



***Getting Medical Services
On/Off the Campus, and
Precaution against Contagious Disease***
学内/市中での医療サービスの受け方
及び 感染症の予防について

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Medical Service Center

Ritsumeikan University

立命館大学 保健センター

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Medical Service Center





Physicians in Ritsumeikan Univ. 立命館大学の医師



Dr. Katsumi NAKAGAWA 中川 克教授
Director 所長、General Practitioner 総合内科
Travel medicine 渡航医学
統括産業医・BKC専属産業医・SZC産業医



Dr. Daisuke KOBAYASHI 小林大介教授
Respiratory Disease 呼吸器内科
OIC専属産業医



Dr. Michihisa SUMI 鷺見長久教授
Psychiatrist 精神科



Dr. Misawa 三沢 あき子教授
Pediatrician 小児科
衣笠専属産業医





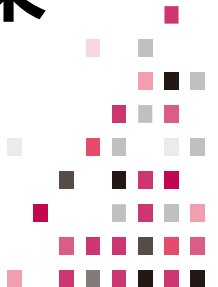
Provided services in the Medical Service Center

保健センターの業務



1. Health Consultations
2. First Aid
3. Physical Care: prescriptions/examinations
4. Mental Care: prescriptions/consultations
5. Referral to Hospitals
6. Health Examinations
7. Travel Clinic: vaccinations
8. FEVER CLINIC

健康相談
救急対応
内科
精神科
病院紹介
健康診断
渡航外来
発熱外来



Location of Medical Service Center

保健センターの場所

Kinugasa Campus 衣笠キャンパス



Shigakukan
志学館
1st floor

Building H
H棟
1st floor



Osaka Ibaraki Campus
大阪いばらきキャンパス (OIC)

WEST WING
ウェストウイング
1st floor



Biwako-Kusatu Campus
びわこ・くさつキャンパス (BKC)

Office hours 9:30-17:00

開室時間



Check your "Health Handbook" for detail P.5-7

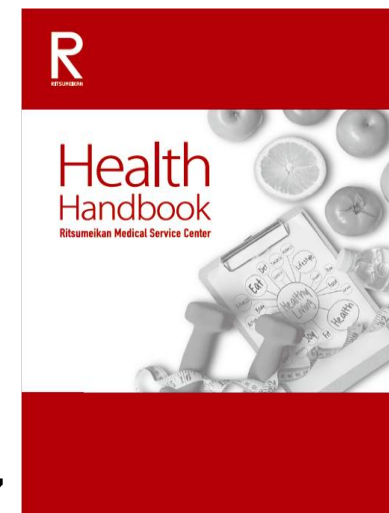
健康ハンドブックで確認してください キャンパス毎に時間が異なります

Regularly: 通常は

- ◆ **Doctor's consultation: PM** 医師の診察は午後
- ◆ **Open through the day with Nurses** 看護師が終日対応

Appointment is required for: 予約制

- ◆ **Psychiatric consultation** 精神科診察
- ◆ **Smoking Cessation** 禁煙外来
- ◆ **Travel Clinic** 渡航外来
- ◆ **Fever Clinic** 発熱外来



P.5-7

https://en.ritsumeai.ac.jp/health/assets/file/document/HealthHandbook_2024e.pdf

Health Consultations 健康相談

When you have physical /mental problem, but not so serious as to visit a large hospital....
病院に行くほどではないが、身体・心に問題がある...

When you wish to know which clinic or hospital you should visit.
どこの病院へ行けばいいの？

When you wish to consult about women's problem :
Female nurses will help you.
女性特有のことで相談したい ;
女性の看護師・保健師が対応します

Wish to quit smoking... :
"Smoking Cessation Clinic"
(need an appointment)
禁煙したい人には、禁煙外来 (予約制です)



COST & Insurance 費用と保険



Consultations in Ritsumeikan Medical Service Center are basically free. YOU DO NOT NEED TO PAY.

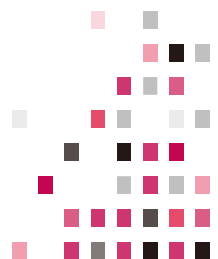
However, when you are prescribed a medicine, or performed of X-rays and other examinations, you must pay certain expenses, usually with health insurance. **Be sure to bring the Health Insurance Card.**

保健センターでの健康相談は無料です。

薬の処方、X線・採血等の検査を行った場合は健康保険を使った診療になり、費用を払っていただきます。健康保険証を持参してください。

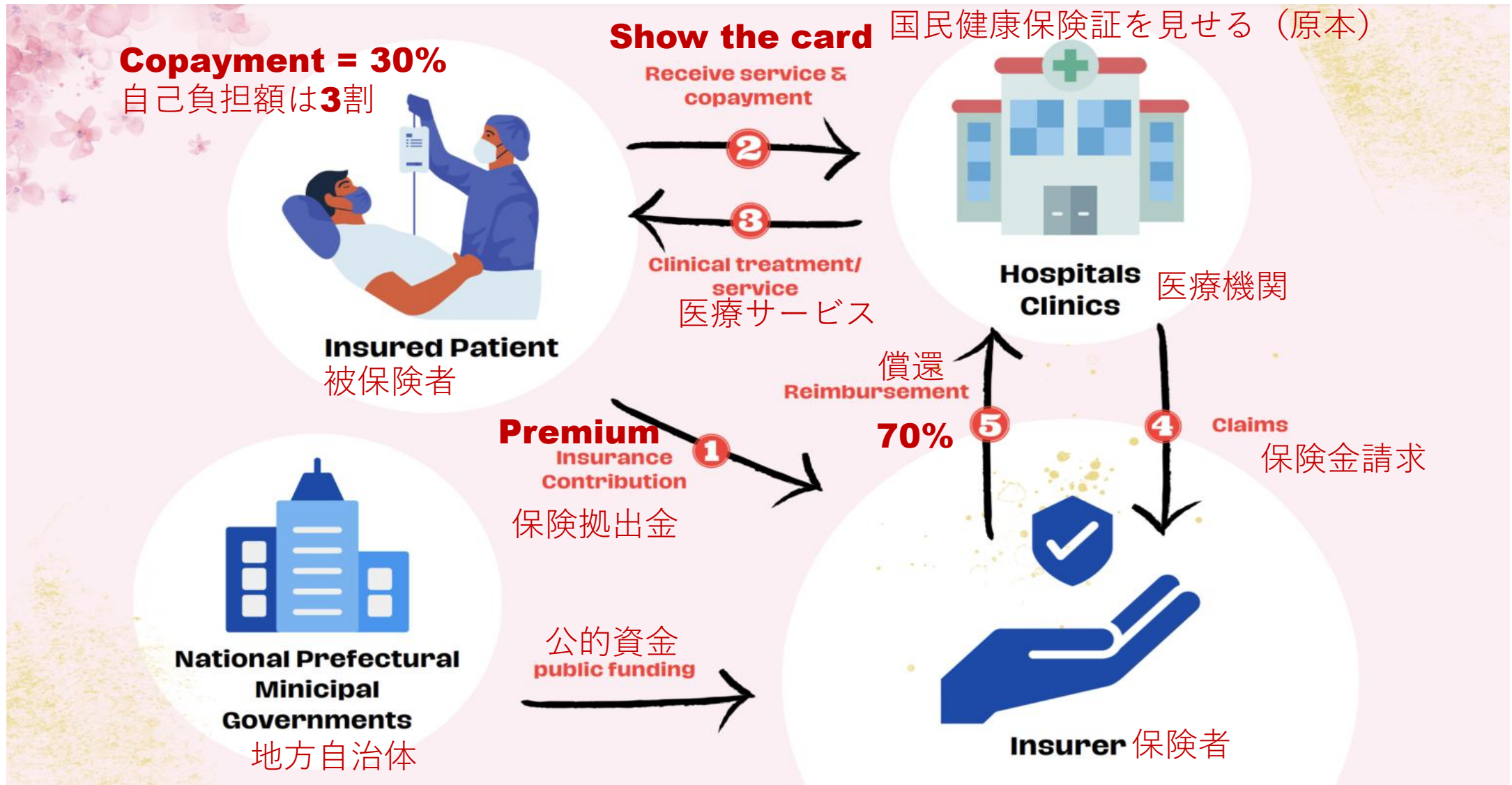
Medical fees are expensive;
be sure to apply for
“National Health Insurance of Japan”.

