

2022 Annual Health Checkup for Newly Enrolled Students

Tokyo University of Foreign Studies
Health Care Center

2022 Regular medical checkup for newly admitted will be conducted as follows:

All newly enrolled students must take this health checkup.

(Health Certificate will not be issued to those who did not take the medical checkup.)

Eligible: New undergraduate students (including transfer students) ・ New graduate students ・
New research students・・・『Admission Health Examination』
However, this does not apply to Special Register Students.

Place: TUFs Health Care Center

Checkup Contents: Self-recognition symptoms, height, weight, vision, hearing, urine (sugar, protein), blood pressure, chest X-ray

Things to Bring:

- ①Urine Test Kit (Please take urine first in the morning of the checkup day, do not take breakfast and bring it on checkup day)
*If the health checkup kit is not included in the 『Notification of Acceptance』or if you have lost it,
please come to the Health Care Center by Friday, April 1.
(The kit will be distributed at the Health Care Center from Tuesday, March 22.)
- ②Medical Examination Form (Please fill in the required information in the bold frame in advance.)in the bold frame in advance)
- ③If you wear glasses or contacts, please be sure to wear or bring them with you.
(For those who wear glasses or contacts, only corrected vision will be measured.)
- ④Ballpoint pen (For infection prevention, we will not lend out pens.)

Notes:

- Chest x-rays are to be conducted only at the time of admission.
- (Unless there is a special need, no need to undergo chest x-rays during medical examinations during school years.)
- Do not bring valuables (precious jewelries, expensive bags, etc., and keep your wallet with you all the time).
- *We cannot be held responsible for any loss or damage.
- * Please read carefully the 『7 Requests』for prevention of COVID-19 infection on the back of this page.
- <Urine test>
You can take the test even during menstruation.(Please inform the medical staff.)
- <Chest X-ray>
*Do not take this test if you are or might be pregnant.
*Take off your accessories and bras.
*For those with long hair, please bring hair elastic to tie it up.

DATE and TIME

Date	Time	Male and Female on an alternate time schedule	
		FEMALE	MALE
Monday, April 4	9:00~ 10:00		【School of Language and Culture】New Undergraduate Students
	10:00~ 11:00		【School of International and Area Studies】New Undergraduate Students
	11:00~ 11:20		【School of Japan Studies】New Undergraduate Students
		FEMALE	MALE
	13:00~ 13:30	【School of Japan Studies】New Undergraduate Students	New graduate school students New transfer students New research students
	13:30~ 15:30	【School of International and Area Studies】New Undergraduate Students	
15:30~ 17:30	【School of Language and Culture】New Undergraduate Students		

ⓂPlease allow plenty of time for your checkup as the waiting time may be long.

ⓂPlease be sure to submit the medical examination form at the time of completion of the medical examination.

ⓂWe do not provide medical gown for chest radiography (X-ray).

Please wear or bring your own plain, thin T-shirt (no buttons and wires, etc.) or tops.

If you forget to bring your own, you will not be able to take X-ray. (Please note that you will not be able to see the doctor without it)

ⓂThe entrance health checkup is a good opportunity to check your own health and is also a basic document for the health certificate. Please be sure to take a regular health checkup every year while you are in school.

NOTE: If you do not take the health checkup, you will not be issued a health certificate.

ⓂIf the

Please check the latest information on your own.

《IMPORTANT》 Please make sure to read the back page as well 

7 Requests for Prevention of COVID-19

*** Please read this carefully ***

As an institution that provide health checkup, we will take appropriate countermeasures against infectious diseases and to avoid 「3C's」 as much as possible, in order to ensure a safe environment for everyone. Therefore, we would like to ask for your cooperation in the following ways.

1. Be sure to wear or **bring your own plain t-shirt or tops (no buttons or metal wires,etc.) for the X-ray examination.**
If you forget to bring your own, you will not be able to take the X-ray. Medical gowns are not provided.
2. Bring your own **non-woven mask** and wear it during the checkup. **You will not be able to see the doctor without a mask.**
3. On the day of the medical checkup, 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 time of checkup. You may be asked to measure your temperature at the reception.】
4. If you have any of the following symptoms (1) to (7) or conditions (8) to (9) within 2 weeks including the day of the checkup, you are not allowed to come.
【*Please inform the person in charge (at your workplace) if this applies to you.】
 - ① Common cold symptoms; runny nose, nasal congestion, muscle pain, arthralgia, etc.
 - ② High fever, more than 37.5 degree
 - ③ Cough, sore throat.
 - ④ Dyspnea, difficulty to breath
 - ⑤ General fatigue
 - ⑥ Abnormality of sense of taste or sense of smell.
 - ⑦ Diarrhea, Nausea, Vomiting
 - ⑧ Close contact with COVID-19 patient or person having suspicion of COVID-19 within last 2 weeks
 - ⑨ Those who have traveled to countries designated by the Ministry of Justice as countries that require travel restrictions within the past two weeks. And those who have a history of contact with such persons at home or at work.
5. We sterilize the medical checkup tools each time we use them, but we would also like to ask everyone to sanitize your hands before you enter the reception area. (Hand washing under running water for at least 30 seconds with soap is fine.)
6. At the health checkup site,
 - As we will keep a distance between examinees, please keep a distance of 1.5 to 2 meters from each other.please keep physical distancing with 1.5 ~ 2.0 meters.
 - Minimize conversations. 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. If you have an underlying medical condition, please check with your doctor about the infection prevention measures for this medical checkup before taking the checkup. (It has been reported that patients with underlying diseases such as diabetes, heart failure, respiratory diseases, and those undergoing dialysis treatment are at higher risk of severe disease.)



