

# Health Checkup for International Students

Issued on August 30, 2022  
Student Exchange Division  
Health Care Center

2022 Health Checkup for International Students will be held as follows.  
Make sure to take this medical checkup (Reservations are required) .

Health checkup for international students is by appointment.  
Please make a reservation at the Student Exchange Division between  
Monday, Sept. 26 and Tuesday, October 11 .  
Note: Reservations cannot be made at the Health Care Center.

**ELIGIBILITY:** Undergraduate, graduate, and research students who have not yet taken the medical checkup at the time of admission or the spring medical checkup in the current academic year, and students on leave of absence are also eligible. However, credit-course (special register) students are not eligible.

**VENUE :** Health Care Center

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

**WHAT TO BRING:** ① Collect early morning urine (first urine upon waking up and before eating) in a container that is included in the medical checkup kit you received in advance, and bring it with you on the day of the checkup.

② Health Examination Form (Please fill in the required information in the bold frame in advance)

③ If 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.)

④ Ballpoint pen

**NOTES:** ① Please pick up the medical checkup kit (medical checkup sheet and urine sample container) at the Student Exchange Division when you make a reservation.

Urine must be collected on the morning of the day of the checkup, so please be sure to pick it up before the day of the checkup.

② Chest X-rays are taken only at the time of admission. Unless there is a special need, chest X-ray is not necessary to be conducted as part of the physical checkup during the student's period of study.

However, those who have not yet taken the medical checkup at the time of admission should have a chest X-ray taken.

Chest X-rays can also be taken when necessary for caregiver experience training, educational training, job hunting, study abroad, etc.

③ 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.

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 jewelry or bras may be worn.

\*If you have long hair, please bring an elastic band to tie it up.

## DATE and TIME

DATE	MALE and FEMALE on alternative time schedule	
	FEMALE	MALE
Wednesday October 12		10:00~11:00
	11:00~12:00	
		13:15~14:15
	14:15~16:00	

※Medical gowns are not provided for the X-ray examination.

Please be sure to wear or bring your own plain, thin undershirt, T-shirt, etc.

If you forget to bring your own, you will not be able to take the X-ray examination. (Please note that you will not be able to take an X-ray without a plain tee.)

※Please fill out the medical checkup form by yourself.

( To prevent infection, we will not lend out pens and pencils.)

※Health certificates, which are required in various situations, will be issued only to those who have taken the examination and only within the current academic year (six months) after the examination.

Please be sure to have a regular health checkup every year while you are studying.

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



## 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.