医療費は高額になります。
国民健康保険に必ず加入しましょう。



System of National Health Insurance

国民健康保険のしくみ



Caution of the Health Insurance

健康保険の注意点



- ◆ **Foreign insurance cannot be used in Japan.**
 - ◆ **Show the health insurance card at the reception.**
 - ◆ **It is against the law and punishable to lend, borrow, buy or sell a health insurance card to/from another person.**
 - ◆ **Notify the Ward/Branch Office in your new area when you move.**
 - ◆ **Invalid health insurance cards cannot be used.**
 - ◆ **Be sure to make an extension. Check the valid date!**
-
- ◆ 外国の健康保険を日本で使うことはできません。
 - ◆ 受診時には健康保険証を提示してください。
 - ◆ 健康保険証の売買・貸借は禁止されています。
 - ◆ 引越した時は、新居の役所に住所変更を届けましょう。
 - ◆ **有効期限が切れた保険証は無効です。有効期限を確認すること！**

Insurance Card (Eligibility Verification Certificate) is written in Japanese!

Ask a Japanese to check the exp date.

Expiration date

YEAR : incorrect

Google translated

Imperial Era: REIWA (R)

令和 6年 10月 31日 Y M D

R8 = 2026

R7 = 2025

Differences in DATE Formatting

JAPAN	(R) YY/MM/DD
US	MM/DD/YYYY
Europe	DD/MM/YYYY



First, visit a local clinic.

まず、地域のクリニックを受診してください。



In Japan, you typically visit local clinic first. If necessary, they will refer to a specialist hospital.

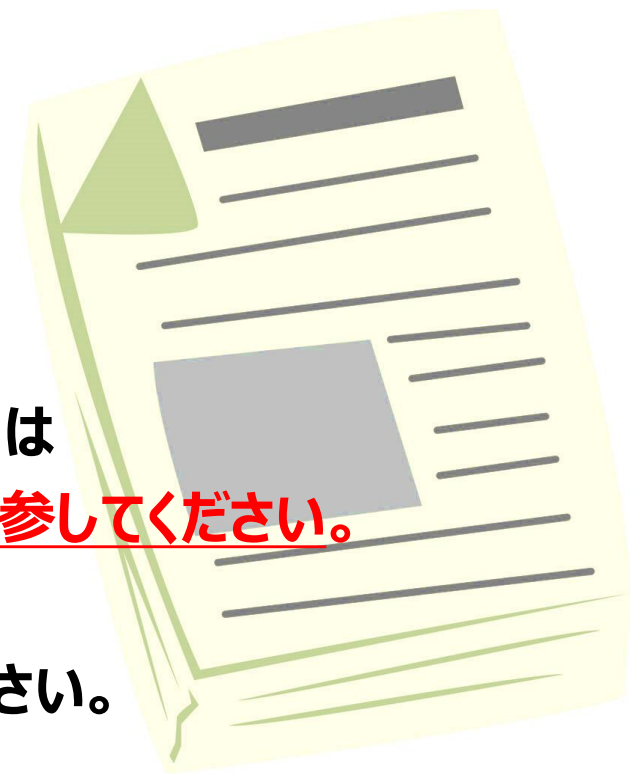
日本では通常、まず地域の診療所を受診します。必要に応じて、専門病院への紹介が行われます。



Better to bring a letter from home-doctor **本国の主治医からの紹介状を持参しましょう**

**In case you have a disease at present or previously been treated;
Bring a letter of introduction/information from your home-doctor,
which should be
written in English (or Japanese).
Have it translated into English (or Japanese),
if written in other languages, e.g. Chinese.**

現在治療中の病気がある人（または最近まで治療していた人）は
主治医に手紙（紹介状・診療情報提供書）を書いてもらって持参してください。
英語または日本語で書いてもらいましょう。
その他の言語で書いてある場合は、英語/日本語に翻訳してください。



Informed Consent (IC)

インフォームド・コンセント（説明と納得・同意）

- ◆ **Feel free to ask questions.**
- ◆ **Doctors welcome discussion.**
- ◆ **You need to be consent before you agree to exam/treatment/operations, etc.**
- ◆ ***Not many Japanese Doctors are fluent in English.***
- ◆ **Better to ask a translator at the hospital, or bring friends if you are not confident with your Japanese language.**



- ◆ **納得のいくように質問してください**
- ◆ **日本語以外を扱う医師は多くありません。稀に中国語・韓国語を話す医師はいますが、英語でも難しいことがあります。**
- ◆ **日本語の通訳を依頼するか、友人にお願いしましょう。**

Annual Health Examinations

定期健康診断



1. **Mandatory: “Act of School Health & Safety, Japan”**
2. **Aims; Prevention/detection of illness, Promotion of health**
3. **Items to be checked;**
 - ◆ **Inquiry of past/present health condition**
 - ◆ **Measurement of Height, BW、 and BP**
 - ◆ **Urine examination**
 - ◆ **Chest X-ray examination; Cardiac/Lung disease, r/o TB**
4. **Students must have exam every year in April (-June).**



Students entering in Fall will have exam in Sept, then in coming April.

