

# 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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Dr. Katsumi NAKAGAWA 中川 克 教授 Director 所長 General 総合 Travel medicine 渡航医学

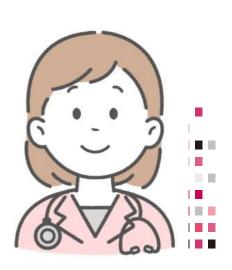
> Dr. Daisuke KOBAYASHI 小林 大介 教授 Lung disease 呼吸器内科 Infection control 感染制御





Dr. Michihisa SUMI 鷲見 長久 教授 Psychiatrist 精神科

Dr. Akiko MISAWA 三沢 あき子 教授 小児科 Pediatrician





## 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



### **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 1<sup>st</sup> floor Building H H棟 Ist floor

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



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

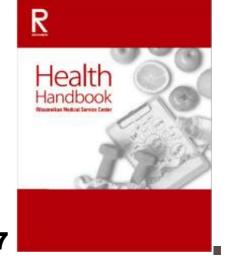
Regularly: 通常は

- ◆ 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.ritsumei.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 <u>prescribed a medicine</u>, or <u>performed of X-rays and other examinations</u>, <u>you must pay</u> 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。

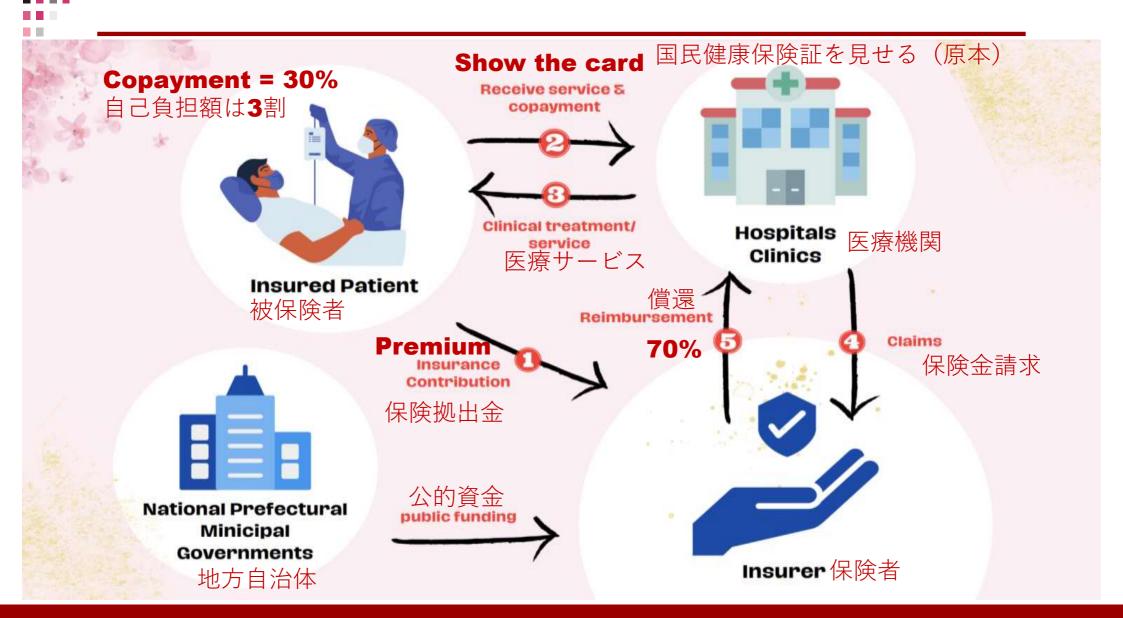
薬の処方、X線・採血等の検査を行った場合は健康保険を使った診療になり、費用を払っていただきます。 健康保険証を持参してください。

> 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。

10000

## 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 is written in Japanese! Ask a Japanese to check the exp date.



保険証は日本語で書かれています。



記号 茨国 番号 3 ××× 2 (枝番) 01

氏 名

被保険者証

生 年 月 日 平成 16年 2月 27日 性 別 女 適用開始年月日 令和 6年 3月 13日

交付年月日令和 6年 3月 18日

世帯主氏名

住所 大阪府茨木市岩倉町2番127号 立命 館大学OICグローバルハウス

館大学OICグローバルハウス

保険者番号 2 xxx 交付者名茨木市

電話 072-622-8121(代表)

Osaka — national health insurance	Expiration date October 31, 2020
	YEAR : incorrec
full name	
Date of birth: Febru	ary 27, 2004 Gender: Female
Application start date	March 13, 2020 gle translated
Date of issue. War	gie <sub>2</sub> transiated
Head of household nam	е
	University OIC Global House, 2-127 raki Čity, Osaka Prefecture
	Issuer name Ibaraki City

#### **Imperial Era: REIWA (R)**

令和 6年 10月 31日 YMD

R7 = 2025

R6 = 2024

R5 = 2023

#### **Notice the differences in DATES**

The order of the date differs:						
JAPAN	JAPAN (R) YY/M/D					
US	MM/DD/YYYY					
Europe	DD/MM/YYYY					



nanoo

Phone: 072-622-8121 (main)



## New "Card with extended expiration date" will be sent from the city/ward office by a "Registered Mail" 更新された保険証は「書留」で郵送される



