

健康のしおり

English Language



The University of Tokyo Health Service Center

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1. Preface

To all new students,

Congratulations on your enrollment to the University of Tokyo.

This booklet is a summary of the various services provided by the University Health Service Center, a branch of the Division for Health Service Promotion, as well as health-related knowledge and information necessary for your life as a student. The Division for Health Service Promotion is an organization that supports students, faculty, and staff in their efforts to stay healthy. The Health Management Section provides health management, and the Clinical Service Section provides medical care. Both sections work together to promote the health of students and staff. In practice, the Health Service Centers on Hongo, Komaba and Kashiwa Campuses promote activities aimed at providing health support so that students can enjoy a fulfilling campus life at the University of Tokyo, including study and research.

This booklet is prepared by the staff of the Division for Health Service Promotion. Based on the questions and consultations we received at the health centers in each area, we have made the contents useful for all students in their first semester at the College of Liberal Arts. We hope that you will use it as a guide for a healthy university life not only at the time of admission, but also until graduation.

We hope it will be of some help to you in leading a meaningful and fruitful university life.

Spring 2023

Division for Health Service Promotion

2. What to do when you feel sick.

It is important to maintain your mental and physical health and to get appropriate treatment and care when necessary in order to live a comfortable and meaningful life as a student. The earlier the detection of the illness, the easier it is to treat it. Although young people rarely suffer from life-threatening illnesses, it is not uncommon for minor symptoms to be a sign of a serious illness. Please feel free to consult a doctor at the Health Service Center. If you have any other questions about your health, do not hesitate to ask medical staff at the center.

Health check-ups are an important opportunity to detect illnesses that you may not be aware of at an early stage. Even if you have no symptoms, if the results of your physical examination indicate that you need to see a doctor, please be sure to bring the results of your check-up to the Health Service Center or take it to your family doctor. The student health check-ups are mandatory for all students of the University. In addition, the Health Service Center issues medical certificates for practical training and employment to those who have undergone a medical check-up in the current academic year. Therefore, if you have not had a medical check-up, you will need to have a medical check-up at the Health Service Center at your own expense (by appointment only) or other clinics outside the university, which usually costs more than our clinic. Chest X-rays are particularly important for detecting infectious diseases, such as tuberculosis, early enough to prevent its spread to others. Please do not miss your student health check-ups for your own sake and for the sake of those around you.

For details, please refer to "3. What is the Health Service Center like?"

Students can receive health consultations and examinations at the Health Service Center free of charge, but are charged for any tests and prescriptions in accordance with the fee regulations.

Notice for the visitors to our Health Service Center

○If you have fever or respiratory symptoms such as cough○

It is possible that you may have an infectious disease (COVID-19, measles, influenza, or other diseases that can spread to others). Since the university is a mass-gathering environment, infection clusters can easily occur. Before going to lectures or club activities, please visit a medical institution near your home and ask if you can go

to the university, or call the Health Service Center for advice. The Health Service Center separates the line for patients with possible infectious diseases, so please call the center in advance.

○If you are already receiving treatment for the same symptoms○

If you have a primary doctor or a family hospital and are using medicines, we can smoothly provide medical treatment if you have documents, such as medical information forms (letter of introduction, etc.), lab test results, medication notebook, or written explanation of the medicines. If you are taking over-the-counter (OTC) medicines, the medicine itself or written explanation of the medicines will be helpful in the medical examination.

○If you are already being treated for a chronic illness○

Depending on your chronic disease and medications, the medications being prescribed may differ even for the same symptoms. We recommend that you have a clear understanding of your chronic illnesses and symptoms, and if you have difficulty explaining them, bring a brief timeline of notes.

These will be very important when you visit your healthcare provider, not only now, but in the future as well. With the correct information, the doctor will be able to make a more appropriate diagnosis and prescribe medication, which in turn increases the chance for you to recover earlier.

<Q&A regarding common illnesses>

Q: I think I have a cold.