1. 定期健康診断は必ず受診してください：**受診義務**【学校保健安全法】
2. 目的； 疾病予防、早期発見、健康増進
3. 健診項目；
 - ◆ 問診、身長・体重、血圧、検尿
 - ◆ 胸部X線検査； 肺結核 等
4. 毎年受診すること 4月（～6月）

秋季入学生は9月に健診後、次回は4月に健診があります



Homepage



English



Japanese



About Us

Annual Schedule

Medical Treatment and Health Consultations

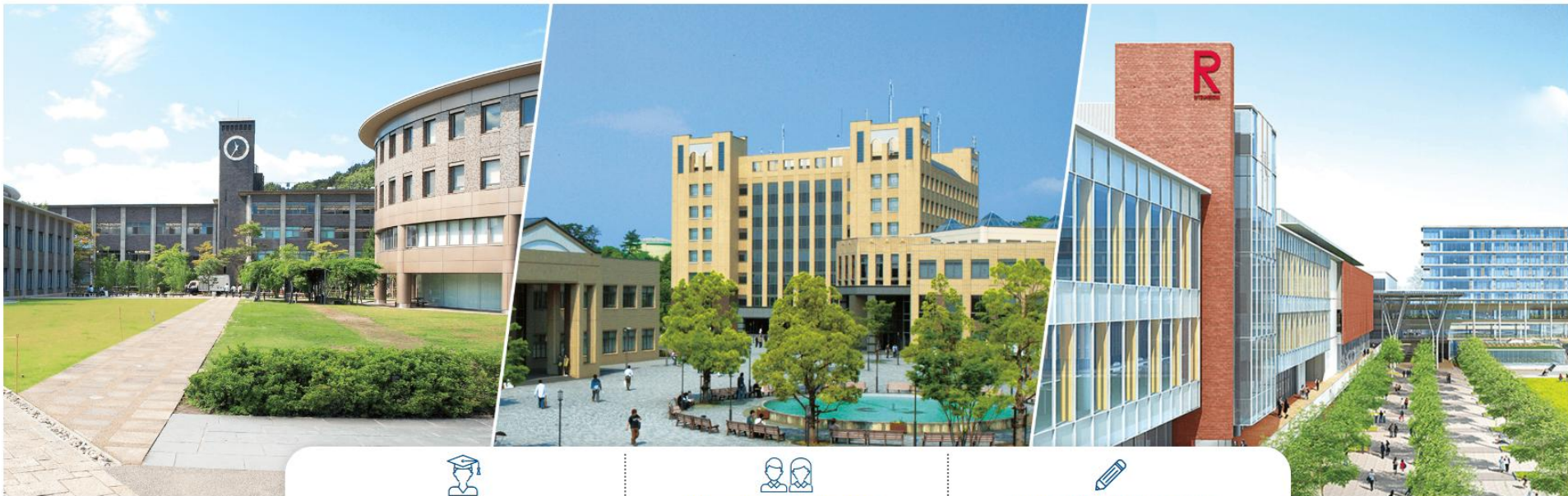
Medical Examinations and Results

Certificates of Health

Publications and Application Forms

Study Abroad Support

FAQ



Information for Current Students



Information for Faculty and Staff (internal network only)



Information for Students applying for Ritsumeikan and their parents/guardians



Accessible from Wednesday Apr 1st at 12:00 p.m.

4月1日 12:00pm～アクセス可能

Please make an appointment for Medical Examination.
健康診断の予約をしてください



Visit our Medical Examination Appointment page and add us to your favorites!

健康診断予約ページを見て、お気に入り登録すると便利！

2026
spring
April

KINUGASA CAMPUS Medical Examination

Students who enrolled in September 2025 cannot receive a Medical examination in September 2026. September entrants must also undergo a Medical examination this April.

This is a mandatory annual medical examination for the 2026 academic year. Under "Ritsumeikan University Student Medical Examination Regulations", it is obligated that every graduate and undergraduate students should undergo an annual Medical Examination.

Please make sure to book an appointment. Punctuality is essential!

If you do not have a medical examination, you will not be able to issue a medical certificate for the year.

Outside the specified period, medical examination will be charged from June.

Absentees due to a school infectious disease during the designated period will not be charged, but a report of school infection disease must be submitted via the Medical Service Center website. Please visit the Medical Service Center (weekdays, 9:30-10:50 a.m.) within two weeks after the suspension period ends.

[Group 1] Chest X-ray, height, weight, blood pressure, urine test and WEB medical questionnaires

Duration : 30 to 40 min

- ① New students, transfer students, and re-entry students in 2026
- ② Current students who have never had a medical examination at the university
- ③ Planning to have placement in 2026
- ④ Undergraduates
(4th year or above, early graduate, All pharmacy students)
- ⑤ Postgraduate students
- ⑥ Students of nationalities designated by the University based on WHO information



The main purpose of a chest x-ray examination is to detect "active Tuberculosis (TB)" that has progressed or may progress to infectious disease.

TB can develop 6 months to several years after infection and symptoms may appear.

In the early stages of the disease, there are often no symptoms, and an annual chest X-ray is the best way to detect TB.

Early detection of TB can also prevent mass infection on campus.

The chest X-ray exposure dose is 0.06 mSv, which is about 1/4 of the dose received when flying between Tokyo and New York.

[Group 2] Height, weight, blood pressure, urine test and WEB medical questionnaires

Duration : 20 min

Students not covered by ①~⑥ in Group 1

*If you are unsure of your group, please log in to the booking system after 1st of April to confirm.

Month	Day	Reception time
April	8 Wed	10:30am ~ 12:40pm 2:10pm ~ 4:00pm
	9 Thu	9:30am ~ 12:40pm 2:10pm ~ 4:00pm
	10 Fri	9:30am ~ 12:40pm 2:10pm ~ 4:00pm
	13 Mon	9:30am ~ 12:40pm 2:10pm ~ 4:00pm
	14 Tue	9:30am ~ 12:40pm 2:10pm ~ 4:00pm
	15 Wed	9:30am ~ 12:40pm 2:10pm ~ 4:00pm

Location : IgakuKan Male:IG101Hall Female:IG102Hall

[IMPORTANT]

- (1) If you have any questions or concerns regarding the Medical Examination, please visit the Medical Service Center (first floor of the Shigakukan) in advance.
- (2) There are stairs going up and down at the examination place. If you need any special accommodations due to physical limitations, please contact medical service center where you belong to.
Medical Service Center (KIC) ☎075-465-8231

1.Start on 1st of April(Wednesday) from 12:00 p.m. <https://ritsumeikarakoko.jp>

★Please switch the language from Japanese to English. (Japanese is displayed at first) Tap the three lines in the upper left corner and tap "ユーザー属性の変更". Select 英語 (English) from 言語 (Language) and click 変更(Change). Your health care page which is called Growbase will appear. You can book the appointment for your medical examination and answer web-based questionnaires. After medical examination, you can check the results from here. It is convenient to add this page in your favorites on your phone.



2.Book an appointment



① Please turn the screen to landscape. Tap "Scheduling" and choose available day and time.

② Confirm the date, time, and venue, check "O", and tap Rescheduling below.

*Once all appointment slots are filled, the schedule will disappear.

③ Return to the top screen and check the desired appointment date and time appear in the schedule.

3.Answer to questionnaires



① Tap "Answer" with "NEW" and check your medical examination is displayed on the TOP screen.

*If you can't find an answer,

Category Medical checkup → Tap Results → Swipe right through the list of data and tap Answer to the medical interview sheet.

② Please tap "Answer" on the line of medical interview sheet and answer each question. Review your answers and tap "Confirm the answer" to finish answering.



4.Get a urine test container

Medical Service Center (Shigakukan) 3/25 ~4/15 (except Sat and Sun) 9:30 am~5:00 pm

5.What to bring

- ① Student ID card
 - ② Urine sample collected on the day
 - ③ White or light-colored T-shirt without any print → 【The student who needs chest X-ray (Group 1)】
- * T-shirts will not be provided for the chest X-ray. Please bring your own, avoiding bras or camisoles. Wear a simple, thin T-shirt without lace or designs, and remove any accessories in advance.