対面で受領しなければならない

不在時には、

郵便局に持って帰られる

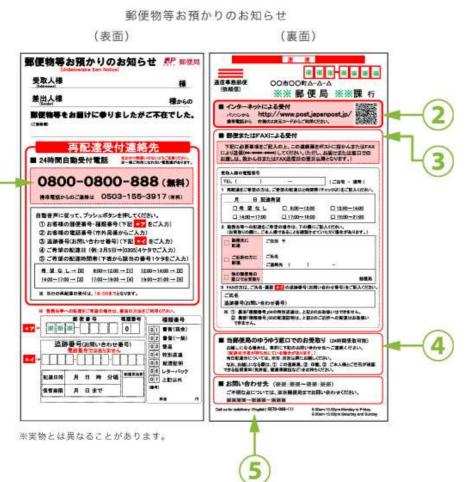
「不在通知」: 郵便物等お預かりのお知らせ

#### 不在通知票

## ""Undeliverable Item Notice"







- ①TEL (Japanese) お問い合わせ電話番号
- ②Read QR code and register (Japanese) QRコードを読み取って登録する
- ③Register by post 郵送で登録する
- ④Visit the post office: 郵便局に行く

**Need to call before you go (Japanese)** 

行く前に電話連絡が必要です

**Need to show your official ID, bring INKAN** 身分証明書と印鑑が必要です

⑤CALL in English 0570-046-111 (英語対応) 8:00~21:00

The post office will hold your package for up to 15 days:

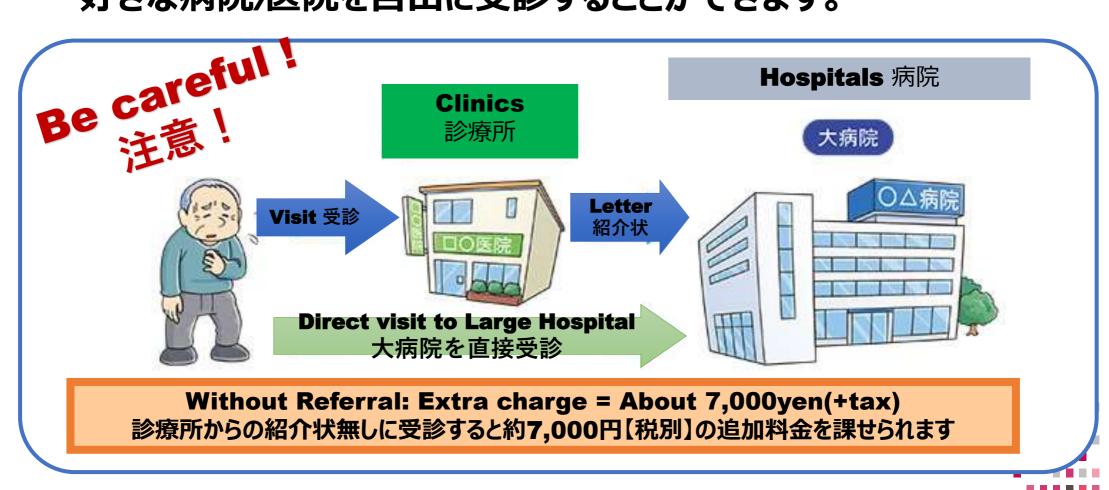
Otherwise, it will be returned to the sender (city/ward office).

15日間が経過すると 郵便物は送り主に戻される: 市役所/区役所に戻される

## 「Choosing hospital/clinic 病院の選択



**You may visit any clinic you wish to go.** 好きな病院/医院を自由に受診することができます。





## **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 <u>translated</u> 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



- 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

- Mandatory: "Act of School Health & Safety, Japan"
- 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.



- 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





#### 2025 Medical Examination For Kinugasa Campus

Be sure to take the annual medical examination for FY2025.

Under "Ritsumeikan University Student Medical Examination Regulations", it is obligated that every graduate and undergraduate students should undergo the Annual Medical Examination held in the beginning of each academic year.

#### Please make a reservation, and be punctual!

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

Students absent due to a school infectious disease during the designated period will not be charged, but a report must be submitted via the Medical Service Center website. Outside the specified period, a fee-based medical examination will be required starting in June. 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 · Urinalysis · WEB medical questionnaires

- New students, transfer students, and re-entry students in 2025
- ② Current students who have never had a medical examination at the university.
- (3) Planning to do off-camous training in 2025
- College of Pharmaceutical Sciences all grades
- (5) Undergraduates (4th year or above + Skipping graduate)
- Graduate students
- To Students of nationalities designated by the University based on WHO information



The main purpose of chest X-ray examination is to detect active tuberculosis (TB) that has developed to the point of infection or is at risk of developing into infectious disease, and to 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 To-kyo and New York.

#### [Group 2] Height · Weight · Blood pressure · Urinalysis · WEB medical questionnaires

Those who do not fit into Group 1, 1-7.

Month	Day		Reception time			
	9	Wed	10:30em ~ 12:30pm	2:10pm ~ 3:50pm		
	10	Thu	9:30am ~ 12:30pm	2:10pm ~ 3:50pm		
America	11	Fri	9:30am ~ 12:30pm	2:10pm ~ 3:50pm		
April	14	Mon	9:30am ~ 12:30pm	2:10pm ~ 3:50pm		
	15	Tue	9:30am ~ 12:30pm	2:10pm ~ 3:50pm		
	16	Wed	9:30am ~ 12:30pm	2:10pm ~ 3:50pm		

Location: IgakuKan Male: IG101Hall Female: IG102Hall

#### [What to bring]

(1) Student ID card (2) Urine sample collected on the day (3) A black pen

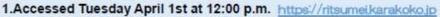
\* T-shirts will not be provided for the chest X-ray. Please bring your own, avoiding bras or camisoles. Wear a simple, thin t-shirt without lace or designs, and remove any accessories beforehand.