A: If you can easily consult a doctor at the Health Service Center, please come to see a doctor. A cold is an infection of the upper respiratory tract (nose, throat, etc.) caused by a virus. Symptomatic treatment (medicines just to alleviate symptoms) is the main prescription for the common cold, but sometimes medical examinations and tests can reveal that the cold is actually an infection that requires antibiotics, such as pneumonia or a bacterial throat infection. You may start treatment with over-the-counter (OTC) medications for common cold, but please read the directions carefully and follow the instructions. Usually, there are warnings such as, "If you do not feel better after taking the medicine for five days or more, you should see a health care

provider”. If you take general cold remedies carelessly, symptoms such as fevers may seem to improve, and the detection of pneumonia or other illnesses may be delayed. If you are at all concerned, we recommend that you see a physician in your neighborhood or at the health center.

Q: I had a cold the other day, but I was not prescribed antibacterial medicine (antibiotics).

A: Generally, a cold is a slight fever, sore throat, runny nose, cough, etc. caused by a virus. Viruses do not require antibacterial medicines for treatment. Antimicrobials may be prescribed for secondary infections, such as bacterial infections that have occurred after a cold. Antimicrobials are not prescribed unless necessary because they have side effects, including allergic reactions, and excessive use of antimicrobials can lead to resistant strains of bacteria.

Q: I have diarrhea and stomachache when I eat or drink.

A: When symptoms of diarrhea are present, try to avoid solid food and to take only fluids and salt, such as sports drinks or soups, to prevent dehydration. As a rule of thumb, take something softer than the consistency of diarrhea. For watery diarrhea, you can take sports drinks, consommé soup, miso soup, etc. For muddy diarrhea, you can take porridge. Warmed drinks should be taken slowly to avoid irritation especially when you feel like vomiting. If the diarrhea is accompanied by severe continuous abdominal pain or if there is blood in the diarrhea, it is recommended that you see a doctor.

3. What is the Health Service Center?

Q Where is the Health Service Center located?

A The Health Service Centers are located on each of the three campuses, Hongo, Komaba and Kashiwa.

The University of Tokyo is the largest national university corporation in Japan, and has more than 3,000 international students. The Health Service Center is established to maintain and promote the health of all students, faculty and staff.

Q Which Health Service Center is available to us?

A Any student of the University of Tokyo can use the centers in all three districts. The Health Service Centers have several departments, but they differ from district to district. If you are injured, ill, or want to consult a doctor, please go to the district where the department of your choice is located.

Q What is a "department?"

A There are several specialized departments, and doctors see patients on weekdays. If you have a stomach ache go to "Internal Medicine", "Dentistry" for cavities, "ENT" for rhinitis, "Dermatology" for eczema, "Orthopedics" for sprains. If you are feeling depressed all the time, then go to "Psychiatry". If you are in doubt, please feel free to consult with any department at the counter. The Health Service Center also has a "Healthcare Section" that provides health consultations and medical consultation services.

Q Can I get "medication" at the Health Service Center? Can I use my "insurance" (health insurance)?

A A doctor at the Health Service Center will examine the patient and then prescribe medication, not like the over-the-counter medications. After hours, we provide first aid for injuries and referrals to nearby hospitals. The Health Service Center is not covered by the Japanese national health insurance system. A rule of charges apply, but students do not need to pay if they only need to see a doctor.

Q Can you handle illnesses that require long-term treatment or detailed examinations?

A If long-term treatments are required, the patient should have a primary care physician, and we refer the patient to other hospitals as appropriate. If you are going to see a medical institution that requires a letter of referral, you should ask the Health Service Center to write a letter of referral before visiting the institution.

In addition, since the number of tests that can be performed at the Health Service Center is limited, we refer patients to other hospitals when detailed tests are necessary. Even when tests are performed at the Health Service Center, it may take some time before the test results are available. As with medication, tests are performed only when the physician deems it necessary after a medical examination.