6.Please be on time for your appointment. Location : IgakuKan Hall Male:IG101 Female:IG102

※You must answer to the web medical questioners and bring the urine sample on the day of your medical examination, as it is required for entry. However, you may enter without urine sample during a woman's menstrual period. You will be informed of the date for your urine test after other tests have been completed.

2026
Spring
April

BIWAKO · KUSATSU CAMPUS

Medical Examination

Students who enrolled in September 2025 cannot receive a Medical examination in September 2026. September entrants must also undergo a Medical examination this April.

This is a mandatory annual medical examination for the 2026 academic year. Under "Ritsumeikan University Student Medical Examination Regulations", it is obligated that every graduate and undergraduate students should undergo an annual Medical Examination.

Please make sure to book an appointment. Punctuality is essential!

If you do not have a medical examination, you will not be able to issue a medical certificate for the year.

Outside the specified period, medical examination will be charged from June.

Absentees due to a school infectious disease during the designated period will not be charged, but a report of school infection disease must be submitted via the Medical Service Center website. Please visit the Medical Service Center (weekdays, 9:30-10:50 a.m.) within two weeks after the suspension period ends.

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- ⑥ Students of nationalities designated by the University based on WHO information



★Students in their second year or higher in the School of Pharmacy should check the email sent in February.

The main purpose of a chest x-ray examination is to detect "active Tuberculosis (TB)" that has progressed or may progress to infectious disease.

TB can develop 6 months to several years after infection and symptoms may appear.

In the early stages of the disease, there are often no symptoms, and an annual chest X-ray is the best way to detect TB.

Early detection of TB can also prevent mass infection on campus.

The chest X-ray exposure dose is 0.06 mSv, which is about 1/4 of the dose received when flying between Tokyo and New York.

[Group 2] Height, weight, blood pressure, urine test, and WEB medical questionnaires

Duration : 20 min

Students not covered by ①-⑥ in Group 1

*If you are unsure of your group, please log in to the booking system after 1st of April to confirm.

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	13 Mon	9:30am ~ 1:00pm	2:30pm ~ 4:00pm
	14 Tue	9:30am ~ 1:00pm	2:30pm ~ 4:00pm

Location : Core Station 1st floor

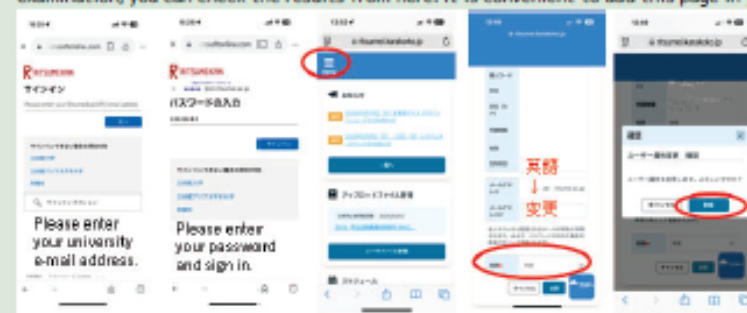
[IMPORTANT]

- (1) If you have any questions or concerns regarding the Medical Examination, please visit the Medical Service Center (first floor of the West Wing) in advance.
- (2) There are stairs going up and down at the examination place. If you need any special accommodations due to physical limitations, please contact medical service center where you belong to.

Medical Service Center (BKC) ☎077-561-2635

1. Start on 1st of April (Wednesday) from 12:00 p.m. <https://ritsumeik.karakoko.jp>

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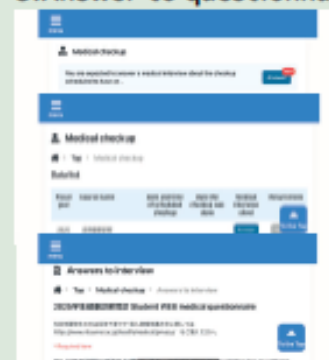


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4. Get a urine test container

Distribution day: 25th of March ~ 14th of April (except Sat and Sun) 9:30am ~ 5:00pm
Distribution place: Medical Service Center (West Wing)

5. What to bring

- ① Student ID card
 - ② Urine sample collected on the day
 - ③ White or light-colored T-shirt without any print → 【The student who needs chest X-ray (Group 1)】
- * T-shirts will not be provided for the chest X-ray. Please bring your own, avoiding bras or camisoles. Wear a simple, thin T-shirt without lace or designs, and remove any accessories in advance.

6. Please be on time your appointment. Location : Core Station 1st floor

※ You must answer to the web medical questionnaires and bring the urine sample on the day of your medical examination, as it is required for entry. However, you may enter without urine sample during a woman's menstrual period. You will be informed of the date for your urine test after other tests have been completed.

2026
spring
April

OSAKA IBARAKI CAMPUS Medical Examination

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	13	Mon	10:00am ~ 1:00pm	2:30pm ~ 4:30pm
	20	Mon	10:00am ~ 1:00pm	2:30pm ~ 4:30pm

Location : Building B 2F Grand Hall

[IMPORTANT]

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Medical Service Center (OIC) ☎072-665-2110

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Medical Service Center (first floor of the Building H)

25th of March ~15th of April (except Sat and Sun) 9:30 am~5:00 pm

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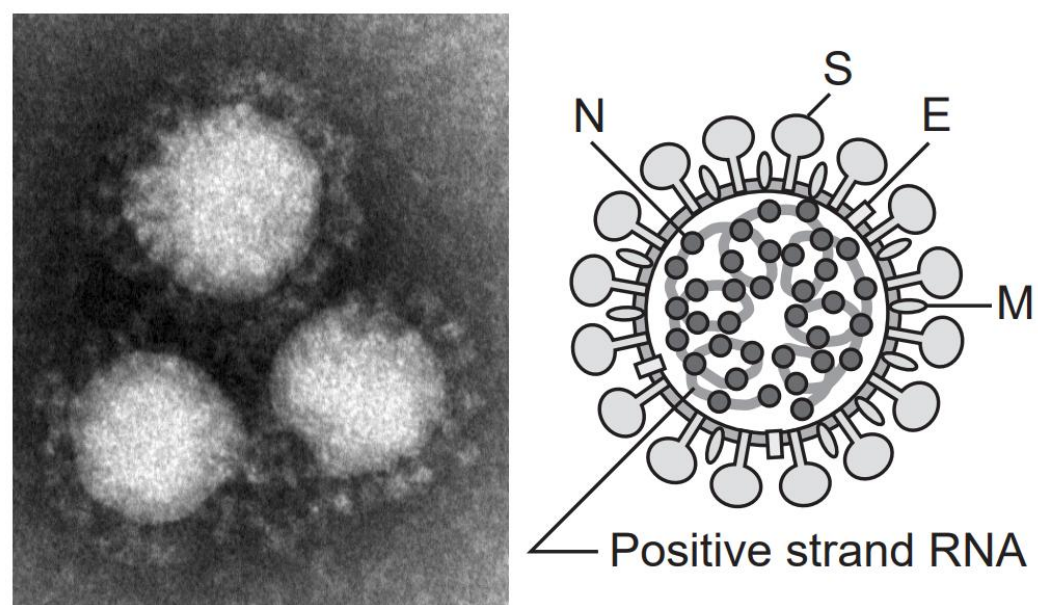
6.Please be on time your appointment. Location : Building B 2F Grand Hall

※ You must answer to the web medical questionnaires and bring the urine sample on the day of your medical examination, as it is required for entry. However, you may enter without urine sample during woman's menstrual period. You will be informed of the date of your urine test after other tests have been completed.