#### [IMPORTANT]

- If you have any questions or concerns regarding the Medical Examination, please visit the Medical Service Center (first floor of Shigakukan) beforehand.
- (2) There are steps at the examination place. If you have difficulty with stairs, please contact medical service center where you belong.



Medical Service Center (Kinugasa) #075-465-8232





#### ★Please switch the language from Japanese to English. (Japanese is displayed at first)

Tap the three lines in the upper left corner. Tap the bottom two user attribute changes. Your health care page Growbase will appear.

You can make the medical examination appointments, answer web-based questionnaires, and view the results of medical examination. It is convenient to save it to your favorites or create shortouts to your mobile phones.

#### 2.Make a reservation



- (1) Please turn the screen to landscape. Tap the scheduling displayed on the schedule.
- Confirm the date, time, and venue, check "O", and tap the date below.
- Return to the top screen and check that the desired reservation date and time appear in the schedule.

#### Attention

Under the "Schedule Designation" screen, you will see "As there is no day convenient for me in the above list, I will make a request for a schedule convenient for me through the input field below".

will not be able to respond to your request in this field. Please select the dates shown.

If you cannot make the designated date, please schedule a reserved appointment in May (announced around 10:00 a.m. on May 1). Otherwise, you can use the fee-based checkup starting June 2. Details will be posted on the Medical Service Center website in late May.

#### 3. Answer to questionnaires



- Tap the answer displayed in NEW in the Medical checkup on the TOP screen.
- Please tap the answers to the medical interview sheet and answer each question.
- Review your answers and tap Answer to finish answering.





#### 4.Get a urine test container

Day of distribution: March 25~April 16 9:30 am ~ 5:00pm (except Sat and Sun) Place of distribution: Ritsumeikan Medical Service Center (Shigakukan 1st floor)

#### 5.Please be on time your reservation.

You must\_bring the urine collected on the day of your medical examination, as it is required for entry However, you may enter without urine collection during menstruation. You will be informed of the date of your urinalysis after other tests have been completed.

#### 2025 Medical Examination For Biwako · Kusatsu Campus

Be sure to take the annual medical examination for FY2025.

Under "Ritsumeikan University Student Medical Examination Regulations", it is obligated that every graduate and undergraduate students should undergo the Annual Medical Examination held in the beginning of each academic year.

#### Please make a reservation and be punctual!

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

Students absent due to a school infectious disease during the designated period will not be charged, but a report must be submitted via the Medical Service Center website. Outside the specified period, a fee-based medical examination will be required starting in June. 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 Urinalysis WEB medical questionnaires

- New students, transfer students, and re-entry students in 2025
- Current students who have never had a medical examination at the university.
- ③ Planning to do off-campus training in 2025
- (4) College of Pharmaceutical Sciences all grades
- ⑤ Undergraduates (4th year or above · Skipping graduate)
- Graduate students
- Students of nationalities designated by the University based on WHO information

The main purpose of chest X-ray examination is to detect active tuberculosis (TB) that has developed to the point of infection or is at risk of developing into infectious disease, and to 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 · Urinalysis · WEB medical questionnaires

Those who do not fit into Group 1, 1-7.

Month	Day		Reception time				
	7	Mon	10:00am ~ 1:00pm	2:30pm ~ 4:30pm			
	8	Tue	10:00am ~ 1:00pm	2:30pm ~ 4:30pm			
	9	Wed	10:00am ~ 1:00pm	2:30pm ~ 4:30pm			
April	10	Thu	10:00am ~ 1:00pm	2:30pm ~ 4:30pm			
	11	Fri	10:00am ~ 1:00pm	2:30pm ~ 4:30pm			
	14	Mon	10:00am ~ 1:00pm	2:30pm ~ 4:30pm			
	15	Tue	10:00am ~ 1:00pm	2:30pm ~ 4:30pm			

Location: Core Station 1st floor \*Please be careful not to be late for the reservation time.

#### [What to bring]

(1)Student ID card (2)Urine sample collected on the day (3)A black pen

Thin plain T-shirt (without embroidery or print) 
 □ [Group 1 Only Chest X-Ray Subjects ]

\* 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 beforehand.

#### [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) beforehand.
- (2) There are steps at the examination place. If you have difficulty with stairs, please contact medical service center where you belong.

Medical Service Center (BKC) 2 077-561-2635



#### Accessed Tuesday April 1st at 12:00 p.m. https://ritsumei.karakoko.jp



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Tap the three lines in the upper left corner. Tap the bottom two user attribute changes. Your health care page Growbase will appear.

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- Confirm the date, time, and venue, check "O", and tap the date below.
- Return to the top screen and check that the desired reservation date and time appear in the schedule.

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#### 3. Answer to questionnaires



- (i) Tap the answer displayed in NEW in the Medical checkup on the TOP
- Please tap the answers to the medical interview sheet and answer. each question.
- Review your answers and tap Answer to finish answering.





