

## NOTICE of Regular (2022 Spring) Health Checkup

Tokyo University of Foreign Studies  
Health Care Center

2022 Spring Health Checkup will be conducted as follows. **All students must take this checkup.**

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

**If you have not taken the 2021 yearly health checkup, please be sure to take the 2022 spring health checkup.**

Eligible: **All undergraduates, graduate students, and research students other than the newly enrolled students. ※**  
**Those who are on a leave of absence can also take the health checkup.**

However, this does not apply to non-degree students.

Place: TUFs Health Care Center

Checkup Contents:

Self-recognition symptoms, height, weight, vision, hearing, urine (sugar, protein), blood pressure, chest X-ray  
(chest X-ray is also possible if desired)

Things to Bring:

- ① Take early morning urine (**first urine when you wake up, on an empty stomach before meal**) using the urine kit in the medical examination set you received in advance and **bring it with you on the checkup day.**
- ② Medical examination form (fill in the necessary information and student ID number in the bold frame in advance)
- ③ **Glasses and/or contact lenses (If you use glasses and contacts, be sure to wear or bring them.)**  
(Only the corrected vision will be assessed)
- ④ **Ballpoint pen ( For infection prevention, we will not lend out pens.)**

Notes:

① The medical examination set (examination form and urinalysis kit) will be distributed from March 22nd to April 13th, so please come to the Health Care Center to claim it. **You need to take urine on the morning of the medical examination. Therefore, please be sure to come to pick it up within the specified period.**

② Chest X-rays are taken only at the **time of admission.** Unless there is a special reason, there is no need to undergo a medical examination while attending school.  
However, for those who have not undergone a medical examination at the time of admission, please take a chest X-ray. If there is any comments in the chest x-ray findings section, take the chest x-ray. No reservation is required.  
Also, Chest X-rays are also available when necessary for nursing 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.(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	Male and female on an alternate time schedule			NOTES	
	FEMALE	MALE			
<b>Thursday, Apr.7</b> <b>NO CHEST X-RAY</b>	9:00 ~ 11:30		13:00 ~ 15:15		●※There is no chest X-ray on the first day.
	15:30 ~ 17:30				
<b>Friday, Apr.8</b> <b>《With Chest X-ray》</b>			9:00~10:00	1st Year* 2nd Year	●This is the day when chest X-rays can be taken. ● <b>Be sure to arrive within the time frame of the appropriate academic year.</b>
			10:00~11:30	3rd YEa* 4th Year	
	13:00~14:00	1st Year* 2nd Year	Graduate Students		
	14:00~17:00	3rd YEa* 4th Year	Research Students		

※Excluding new 1st year students and new 3rd year transfer students in 2022.

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

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

◎A certificate of medical examination will be issued on the day of the examination, so please use it when you need proof of absence from class or withdrawal from class.

◎Those who need it should ask at the reception desk. The certificate will not be issued at a later date.

◎Medical examination gowns cannot be prepared for Chest X-ray examination.

Make sure to wear or bring plain t-shirt (no buttons, etc.)

If you forget, you cannot take the Chest X-ray test. (Please note that NO plain T-shirt NO Chest X-ray test.)

In case you forget, please note that you will have to undergo the medical examination on another day.

◎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.

◎If the schedule is changed due to the infection status of the COVID-19, it will be announced on the Health Care Center website.□

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.)