Precaution for Contagious Disease

感染症予防

1. Tuberculosis 結核
2. Seasonal Influenza 季節性インフルエンザ
3. COVID-19 (New Corona Virus Disease) 新型コロナ



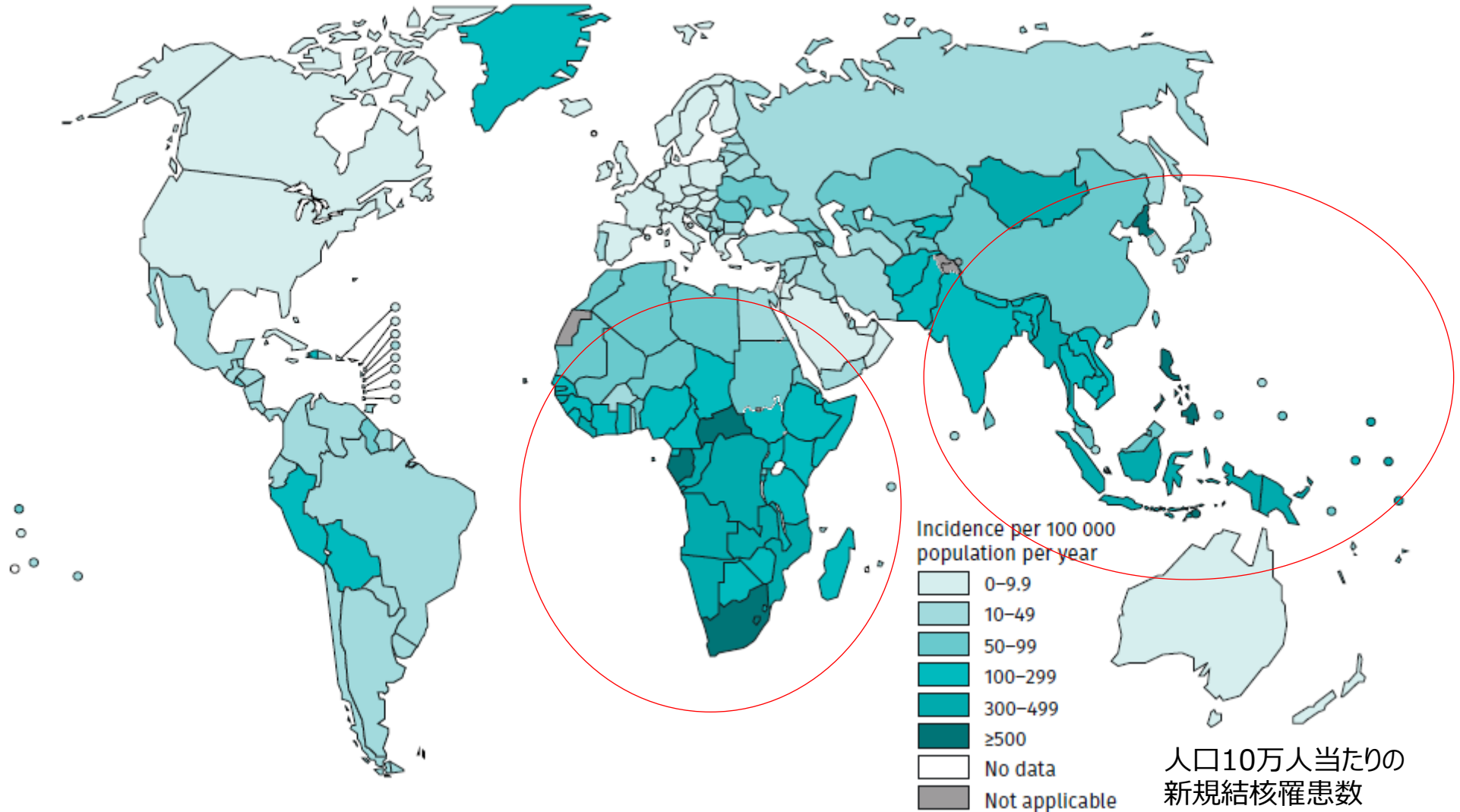
Corona Virus

世界の結核罹患率推定 2020年

“Global tuberculosis report 2021”, WHO

FIG. 13

Estimated TB incidence rates, 2020

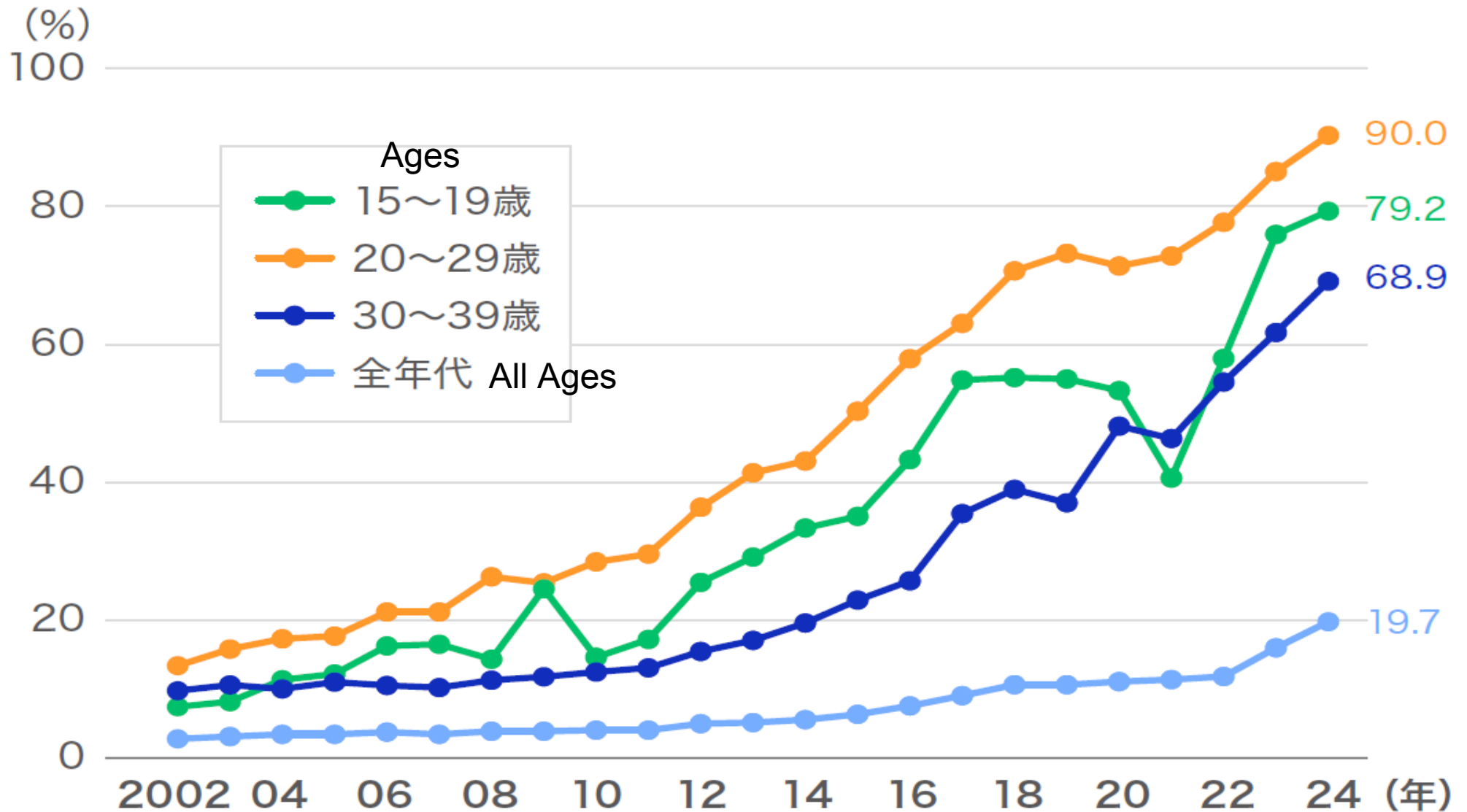


Tuberculosis is highly incident in sub-Sahara Africa, South & SE Asia.
サハラ砂漠以南のアフリカと、南・東南アジアで結核の罹患率が高い。

Proportion of foreigners among newly identified TB 新規結核登録患者数に占める外国人の割合

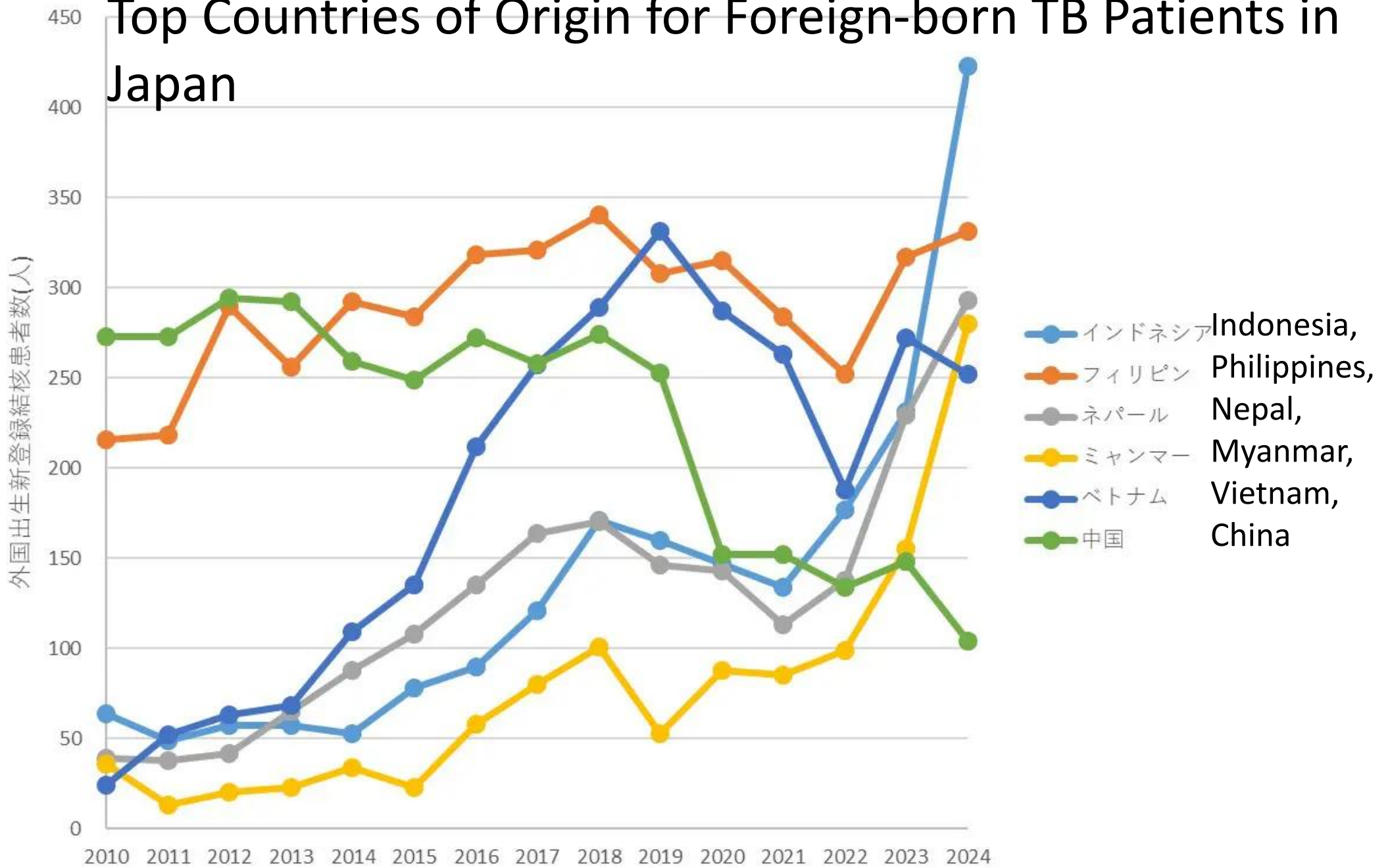


About 90% of newly-identified TB are foreign-borns in ages 20-29.
20歳代では新規結核登録患者の約90%は外国人であった。



外国出生新登録結核患者数上位6カ国の年次推移、2010～2024年

Top Countries of Origin for Foreign-born TB Patients in Japan





The purpose of Chest X-ray

胸部X線検査の目的



Purpose of the Chest X-ray examination in the annual health examination is to **find active TB in its early stage before it becomes contagious.**

肺結核を早期に発見し、周囲へ感染が広がることを予防するために実施します。

We do find active TB every year among international students....

We sincerely ask for your understanding and cooperation to receive X-ray exam.