Q I don't feel comfortable discussing this with a doctor...
I would like to consult with a "female (or male) physician".

A At the Health Service Center, in addition to doctors, public health nurses, nurses, and clinical psychologists are available for your consultation. Please feel free to consult with these staff members not only about your illness and health, but also about various other concerns.

Additionally, depending on the department and day of the week, there may be only male or female doctors. It is possible to check the days when a male or female doctor is available prior to your visit.

Q At what other times are "the Health Service Center" relevant to us?

A The most important thing is the Health Check-ups. All students are required to undergo a Health Check-up once each year at a set time. Notices for the Health Check-ups will be posted on UTAS, the Health Service Center website, etc. Get into the habit of checking them on a regular basis. University students often need a medical certificate for part-time work, entering a dormitory, scholarships, job hunting, etc. You can apply for a certificate of check-up results/medical certificate based on the Regular Health Check-up, etc., conducted by the University of Tokyo. If you did not undergo the Student Regular Health Check-up, certificates of check-up results or medical certificates cannot be issued. Be aware that if you forget to take a Health Check-up and have a medical certificate prepared at another medical institution, it will often cost JPY 5,000 to JPY 10,000 or more.

1) Komaba Health Service Center

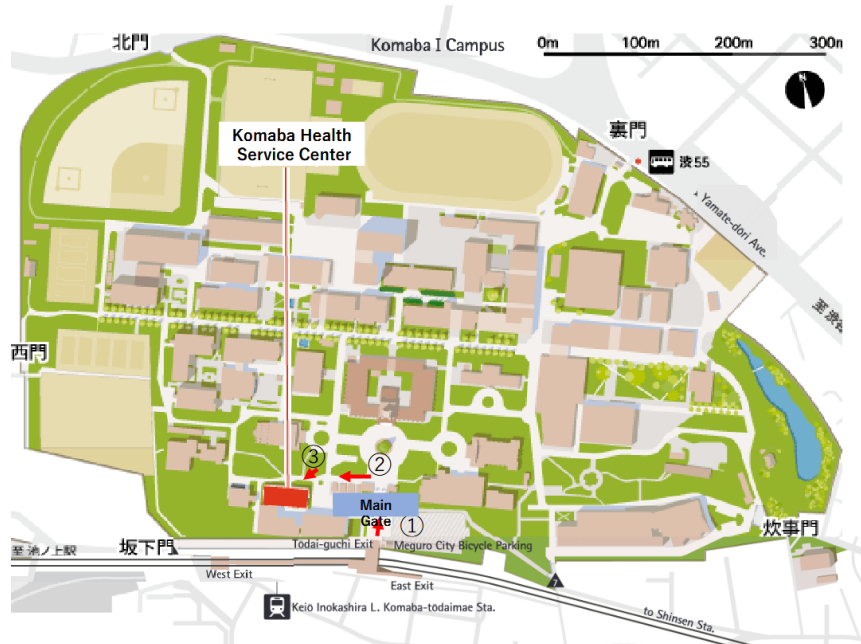
Address : 3-8-1 Komaba, Meguro-ku, Tokyo 153-8902

Tel : 03-5454-6831

Fax : 03-5454-4307

《Directions to the Komaba Health Service Center》

- ① Enter the main gate. ② Immediately turn left. ③ Health Center is in the two-storied ochre tiled building on the left.



《Consultation Hours and Contact Information》

Closures and changes to opening hours will be posted on our local campus webpage.

