

れいわ ねんどしゅうきがくせいいていきけんこうしんだん し
令和6年度 秋季学生定期健康診断のお知らせ

AY 2024 A Notice for Health Checks

かきとお けんこうしんだん じっし かなら じゅしん ひょう
 下記の通り、健康診断を実施しますので、必ず受診してください。費用はかかりません。
 There will be health checks at the following times, please get your examination done. There is no fee.

けんこうしんだんまえ かなら じゅしんじょう ちゅうい かくにん
 健康診断前には必ず「受診上の注意」をご確認ください。

Before the health checkup, please read the Notes regarding the Health Checkup for students.

うけつけにちじ
●受付日時 Date and Time






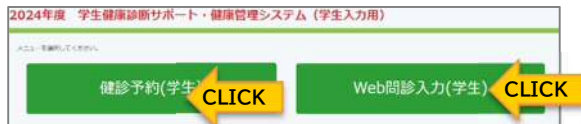
けんこうしんだんび 健康診断日	せい べつ 性別	うけつけじかん 受付時間
10/23 すい (水) (Wed)	だんせい 男性 Male	9:00~10:00
	じょせい 女性 Female	10:00~11:00
	だんせい 男性 Male	11:00~12:20
	だんせい じょせい 男性 Male & 女性 Female	12:20~12:50

●Web問診・Web予約の方法 - How to access the web reservation page and web interview form-

• 2024年10月1日から予約ができます (Reservations can be made starting from October 1st.)

• Web予約とWeb問診のページへのアクセスは、学内限定です。

The "Web reservation page" and the "Web interview Form" can only be accessed from within the campuses.

<p>① Web予約・Web問診ページにアクセス (QRコードまたはURL入力)</p>	<p>② 令和6年度学生健康診断についてをクリック</p>
<p>Access the webpage by QR code or URL entry.</p>  <p>http://ds.cc.yamaguchi-u.ac.jp/~hoken/hokekan/gkenkousindan/gkenko-usindan.html</p>	<p>Click where the arrow point.</p> 
<p>③ Web予約・Web問診のアイコンをクリック</p>	<p>④ 自分のログイン名とパスワードを入力</p>
<p>Click where the arrow point.</p> 	<p>Log in with your own login name and password.</p> 
<p>⑤ 学生健康診断・Web予約・Web問診をクリック</p>	<p>⑥ 予約、問診入力を行う</p>
<p>Click where the arrow point.</p> 	<p>Click where the arrow point.</p>  <p>Reservation page Web interview form</p>

FY 2024 Notes regarding the Regular Health Checkup for students (Tokiwa campus)

Please read the following points carefully. Thank you for your cooperation.

1. Advance reservation is required

You need to make a reservation by yourself in advance through the "Web reservation page". Health check-up takes about 30 minutes.



2. About Web interview form for Health checkup

Please access the web interview form for Health checkup and answer by the day before the appointment.

★★ When you are having a health checkup ★★

We appreciate your understanding and cooperation in order to carry out the tests smoothly.

- In order to avoid congestion, as a general rule, **please turn up within your reserved time.**
- Please **wear a mask** during the health checkup.
- If you have a fever or cold symptoms, you are not eligible to take the health checkup. Please do not come to the venue.

【Health checkup reception】

Health Science Center (1st floor of conference building)

【What to bring】

- **Student ID card**
- Don't bring in valuables. (There are no lockers in the health checkup venues.)

【Clothes】

- Please wear clothing that can be put on and taken off quickly.
- In the chest X-ray test, a **light, plain T-shirt** can be left on. (Those with metal or plastic parts for adjusting shoulder straps and those with built-in bras are to be avoided.)
- Please remove all jewelry before you come.

★ Test subjects, testing order and related notes

1	Information desk	- If you have a fever, you will not be able to receive the health checkup.
2	Chest X-ray	- Please wear a plain T-shirt in advance. (No examination gowns available) You can only wear clothing with no buttons, decoration, print, fasteners, embroidery or built-in bra cups to prevent them from showing in the X-ray photograph. - Please remove all jewelry. - If you have long hair, please make sure to put your hair up before taking the test, so that it doesn't come down below your shoulders.
3	Height and weight	- Measurement is possible while wearing socks.
4	Blood pressure	- If you are wearing a heavy top, please take it off before the test. - Relax, and your right arm will be measured.
5	Urinalysis	- We hand inspection container to all (Submit later.).
6	Interview & confirmation of the result	- Check the measurement results. Confirmation the input contents of the interview form, etc.
7	Electrocardiogram	- Electrodes will be attached to your wrists, ankles, and chest. Please wait with your pants rolled up. - Please take your stockings or tights off.
8	Physical examination	- Interview by a doctor.