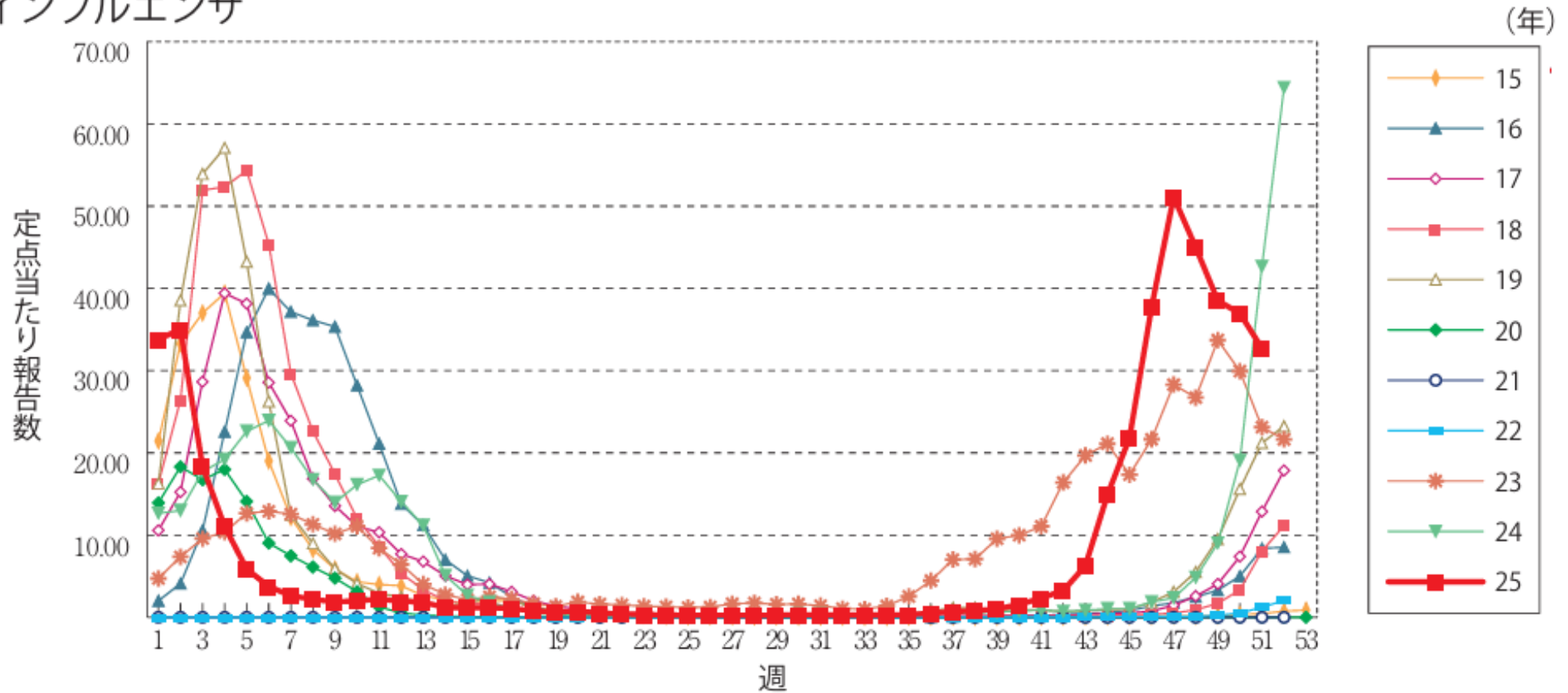
Thank you!

外国人留学生の中から肺結核が毎年発見されています。
必ず胸部X線検査を受診してください。
ご理解・ご協力をお願いいたします。



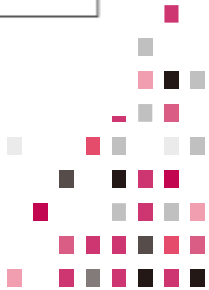
- There was a large number of Seasonal influenza in 2025-26 season. 2024-25年は大流行した。
- Get yourself a vaccine before the winter. 冬になる前に予防接種を受けましょう。
- Type of virus may vary by season; get shot every year. 流行するタイプは変化するため、毎年接種しましょう。

インフルエンザ



Vaccine on campus; November 2000 yen
11月に学内で接種可能

Vaccine; Inactive, Trivalent A; H1,H3 & B
2025-26のインフルエンザワクチンは3価の不活化ワクチンです



With COVID-19 Back to normal life Keep the Basic Protection



普通の生活に戻りましたが
基本的な感染予防対策は重要です



Face mask

マスク着用

When ill/coughing
Crowded situation
Public places



Washing hands

手洗い



Ventilation

換気

Healthy Life Style: Stay fit!

健康的な生活習慣を心がけましょう

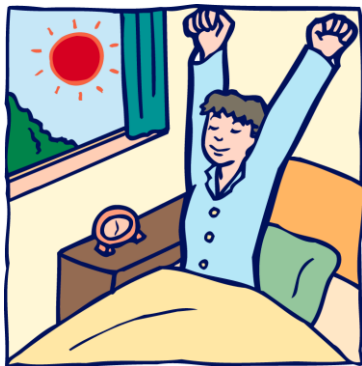
1. Spend a day with good rhythm
2. Have balanced 3 meals/day
3. Take enough sleep and rest
4. Do some exercise
5. Do not over eat/drink

規則正しい生活
栄養を考えた3食
十分な睡眠と休養
適度な運動
暴飲暴食をしない

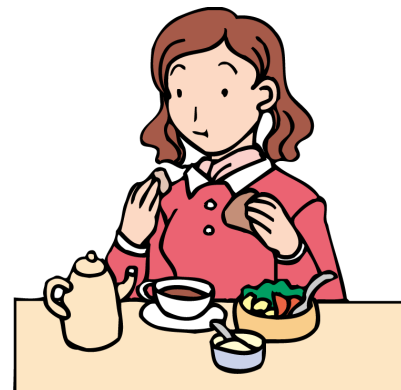
Don't stay up late
夜更かしはダメ



Get up with the Sun!
朝は起きよう



Don't smoke! 禁煙



Eat breakfast
朝食を食べましょう

Exercise
運動しよう





When feeling sick: fever, sore throat/coughing

体調不良・風邪症状がある時



CALL before you visit a
Clinic/Hospital
まずは電話してください

Don't forget to wear a **MASK**
来所持はマスクを着用してください



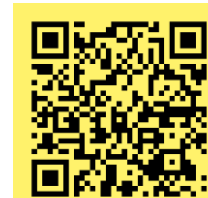
Suspension from class 出席停止

The President of Ritsumeikan University shall suspend the student from class in case of contagious diseases classified by law and regulations.

→ Submit **“Report of School Infectious Disease”** through the web site.

下記感染症に罹患した場合は指定された期間、出席停止となります。「[学校感染症罹患届申請](#)」を行ってください。

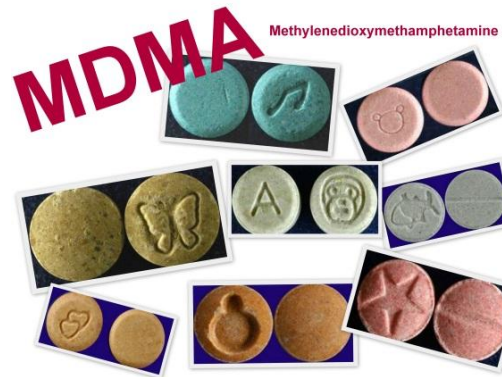
https://en.ritsumeai.ac.jp/health/about_school_infection/