Komaba Health Service Center website: <https://www.hc.u-tokyo.ac.jp/en/guide/komaba/>



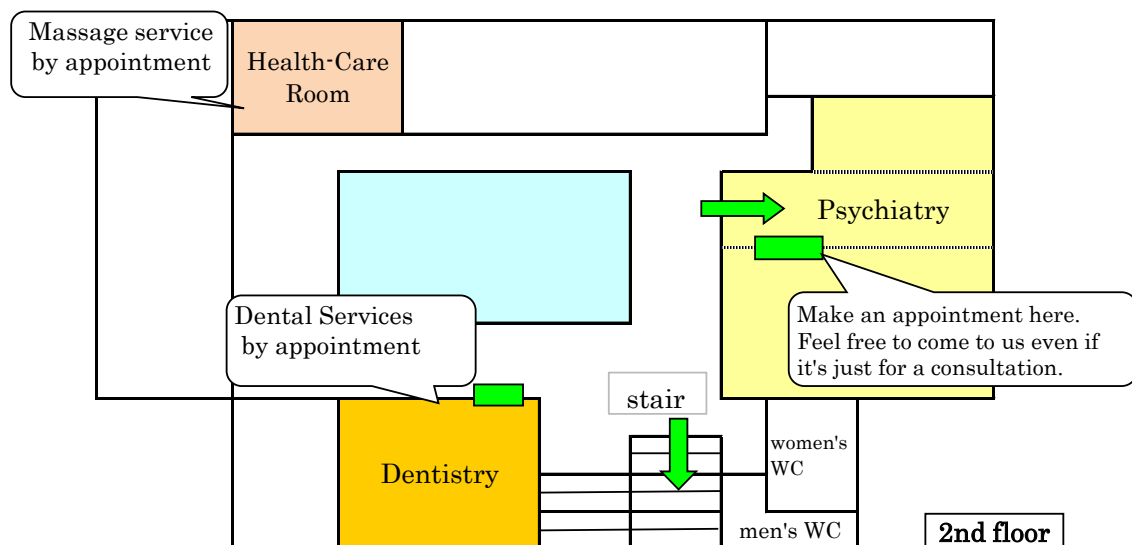
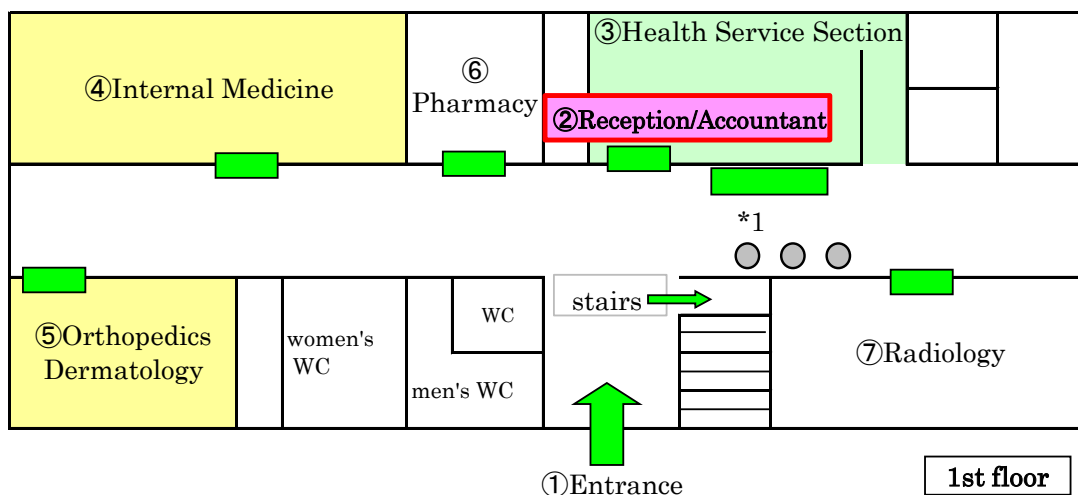
Department	Hours		Mon	Tue	Wed	Thu	Fri	Remarks
Internal Medicine /Travel Clinic	AM	10 : 00~12 : 20	○	○	○	○	○	Travel Clinic ⇒ Appointment required
	PM	2 : 00~3 : 45	○	○	○	○	○	
Dentistry	PM	2 : 00~4 : 00	○	—	—	—	○	Appointment required
Orthopedics	AM	10 : 00~11 : 45	—	—	—	—	○	Second and fourth Fridays of the month
Dermatology	AM	9 : 30~11 : 50	—	—	○	—	—	Fourth Wednesday of the month
Psychiatry	AM	9 : 15~12 : 50	○	○	○	○	○	Appointment required
	PM	1 : 50~5 : 00	○	○	○	○	○	