HE WORKS STREET

#### 4. Get a urine test container

Day of distribution : April 3, 4, 7~11 8:45 am ~ 12:45am Place of distribution: Near the main gate, bus stop, and the Core-Station

\*Medical Service Center (West Wing) March 25 ~April15 (except Sat and Sun) 9:30 am~5:00pm

#### Please be on time your reservation.

You must bring the urine collected on the day of your medical examination, as it is required for entry However, you may enter without urine collection during menstruation. You will be informed of the date of your urinalysis after other tests have been completed.



#### 2025 Medical Examination For Osaka Ibaraki Campus

Be sure to take the annual medical examination for FY2025.

Under "Ritsumeikan University Student Medical Examination Regulations", it is obligated that every graduate and undergraduate students should undergo the Annual Medical Examination held in the beginning of each academic year.

#### Please make a reservation and be punctual!

If you do not have a medical examination, you will not be able to issue a medical certificate for the year. Students absent due to a school infectious disease during the designated period will not be charged, but a report must be submitted via the Medical Service Center website. Outside the specified period, a fee-based medical examination will be required starting in June. 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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- Graduate students
- (7) Students of nationalities designated by the University based on WHO information

The main purpose of chest X-ray examination is to detect active tuberculosis (TB) that has developed to the point of infection or is at risk of developing into infectious disease, and to 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 fiving between Tokyo and New York.

#### [Group 2] Height · Weight · Blood pressure · Urinalysis · WEB medical questionnaires

Those who do not fit into Group 1, 1-7.

Month	Day		Reception time			
April	7	Mon	10:00am ~ 1:00pm	2:30pm ~ 4:20pm		
	8	Tue	10:00am ~ 1:00pm	2:30pm ~ 4:20pm		
	9	Wed	10 : 00am ~ 1 : 00pm	2:30pm ~ 4:20pm		
	14	Mon	10:00am ~ 1:00pm	2:30pm ~ 4:20pm		
	21	Mon	10 : 00am ~ 1 : 00pm	2:30pm ~ 4:20pm		

Location: Building B 2F Grand Hall \*Please be careful not to be late for the reservation time.

#### [What to bring]

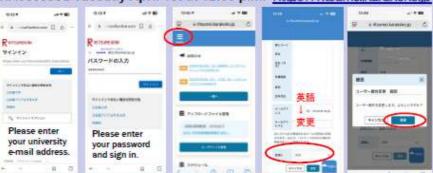
- (1) Student ID card (2) Urine sample collected on the day (3) A black pen
- \* T-shirts will not be provided for the chest X-ray. Please bring your own, avoiding bras or camisoles. Wear a simple, thin t-shirt without lace or designs, and remove any accessories beforehand.

Medical Service Center (OIC) 2072-665-2110

#### [IMPORTANT]

- (1) If you have any questions or concerns regarding the Medical Examination , please visit the Medical Service Center (first floor of the H) beforehand.
- (2) There are steps at the examination place. If you have difficulty with stairs, please contact medical service center where you belong.

1.Accessed Tuesday April 1st at 12:00 p.m. https://ritsumei.karakoko.jp



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- (1) Tap the answer displayed in NEW in the Medical checkup on the
- (2) Please tap the answers to the medical interview sheet and answer each question.
- Review your answers and tap Answer to finish answering.





HE WHATS CHOOL O

#### 4. Get a urine test container

Day of distribution: April 3.4 / 11:00am~1:00pm

Place of distribution: Near the North entrance (Iwakura Gate), Sora-no Plaza

#### Please be on time your reservation.

You must bring the urine collected on the day of your medical examination, as it is required for entry However, you may enter without urine collection during menstruation. You will be informed of the date of your urinalysis after other tests have been completed.

## 2025 Medical Examination For Kinugasa Cam

Be sure to take the annual medical examination for FY2025

Under "Ritsumeikan University Student Medical Examination Regulations", it is obligate graduate and undergraduate students should undergo the Annual Medical Examination beginning of each academic year.

#### Please make a reservation and be punctual!

If you do not have a medical examination, you will not be able to issue a medical certificate Students absent due to a school infectious disease during the designated period will not be charged, but a submitted via the Medical Service Center website. Outside the specified period, a fee-based medical exam required starting in June. Please visit the Medical Service Center (weekdays, 9:30-10:50 a.m.) within two v suspension period ends.

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#### 2025 Medical Examination For Osaka Ibaraki

Be sure to take the annual medical examination for FY2025.

Under "Ritsumeikan University Student Medical Examination Regulations", it is obligate graduate and undergraduate students should undergo the Annual Medical Examination beginning of each academic year.

#### Please make a reservation and be punctual!

If you do not have a medical examination, you will not be able to issue a medical certificate for t Students absent due to a school infectious disease during the designated period will not be charged, but a submitted via the Medical Service Center website. Outside the specified period, a fee-based medical exam required starting in June. Please visit the Medical Service Center (weekdays, 9:30-10:50 a.m.) within two suspension period ends.



**BKC** 

OIC



Accessed Tuesday April 1st at 12:00 p.m. 4月1日(火) 12:00 ~ にアクセスする





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

健康診断予約ページを見て、お気に入りに登録すること!

#### 衣笠キャンパス 2025年度学生定期健康診断

2025年度の定期健康診断を実施します。必ず受診してください。 立命館大学学生健康診断規程に基づき、大学院生および学部生は、毎年度初めに実施さる健康診断を受診することが義務付けられています。

社会人学生の方で1年以内に職場健診(日本国内で受診した結果で胸部X線含む)を受診れている方は、その写しを衣笠保健センター(志学館1階)にご提出していただく事では検査に代える事が可能です。その場合もWEB問診の回答は必要です。

<u>必ず予約を取って受診をしてください。時間厳守!</u> 受診しないと就職活動用・実習等の健康診断証明書は発行できません!

