

# IMPORTANT

## Announcement: 2023 Spring Health Checkup

The spring periodic health checkup for 2023 will be conducted as follows. **All students are required to take this checkup.**  
(If you do not take the medical examination, you will not be issued a health certificate during the academic year.)

**Those who have not had a medical checkup in 2022 are required to undergo one.**

**Eligible: All Undergraduate・Graduate・Research Students other than NEWLY ENROLLED STUDENTS**

✖ **Students on leave of absence may also take the medical examination.**

**However, this does not apply to Credit-course Students.**

**Place:** Health Care Center

**Test Contents:** Self-recognition symptoms, height, weight, vision, hearing, urine (sugar and protein), and blood pressure (chest X-ray is also available if desired)

① Collect early morning urine (first urine upon waking up and before eating) in the urine sample container in the health checkup packet that you received in advance and bring it with you on the day of the checkup.

**Things to Bring** ② Health Checkup Form (Please fill in the required information in the bold frame in advance.)

③ **If you wear glasses or contacts, be sure to wear or bring them with you. (If you wear glasses or contacts,**

(If you wear glasses or contacts, only your corrected vision will be measured.)

④ Ballpoint pens (not available for lending due to infection prevention)

**NOTES:** ① Health checkup packet ( health checkup form and urine sample container ) will be available from March 22 (Wed.) to April 7 (Fri.), so please come to the Health Care Center to pick one up. **Urine samples must be collected on the morning of the checkup, so please be sure to pick it up at least one day before the checkup.**

② Chest X-rays are taken only at the **time of admission**. It is not necessary to undergo another one during the school year unless there is a special need.

However, students who have not had a physical examination at the time of admission are advised to have a chest x-ray. If there are comments in the findings section of the chest x-ray, a follow-up chest x-ray will need to be taken. No appointment is required. **Chest X-rays will also be taken if needed for caregiver experience training, educational training, job search, study abroad, etc.**

③ Do not bring valuables (precious jewelries, expensive bags, etc.) (please take care of your wallets, etc. yourself).

\* We cannot be held responsible for any loss or damage.

\* Read carefully the **『7 Requests』for prevention of COVID-19 infection** on the back of this page.

④ Precautions for each test

<Urine test>

You can take the test even during menstruation

<Chest X-ray>

Do not take this test if you are or might be pregnant.

No accessories or bras can be worn.

For those with long hair, please bring hair elastic to tie it up.

### DATE and TIME

DATE	RECEPTION HOURS		
	FEMALE	MALE	
<b>April 6 (Thursday)</b> <b>《NO CHEST X-RAY》</b>	9:00 ~ 11:30		
	13:00 ~ 15:15		
	15:30 ~ 17:30		
<b>APRIL 7 (Friday)</b> <b>《With CHEST X-RAY》</b>	9:00 ~ 9:45	School of Language and Culture Studies 3rd・4th year Male	Graduate School Students Research Students
	9:45 ~ 10:30	School of International and Area Studies・School of Japan Studies 3rd・4th Male	
	10:30 ~ 11:00	School of Language and Culture Studies 1st・2nd year Male	
	11:00 ~ 11:30	School of International and Area Studies・School of Japan Studies 1st・2nd year Male	
	13:00 ~ 14:15	School of Language and Culture Studies 3rd・4th year Female	Graduate School Students Research Students
	14:15 ~ 15:30	School of International and Area Studies・School of Japan Studies 3rd・4th Female	
	15:30 ~ 16:00	School of Language and Culture Studies 1st・2nd year Female	
	16:00 ~ 16:30	School of International and Area Studies・School of Japan Studies 1st・2nd year Female	
<b>✖As a measure to prevent COVID-19 infections, students are separated by faculty.</b>			
<b>Be sure to receive health checkup during the appropriate time.</b>			

**✖2023 Newly enrolled first-year students and third-year transfer students are excluded.**

① **Submit the health checkup form at the end of the health examination.**

② **Waiting time may be long, so be sure to arrive at the reception with enough time.**

③ **No medical gowns are provided for chest X-ray.**

Wear or bring your own plain, thin undershirt, T-shirt, etc.

If you forget to bring one, you will not be able to have an x-ray taken.

( Note that you will not be able to take an X-ray if you do not bring your own T-shirt).

④ **Health Certificate, which is required in various situations, is issued only for those who have undergone the checkup, and only for one year (within the school year) after the checkup. Please make sure to have a regular medical checkup every year while you are a student.**

⑤ **If the schedule is changed due to the status of COVID-19 infection, information will be posted on the Health Care Center's homepage. Please check the latest information by yourself.**

**《IMPORTANT》 Please make sure to read the back page as well  
7 Requests for Prevention of COVID-19**



# 7 Requests for Prevention of COVID-19 Transmission

## **IMPORTANT: Please read this carefully!**

As an institution that conducts health checkup, we will implement appropriate countermeasures against infectious diseases and to avoid 『3C's』 as much as possible to ensure a safe environment for everyone who comes to the site for health examination. Therefore, we would like to ask for your cooperation as follows.

1. Those with underlying medical conditions are requested to consult with their attending physician regarding infection prevention measures to be taken during this health checkup. (It has been reported that those with underlying medical conditions such as diabetes, heart failure, respiratory disease, etc., and those undergoing dialysis treatment are at higher risk of severe disease.)
2. Please note that **you are not allowed to come to the venue if you have any of the following symptoms ① to ⑦ or any of the conditions listed in ⑧ to ⑨ below within 7 days from the day of the event.**  
【※Please notify the person in charge at your workplace if this applies to you】
  - ① Cold symptoms (nasal discharge, nasal congestion, headache, joint or muscle pain) that persist
  - ② Fever of 37.5°C or higher, or a body temperature higher than normal.
  - ③ Cough or sore throat
  - ④ Respiratory distress or difficulty in breathing
  - ⑤ Fatigue
  - ⑥ Abnormality of sense of taste or sense of smelling
  - ⑦ Diarrhea, nausea, vomiting
  - ⑧ Close contact with COVID-19 patient or person having suspicion of COVID-19  
(Quarantine period, including self-quarantine)
  - ⑨ Those who have traveled to countries designated by the Ministry of Justice as countries that require travel restrictions, and those who have a history of contact with such persons
3. Please be sure to measure your **body temperature** at home before coming to the medical checkup site. 【We will check your physical condition (temperature, symptoms, etc.) at the reception desk. You may be asked to take your temperature on-site.】
4. Please **bring your own non-woven mask and wear** it during the checkup.
5. Medical checkup tools are sterilized each time, but please **disinfect your hands** before you come to the reception desk. 【Washing hands with soap and running water for at least 30 seconds is also acceptable.】
6. At the medical checkup site
  - We will make sure that there is enough space between examinees, so please **allow 1.5 to 2 meters between each other.**
  - **Minimize conversations and avoid talking too loudly.**
  - The venue will be ventilated as much as possible, so please bring something to wear in case of cold weather.
7. Medical gowns are not provided for X-ray examinations. Please **wear or bring your own plain, thin T-shirt**, etc. If you forget to bring your own, you cannot take the X-ray examination.