《Komaba Health Service Center》

 counter

- ① If you have any of the following symptoms, press the blue button before entering the health center.
- ② Go to the reception first./Make your payments here.
- ③ Applications for certificate of check-up results/medical certificates, follow up after health check-ups, healthcare advice, health counseling
- ④ Come to the internal medicine examination and emergency section, once you have registered at the reception
- ⑤ Go to the Orthopedics/Dermatology examination, after you have registered at the reception
- ⑥ Come here when you get your prescription.
- ⑦ Come here if you are told to take X-rays

*1: Feel free to use height and weight scale, blood pressure meter and optometer



Contacts

Office	03-5454-6831
Health Service Section	03-5454-6180, 6166
Internal Medicine	03-5454-6168
Orthopedics/Dermatology	
Dentistry	03-5454-6169
Psychiatry	03-5454-6167
Health-Care Room	03-5454-6481

2) Hongo Health Service Center

Address : 7-3-1 Hongo, Bunkyo-ku, Tokyo 113-0033

Tel : 03-5841-2575

Fax : 03-5841-0840

Hongo Health Service Center is located on the basement (radiology room), 1st and 2nd floors of the Administration Bureau Bldg.2. The Administration Bureau Bldg.2 is located on the left side of the Tatsuoka Gate. The reception is located on the 2nd floor.



List of Phone Numbers

Office	03-5841-2575
Front office	03-5841-2573
Health Service Section	03-5841-2579
Internal Medicine	03-5841-2583
Dentistry	03-5841-2586
ENT	03-5841-2587
Psychiatry	03-5841-2578

《 Consultation Hours and Contact Information 》

Closures and changes to opening hours will be posted on our local campus webpage.

Hongo Health Service Center website : <https://www.hc.u-tokyo.ac.jp/en/guide/hongo/>



Department	Hours		Mon	Tue	Wed	Thu	Fri	Remarks
Internal Medicine /Travel Clinic	AM	10 : 00~12 : 20	○	○	○	○	○	Travel Clinic ⇒ Appointment required
	PM	2 : 00~3 : 45	○	○	○	○	○	
Dentistry	AM	10 : 00~12 : 00	○	○	○	○	—	Appointment required
	PM	1 : 30~3 : 30	—	○	○	○	—	
ENT	AM	10 : 00~12 : 20	—	○	—	—	○	
	PM	2 : 00~3 : 45	○	○	—	○	—	
Psychiatry	AM	9:15~12:50	○	○	○	○	○	Appointment required
	PM	1:50~5:00	○	○	○	○	○	

3) Kashiwa Health Service Center

Address : 5-1-5 Kashiwanoha, Kashiwa-shi, Chiba 277-8540

Tel 04-7136-3040

Fax 04-7136-3029

The Kashiwa Campus is home to the Graduate School of Frontier Sciences, the Institute for Solid State Physics, Institute for Cosmic Ray Research, Atmosphere and Ocean Research Institute and several other research centers and institutes.

<Access> Go straight from the main gate and cross the road. Keep going straight and turn left at the red mailbox. The Kashiwa Health Service Center is the second gray building on the left.



《 Consultation Hours and Contact Information 》

Closures and changes to opening hours will be posted on our local campus webpage.