#### 指定期間に受診しなかった場合は、6月より有料での対応となりますのでご注意ください。

\*指定期間に学校感染症で欠席した場合は無料で対応します。但し、保健センターホーム ページから学校感染症罹患報告を行っていること。出席停止期間終了後2週間以内に保健 ンター(平日午前9:30~10:50)にきてください。

#### びわこ・くさつキャンパス 2025年度学生定期健康診断

2025年度の定期健康診断を実施します。必ず受診してください。 立命館大学学生健康診断規程に基づき、大学院生および学部生は、毎年度初めに実施さ る健康診断を受診することが義務付けられています。

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#### 大阪いばらきキャンパス 2025年度学生定期健康診断

2025年度の定期健康診断を実施します。必ず受診してください。 立命館大学学生健康診断規程に基づき、大学院生および学部生は、毎年度初めに実施され る健康診断を受診することが義務付けられています。

社会人学生の方で1年以内に職場健診(日本国内で受診した結果で胸部X線含む)を受診されている方は、その写しをOIC保健センター(H棟1階)にご提出していただく事でこの査に代える事が可能です。その場合もWEB問診の回答は必要です。

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m Health System

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## Precaution for 感染症予防 Contagious Disease

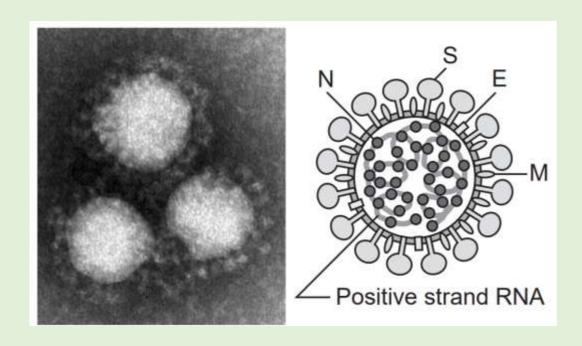
1. Tuberculosis

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

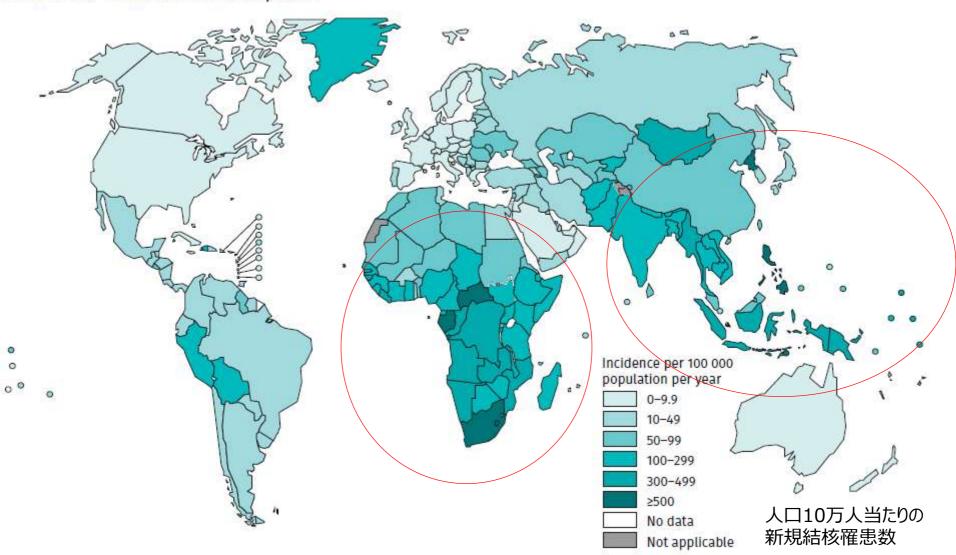


**Corona Virus** 



世界の結核罹患率推定 2020年 "Global tuberculosis report 2021", WHO

FIG. 13 Estimated TB incidence rates, 2020

