

Announcement about Health Checkup for International Students

August 30, 2021
Student Exchange Division
Health Care Center

2021 International Student Health Checkup will be held as follows.
Do not miss the opportunity (appointment required).

Health checkup for international students is by appointment basis.
Please apply to the Student Exchange Division from
Monday, September 27 to Tuesday, October 12.
Note: Appointments cannot be made at the Health Care Center.

DATE & TIME : **Wednesday, October 13, 2021**
Male 13:00~14:00

Female 14:10~16:00

[Japanese Language Center (JLC) International Students] 16:10~17:00

ELIGIBLE : International students who didn't take the health checkup in April 2021

VENUE : Health Care Center

TESTS : Height, weight, vision, hearing, chest X-ray, urine test (protein and sugar), blood pressure
(Chest X-ray is not included for International Students enrolled at JLC in April.)

- NOTES
- ① **Do not take the chest X-ray test if you are pregnant or suspected to be pregnant.**
 - ② Have your urine collected early in the morning in the urine container that has already been given to you and bring it with you on the day of the checkup.
 - ③ Urine analysis during menstruation is also possible.
 - ④ Wear T-shirts and light sweaters with no buttons or metal accessories (Dress not allowed).
 - ⑤ If you have long hair, be sure to bring an elastic to tie it up.
 - ⑥ During chest X-ray, brassieres and necklaces are not allowed to be worn.
 - ⑦ Do not bring any valuables with you.
 - ⑧ Read carefully the "7 Requests" on the reverse side of this page for **prevention of COVID-19 infection.**

In recent years, tuberculosis (TB) has become prevalent again, and you are in the age bracket where it is most likely to occur.

The admission health checkup is a good opportunity to check your own health, and is also a basic document for the health certificate so make sure to take the health examination.

The Health Certificate, which is required in various situations, is available only for international students who have taken the health checkup.

Issued only for one year after the health checkup.

It is especially necessary when you are looking for a job, so we recommend that you take a health checkup.

A health certificate will not be issued for those who did not take the health examination.

IMPORTANT: Make sure to also read the back page.



Requests for prevention of COVID-19

Important !!

Please read this announcement carefully. We are trying to ensure this annual health checkup to be safety by performing adequate measures for infection prevention and by avoiding the “Three C’s” as much as possible. Please follow the below instructions.

Thank you very much for your understanding and cooperation.

Mandatory !!

1. Please wear or bring your own white T-shirt or a plain and thin chemise (no button/zip, etc.) for the examination of Chest X-ray. If you forget it, you cannot be allowed to take chest X-ray.
2. Please wear or bring your own face-mask. If you forget it, you cannot be allowed to get into the Health Care Center nor take the health checkup.
3. Please measure your body temperature on the day before you come.
4. Please pay attention to your physical condition. If you have the following symptoms within last two weeks, you cannot be allowed to take the annual health checkup.
 - (1) Common cold symptoms; runny nose, nasal congestion, muscle pain, arthralgia, etc.
 - (2) High fever, more than 37.5 degree
 - (3) Coughing, sore throat.
 - (4) Dyspnea, difficulty to breath
 - (5) General 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 within last 2 weeks
 - (9) Person who have travelled to countries and regions which are requested as travel advisory, and person who have contacted to those within last 2 weeks



Attention !!

1. At the reception of Health Care Center of TUFS, please disinfect your hands with alcohol, or wash your hands with soap and running water.
2. At the health checkup venue, please keep social distancing with 1.5 ~ 2.0 meters. During the health checkup, please refrain from speaking as minimum as possible. Also please keep quite in the venue, in order to prevent generation of droplets from your mouth.
3. If you have any underlying disease, please consult your attending doctor about your conditions before taking the annual health checkup.