

2023 Fall Admission Health Checkup

The 2023 Fall Admission Periodic Health Checkup will be held as follows. All students are required to take the medical checkup. (Health Certificate will not be issued to those who did not take the medical checkup.)

ELIGIBILITY: Graduate and research students for October admission [Medical Checkup at the Time of Admission"]

However, credit-course (special register) students are not eligible.

VENUE: Health Care Center

TEST: Chest X-ray, self-perceived symptoms, height, weight, vision, hearing, urine (sugar and protein), blood pressure

WHAT TO BRING:

- ① Please collect early morning urine (first urine upon waking up and before eating) in the urine collection container you received in advance and bring it with you on the day of your checkup.
- ② Medical checkup sheet (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:

Medical checkup kit (medical checkup sheet and urine sample container) will be distributed at the Health Care Center from Monday, September 25, 2023.

They may also be distributed at the orientation. Please come to the Health Care Center to pick them up if you do not have one.

Since urine needs to be collected on the morning of the checkup, please be sure to pick it up before the day of the checkup.

According to the revised law, chest X-rays will be taken only at the time of enrollment.

(Unless there is a special need, chest X-rays will not be conducted as part of the physical checkup during the student's period of study.)

- *Do not bring valuables (precious jewelries, expensive bags, etc.). Please keep your wallets and other valuables with you.
- *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 the test if you are pregnant or are suspected of being pregnant.
- *Please wear or bring a plain tee, light sweater, etc. (no dresses allowed).
- *No jewelry or bras may be worn.
- $\mbox{*}\mbox{If you have long hair, please bring an elastic band to tie it up.}$

DATE and TIME

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

[©]Please be sure to take the medical examination at the time of enrollment, as it is a good opportunity to check your own health and also serves as the basic data for the health certificate.

IMPORTANT: Please note that health certificates will only be issued for one year for spring medical checkup and six months for fall medical checkup, both within the current academic year.

Note that the certificate will only be issued within the current academic year. If you do not take the medical examination, we will not be able to issue the health certificate.

[⊚]Health certificates, which are required in various situations, will be issued only to those who have undergone medical examinations and only within the current academic year (Oct. 2023~March 2024, for six months).

7 Requests for Prevention of COVID-19 Transmission

IMPORTANT: Please read this carefully!

Despite the easing of restrictions on activities related to the new coronavirus, we, as a responsible medical institution, will continue to take measures

to prevent infection and ensure a safe environment for everyone who visits our clinic.

Therefore, we ask for your continued cooperation in the measures listed below.

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 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
- 3. Please be sure to measure your <u>body temperature</u> 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. Since the virus has not yet been completely eliminated and many people will be in one place for the medical checkup, we recommend that you bring and wear your own mask during the checkup.
- 5. Medical checkup tools are sterilized each time, but please <u>disinfect your hands</u> 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 <u>wear or bring your own plain, thin</u>
 <u>T-shirt</u>, etc. If you forget to bring your own, you cannot take the X-ray examination.

Kanagawa Anti-Tubercoulosis Association