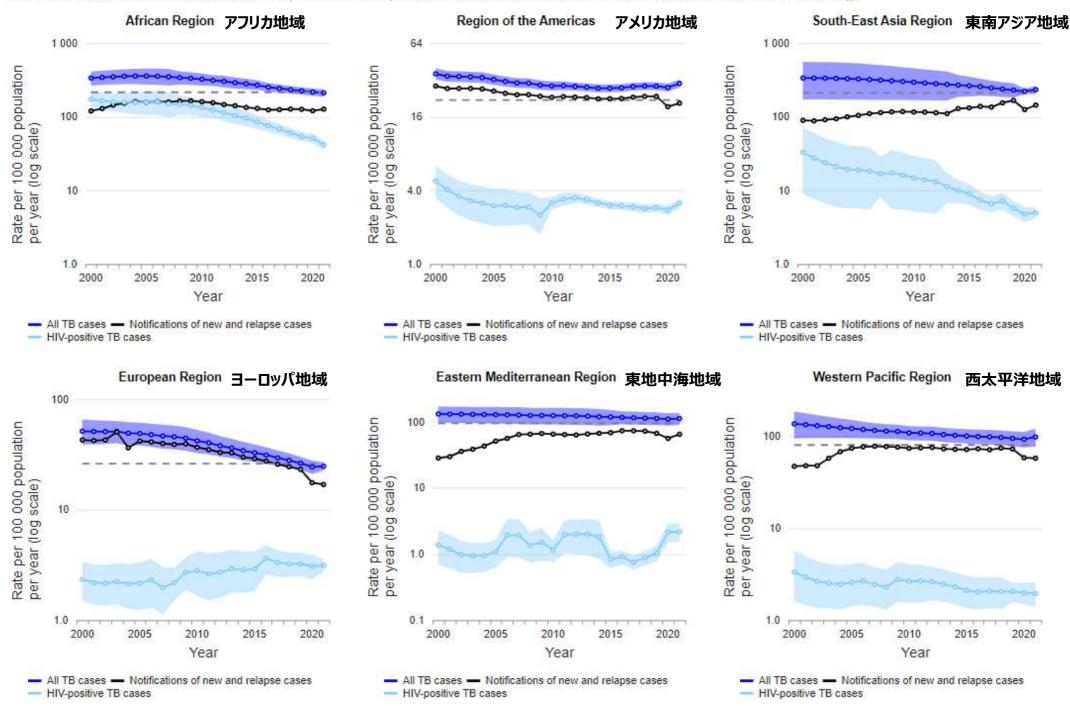


Tuberculosis is highly incident in sub-Sahara Africa, South & SE Asia. サハラ砂漠以南のアフリカと、南・東南アジアで結核の罹患率が高い。

#### WHO地域別推定結核罹患率の推移

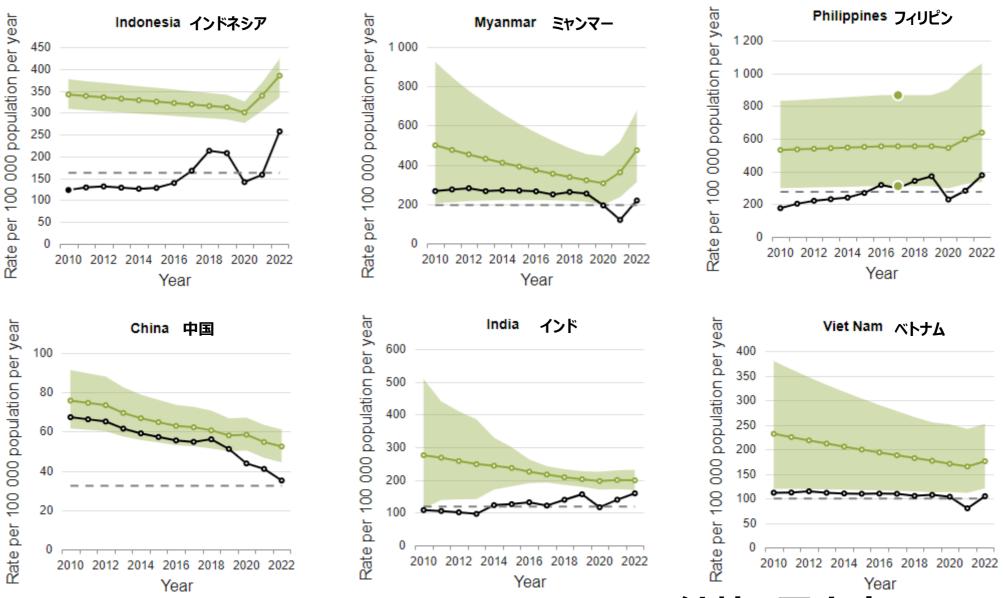
#### Fig. 2.1.7 Trends in estimated TB incidence rates by WHO region, 2000–2021

Total TB incidence rates are shown in blue and incidence rates of HIV-positive TB are shown in light blue. The black solid lines show notifications of new and relapse cases for comparison with estimates of the total incidence rate. Shaded areas represent uncertainty intervals. The horizontal dashed line shows the 2020 milestone of the End TB Strategy.

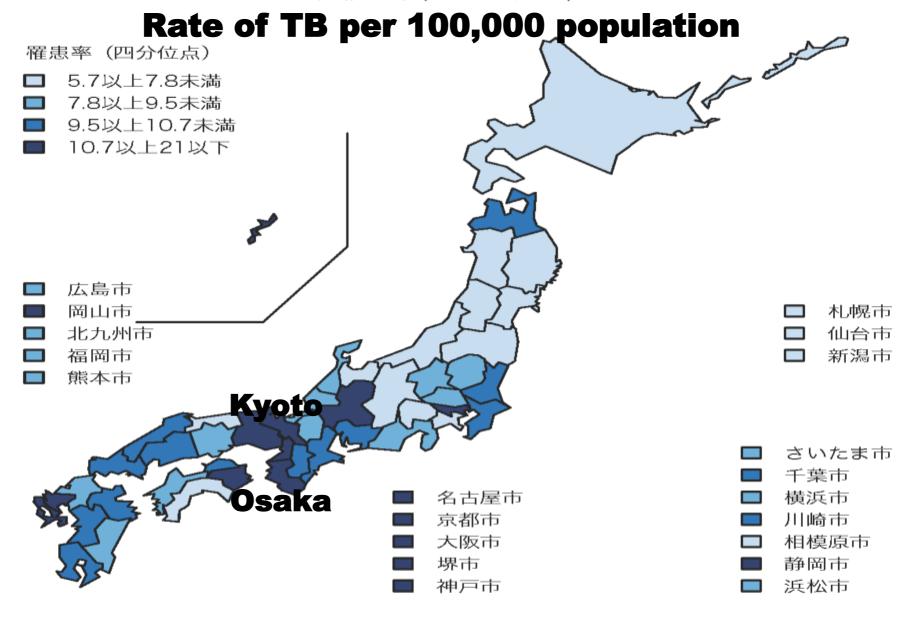


TB incidence rates are shown in green. The black solid lines show notifications of new and relapse cases for comparison with estimates of the total incidence rate. Shaded areas represent 95% uncertainty intervals. The horizontal dashed line shows the 2025 milestone of the End TB Strategy, which is a 50% reduction between 2015 and 2025.

