019, Feb. 16). Retrieved from <https://kidshealth.org/en/parents/tips-take-care.html>

Migration Refugee Crises

On January 25, Mr Jordan Hattar kindly visited KIST to speak to the Grade 9s about migration refugee crises, and the human rights of refugees. This was a great opportunity for all of us to deepen our understanding of the current unit, which was about population and migration. Along with **Ryuun** and **Mehak** from G9B and **Shiro** from G9A, I was able to participate in the discussion as a panel leader, by asking questions that were selected from each class.

Firstly, we got to learn about what Mr Hattar does and how it connects to the topic of the discussion. We were amazed to learn that he visited countries such as South Sudan, Jordan or Syria, which are experiencing refugee crises and conflict, to support refugees there. He also spoke about the reality of these refugee camps that he visited; feeble tents and families and children suffering in harsh environments. This was the first time that I realized that organizations such as UNHCR wasn't a power that could magically 'fix' all these issues, despite its efforts. Mr Hattar did various activities to help the refugees, such as providing caravans for those who needed secure shelter. However, the refugee crisis proved to be very hard issue to solve, and as Mr Hattar has said, it seemed to be going on for many years,

becoming a long-term issue.

The discussion turned to another perspective on this issue; refugees in host countries. We knew that several nations in Europe as well as nations such as Turkey accepts many refugees from places such as Syria. On the other hand, we learned in our classes that most refugees tend to go to neighboring countries which were low-income countries. We asked questions about whether high-income countries should accept more refugees and other questions about host countries. Mr Hattar told us that refugees can be thought as burdens to the host country, but they could also be beneficial for the country and the refugees themselves. He showed us a short video about how refugees in Europe were becoming able to work and live a better life and although at first it could be challenging for them to live in a country so far away from home, they felt happy that they were able to live safely.

As the discussion came to an end, we asked about how we could help refugees and what was important in supporting them. Mr Hattar had told all of us about one thing that he found very important in supporting refugees; sharing stories. He spoke about when he met refugees in many countries



and found that they all had stories to share. Even if we couldn't visit the refugee camps or send physical resources, one thing we all could do is to listen to the refugees and their stories and welcome them in our community.

In summary, we had a very meaningful discussion with Mr Jordan Hattar, who shared with us his experiences as a humanitarian and very detailed responses to our (challenging) questions. Later in the day, he came to speak more about his experiences with the KIST MUN club members (which a few people from Grade 9 including myself participated in). As a grade, we really appreciate Mr Hattar for coming to speak to us. Thank you!

Hanna (G9A)