★Retest notifications

Those who need re-examination will be notified in order by phone or e-mail.

If we cannot contact you, we may notify your faculty with a request to recommend you visit the Health Science Center for your retest.

Health Science Center

TEL : 0836-85-9041

Mail : hoken-ko@yamaguchi-u.ac.jp



★Health certificates

The health certificate will be issued on the following schedule.

Application is at the Health Science Center reception. Student ID required.

Health certificate issuance period

: from November 11(Mon), 2024 to March 31(Mon), 2025

★Checking your health checkup results on the website

You can view your health checkup results on the Health Science Center website. In order to view the results, you need the login name and password on your "Yamaguchi University Educational Campuswide Computing System user registration card", which was distributed at the time of your admission. Since the results for some of the tests cannot be given on the day of the health checkup, please make sure to check.

* The health checkup results viewing page can only be accessed from within the campuses.

Health checkup results viewing start

: from November 11(Mon), 2024



*Please contact Health Science Center for inquiries on the health checkup.

TEL: 0836-85-9041 E-mail: hoken-ko@yamaguchi-u.ac.jp

Preventing the spread of infection on campus

As a basic infection control measure, make sure to wear a mask and wash your hands in crowded places and vehicles.

◆ What to do when you become aware that you are not feeling well

- ◎If you are aware of symptoms of a cold, such as fever, please refrain from going to school, wear a non-woven mask, or take other measures to prevent infection..
- ◎If you are going to miss a class, please contact the instructor of the class you will be absent from by e-mail or other means as soon as possible.
- ◎If you have any concerns about your symptoms, physical condition, or the need for a hospital visit or examination, please consult with the Health Science Center.
Contact us TEL : 0836-85-9041 / E-mail : hoken-ko@



◆ What to do if you are diagnosed with an infectious disease

- ◎If you are diagnosed with any of the following infectious diseases listed in (1) to (10), you must report it using the "Infectious Disease Report Form (for students)".

Infectious Disease Report Form WEB site⇒

<https://www.yamaguchi-u.ac.jp/covid/affected/index.html>



- ◎All of the Infectious diseases (1) to (10) require recuperation at home for a certain period of time (see guidelines below).

(1) COVID-19:

Until 5 days have passed after the onset of symptoms and 1 day has passed after symptoms have abated.

(2) Influenza:

Until 5 days have passed after the onset of symptoms and until 2 days have passed after the fever has broken.

(3) Whooping cough:

Until the characteristic cough disappears or until 5 days of treatment with appropriate antibacterial agents are completed.

(4) Measles: Until 3 days have passed after the fever has broken.

(5) Rubella (3-day measles): until the rash disappears.

(6) Mumps: Until 5 days have passed after the onset of swelling of parotid, submandibular, and sublingual glands, and until the patient is in good condition.

(7) Chickenpox: until all the rash is crusted over.

(8) Pharyngoconjunctival fever (PCF): until 2 days after the disappearance of major symptoms.

(9) Meningococcal meningitis: Until the physician determines from the symptoms that there is no risk of infection.

(10) Tuberculosis: Until the physician determines from the symptoms that there is no risk of infection.

Day 0 is counted as the day of onset.



- ◎If a family member living with you or someone you spend time with is diagnosed with one of the above infections, please take care of yourself for 5 days and wear a non-woven mask for 7 days, starting from the day of onset of the infection.

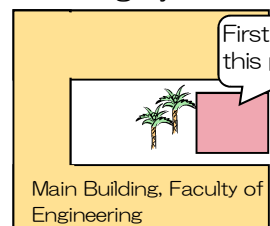
◆ Hours and methods of use of the Health Science Center, Faculty of Engineering

The Health Administration Center has been renamed "the Health Science Center" since April 2024.

- ◎In principle, consultation by a physician (internal medicine or psychiatry) or counseling by a counselor is available by appointment only.
- ◎Hours are 9:00-12:30 and 13:30-16:45 on weekdays.
 - *Closed on Saturdays, Sundays, and national holidays
 - *In case of illness with fever, please call us before coming directly here.
- ◎Use of The Health Science Center is free of charge.

University
Co-op

library



First floor of this place.

【Services】

- Consultation regarding physical and mental health problems
- Rest
- Hospital referrals
- First aid for injuries
- Self-check of height, weight, body fat percentage, vision, blood pressure, grip strength, etc.
- Use of health equipment (fitness bikes, etc.)
- Issuance of health examination certificates based on health examination results