結核罹患率は緑色で示しています。



Tuberculosis incidence rate 結核 罹患率





## **Locally Endemic in Japan**

日本でも地域的に感染があります

23/38

## 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 70% 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70%は外国人であった。

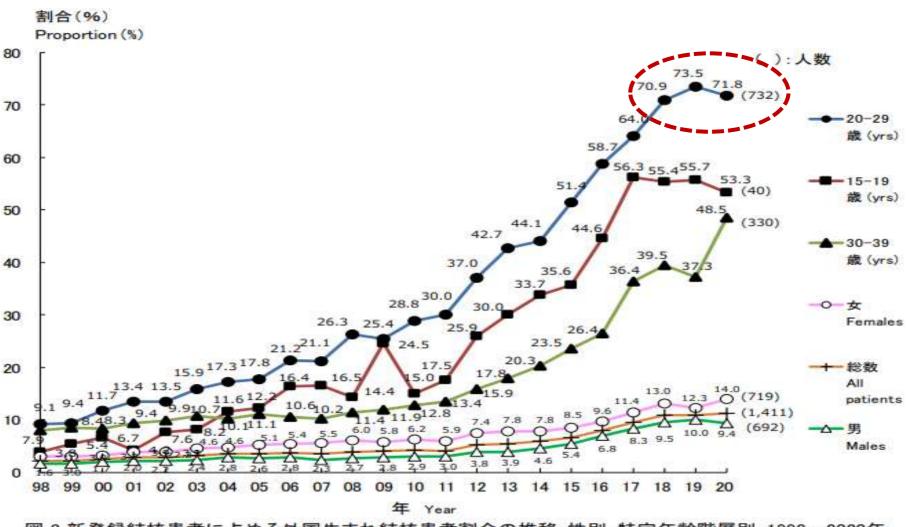


図 3 新登録結核患者に占める外国生まれ結核患者割合の推移, 性別・特定年齢階層別, 1998~2020年 Fig. 3 Annual trend of proportion of foreign-borns among newly notified tuberculosis patients, by sex and age group, from 1998 to 2020



## 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 <u>do</u> find active TB every year among international students.... We sincerely ask for your understanding and cooperation to receive X-ray exam.

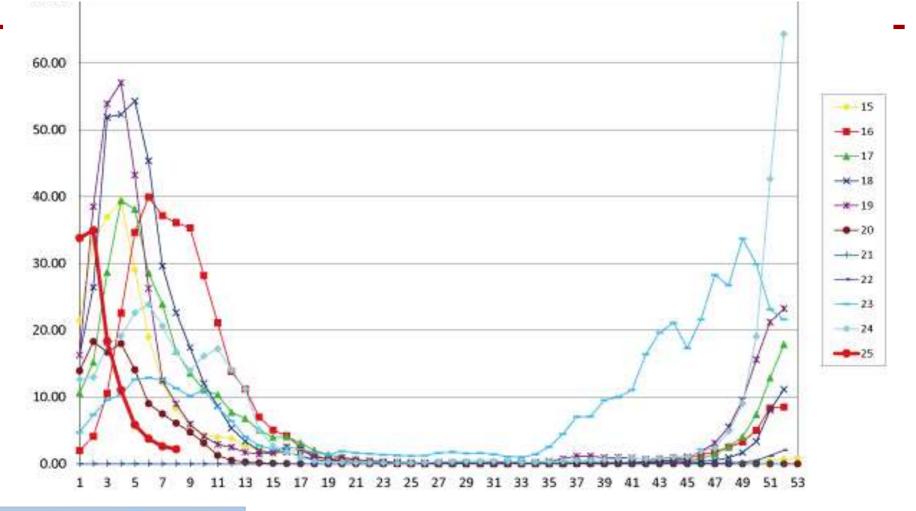
Thank you!

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。



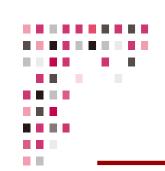
There was a large number of Seasonal influenza in 2024-25 season. 2024-25年は大流行した。 Get yourself a vaccine before the winter. 冬になる前に予防接種を受けましょう。

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。



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





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







## 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 <u>"Report of School Infectious Disease"</u> through the web site.