Seasonal Influenza 季節性インフルエンザ	Until 5 days have passed after the onset of fever and 2 days after decline of fever. 発熱後5日を経過し かつ、解熱剤を用いずに37.5℃未満に熱が下がった後2日を経過するまで
Pertussis 百日咳	Until the distinctive cough disappears, or 5 days of appropriate antibiotic treatment is completed. 特有の咳が消失するまで、又は5日間の適正な抗菌性物質製剤による治療が終了するまで
Measles 麻疹	Until 3 days have passed after decline of fever. 解熱した後3日を経過するまで
Mumps ムンプス（おたふくかぜ）	Until 5 days have passed since the onset of swelling of the parotid gland, submaxillary gland or sublingual gland and overall condition has improved. 耳下腺、顎下腺又は舌下腺の腫脹が発現した後5日を経過し、かつ、全身状態が良好になるまで
Rubella 風疹	Until the rash disappears. 発疹が消失するまで
Varicella (Chicken pox) 水痘	Until all the blisters have scabbed over. 全ての発疹が痂皮化するまで
Pharyngoconjunctival fever (pool fever) 咽頭結膜熱（プール熱）	Until 2 days have passed after major symptoms disappear. 主症状が消退した後2日を経過するまで
COVID-19 新型コロナウイルス感染症	Until 5 days have passed after the onset, and 1 day after the recovery. 発症した後5日を経過し、かつ、症状が軽快した後1日を経過するまで。
Tuberculosis 結核	Until a physician or the school physician determines the condition to be non-contagious. 病状により学校医その他の医師において感染の恐れがないと認めるまで
Meningococcal meningitis 髄膜炎菌性髄膜炎	

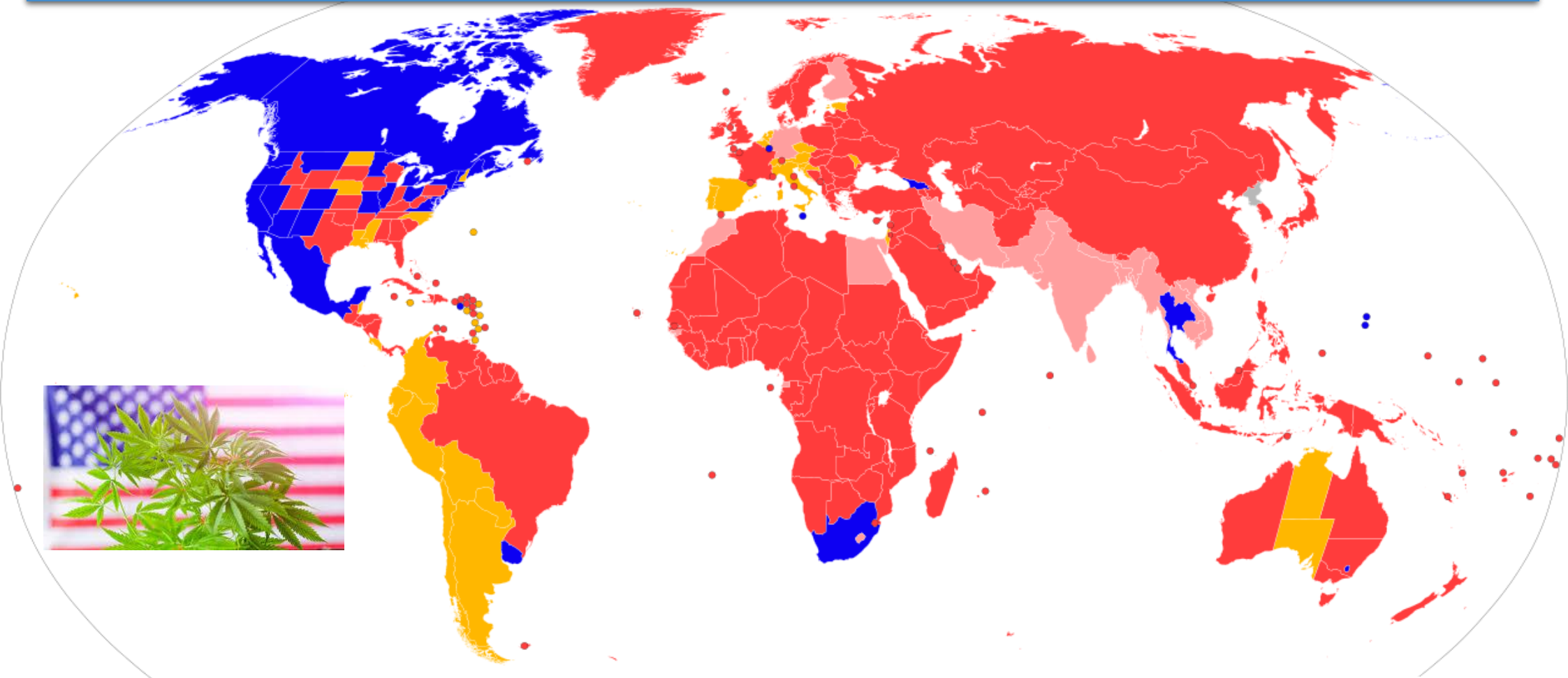
NEVER TRY ! 絶対ダメ !

Country 国	Year 年	Ages 年齢	% of Experience 使用経験の割合				
			Marijuana 大麻	Amphetamines 覚せい剤	MDMA 合成麻薬	Cocaine コカイン	Heroine ヘロイン
Germany ドイツ	2009	18-64	25.6	3.7	2.4	3.3	-
France フランス	2010	15-64	32.1	1.7	2.4	3.7	-
Italy イタリア	2008	15-64	32.0	3.2	3.0	7.0	-
GB 英国	2006	16-59	30.2	11.9	7.5	7.7	-
USA 米国	2010	>12	41.9	5.1	6.3	14.7	1.6
Japan 日本	2011	15-64	1.2	0.4	0.1	0	0



Cannabis is strictly prohibited (illegal) in Japan!

日本で大麻は違法です



Legal status of cannabis possession for non-medical use (2023)

非医療目的での大麻の使用に関する法的規制

- Legal 合法** (Blue square)
- Illegal but decriminalized 違法 (非犯罪化)** (Yellow square)
- Illegal but often unenforced 違法 (しばしば非強制)** (Light orange square)
- Illegal 違法** (Red square)



NEVER TRY !

絶対ダメ



**Don't touch Illicit drugs:
Not only using it
But also sole possession will
be punished in Japan.**

**違法薬物は所持しているだけでもダメ
絶対に手を出してはいけません**





Smoking is banned in all property

立命館大学は全面禁煙（特定屋外喫煙場所を除く）、周辺地域は禁煙エリアです
指定されたエリア外での喫煙行為は、法令違反です



Heat-not-burn Tobacco is similarly harmful to cigarettes.
加熱式タバコも有害です。



We have “cessation clinic” to help you quit smoking.
禁煙外来で禁煙しましょう。



Summary まとめ

- ◆ **Please do not hesitate to use Medical Service Center.**
- ◆ **Keep healthy life style and stay fit!**
- ◆ **Be cautious of contagious illness; TB, COVID-19, Flu**
 - **Use face-masks**
 - **Wash hands**
 - **Ventilate**
- ◆ **Stay away from drugs&tobacco (vapers)**

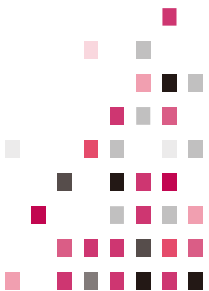
気軽に保健センターへ相談ください

健康的な生活を送りましょう

インフルエンザなど様々な感染症に注意しましょう

マスク・手洗い・換気を適切に続けてください

違法薬物やタバコはダメですよ



***Please feel free to come.
You are always welcome.
Enjoy the stay in Ritsumeikan University!
Thank you.***

いつでも気軽に利用してください。
お待ちしております。
立命館大学での生活が充実したものになりますように。

Futurize.

きみの意志が、未来。