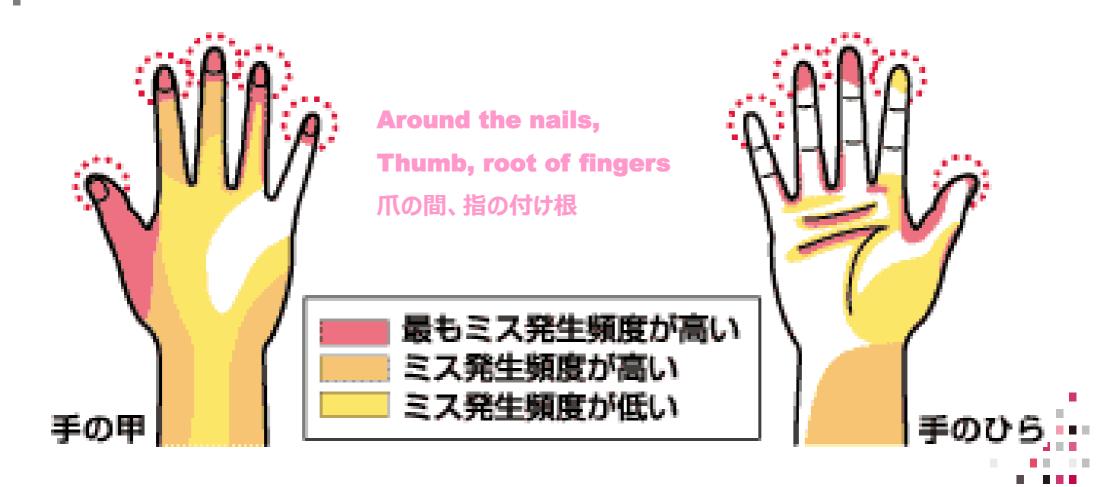
下記感染症に罹患した場合は指定された期間、出席停止となります。「学校感染症罹患届申請」を行ってください。

https://en.ritsumei.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、 症状が軽快した後1日を経過するまで。			
Tuberculosis 結核 Meningococcal meningitis 髄膜炎菌性髄膜炎	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			

## When you unconsciously wash your hands, pink \*\* yellow areas of the picture are usually ignored.



参考: Taylor, L., Nursing Times, 74,54(1978)

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## 手を洗おう! Wash your hands!



感染症予防には、流水と石けんによる手洗いが有効です。

Washing your hands with soap and running water is essential for preventing infection.

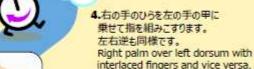
## 石けんと水を用いた手洗いの方法 -WASHING HANDS WITH SOAP AND WATER-





- 水で手を濡らして。 Wet hands with water.
- 2.十分な量の石けんを手に取り、手全体に広げます。 Apply enough soap to cover all hand surfaces.

Startl 40-60 seconds







手のひらを合わせて指を組み こすります。 Palm to palm with fingers interlaced

6.右手の指を、左の手のひらの上で ぐるぐると時計回り、そして反時計 回りにこすります。左右逆も同様です。 Rotational rubbing, backwards and forwards with tips of fingers of right hand in left palm and





7.右の手のひらで左の親指を握って 回すように手をこすります。 左右逆も同様です。 Rotational rubbing of left thumb clasped in right palm and



3.手のひらをこすり合わせます Rub hands palm to palm.



11.タオルを使って蛇口を閉めます。 Use towel to turn off faucet.



10.使い捨てタオルで丁寧に拭きます。 Dry thoroughly with a single use towel.



9.手を水で洗います。 Rinse hands with water.



8.手首も忘れずに洗います。 Wash your wrists.

立命館大学保健センター Ritsumeikan Medical Service Center



## NEVER TRY!絶対ダメ!

Country	<b>Year</b> 年		% of Experience 使用経験の割合				
国 国			Marijuana 大麻	Amphetamines 覚せい剤	MDMA 合成麻薬	<b>Cocaine</b> 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	-
<b>Italy</b> 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

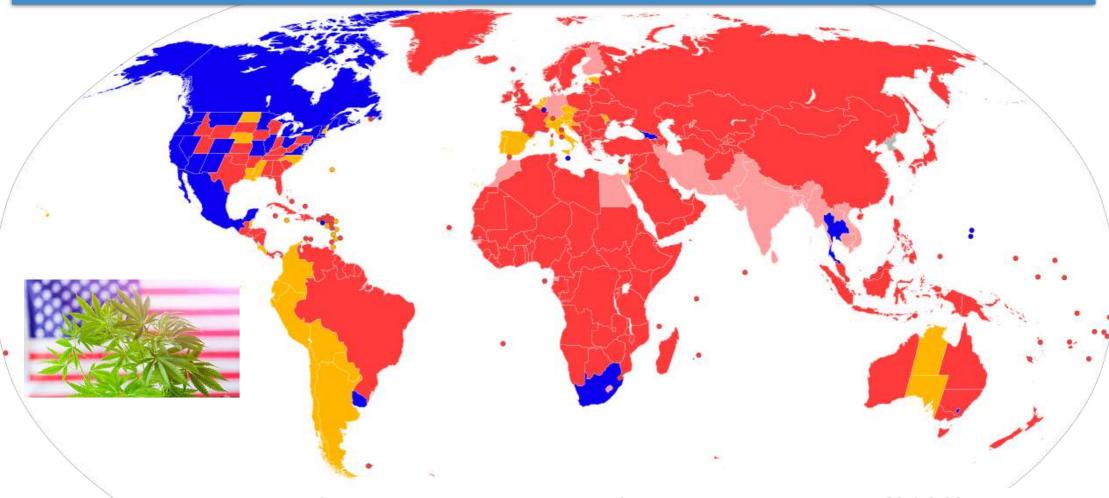






Dangerous Drugs 危険ドラッグ

### 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 Illegal but decriminalized 違法(非犯罪化)

Illegal but often unenforced 違法(しばしば非強制)

■ Illegal 違法



## 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。 お待ちしています。 立命館大学での生活が充実したものになりますように。