Kashiwa Health Service Center website : <https://www.hc.u-tokyo.ac.jp/en/guide/kashiwa/>



Department	Hours		Mon	Tue	Wed	Thu		Fri	Remarks
Internal Medicine /Travel Clinic	AM	10 : 00~12 : 20	○	○	○	○		○	Travel Clinic ⇒ Appointment required
	PM	2 : 00~3 : 45	○	○	○	○		○	
Psychiatry	AM	9 : 15~12 : 50	—	○	○	○		—	Appointment required
	PM	1 : 50~5 : 00	—	○	○	○		—	

4. Health check-ups

Students enrolled at the University of Tokyo undergo one of the health check-ups shown in the table below once a year. Health check-ups to be conducted at universities are stipulated in the School Health and Safety Act and the Infectious Disease Prevention Act. Furthermore, additional health check-ups may be required depending on the content of the experimental works.

It is not only the requirement by law, but it is also useful for maintaining one's own health. Additionally, it is a requirement to be able to receive medical certificates and certificates of check-up results at the health service center. Please be sure to undergo a health check-up in the next year and beyond. Announcements are posted every April, so please check them.

Table Types of health check-ups conducted by the University of Tokyo and items of each medical check-up

Types of health check-ups Health check-up items	Health Check-up for Newly Admitted Students	Students' Yearly Health Check-up for I	Students' Yearly Health Check-up for II
	1 st year in the College of Arts and Sciences	1 st year of the Master's programs, PhD programs, and 1 st year Research Students	All students except each first years
Questionnaires	○	○	○
Height, Weight, and Nutrition (BMI)	○	○	○
Hearing test	○		
Diseases and abnormalities of the eyes, ENT, skin	○	○	○
Mental Health Check	○	○	○
Chest X-ray examination	○	○	○
Blood pressure measurement	○	○	○
Electrocardiogram (ECG)	○	○	

Urine test (protein, sugar, occult blood)	○	○	
Blood test	○	○	

- **Questionnaires**

This is the most important part of your health status. Completion of a separate web interview regarding current subjective symptoms, medical history, and treatment history is required to complete the health check-up. For details, please refer to the respective health check-up notices or the Health Service Center's website.

- **BMI (body mass index)**

BMI (weight divided by height²) is calculated from height (in meters) and weight (in kilograms) measurements to determine nutritional status, such as whether a person is thin or obese. 22 is standard, 25 or more is considered obese and less than 18.5 is considered thin. However, it does not consider whether the weight is composed of muscle, subcutaneous fat or visceral fat, so, it should be used as a rough guide.

- **Hearing test**

Using a device called an audiometer, your hearing is examined in the high and low frequency ranges (by frequency).

- **Diseases of the eye, ENT, skin, teeth, and oral cavity**

We will mainly ask about infectious diseases of the eyes, ears, nose, throat, and skin through a web-based interview. We also ask for answers to a web-based questionnaire regarding diseases of the teeth and mouth (oral cavity).

- **Mental Health Check**

We mainly ask about mental health concerns and worries through a web interview. If you wish to consult with us individually, you can do so at the Health Service Center.

- **Chest X-ray examination**

The main purpose is to diagnose the presence or absence of pulmonary tuberculosis, but it can also provide information on abnormalities of the spine and thorax, etc.

- **Blood pressure measurement**

Systolic (upper) and diastolic (lower) blood pressures should be less than 140 mmHg and 90 mmHg, respectively. However, blood pressure fluctuates from time to time due to physical activity and mental tension, so if the blood pressure is still high after another test, you should review your lifestyle to see if you are obese or if you are eating too much salt.

- **Electrocardiography**

This is performed for the first year of the College of Arts and Sciences, Master's program, PhD Program, and Research Students. It is one of the tests that evaluates the condition of the heart.

- **Urine test**

Proteins, red blood cells, and sugars are usually not detected, but they are examined for their release in the urine. Protein and red blood cells in urine may be caused by lesions of the kidneys, ureters, and bladder. Urine sugar is caused by diabetes and renal urine sugar (a condition in which sugar is easily released in the urine).

- **Blood test**

Blood tests are used to evaluate the function of internal organs and the status of metabolism. Diseases such as anemia, liver abnormalities, kidney abnormalities, dyslipidemia and diabetes can be identified. Please check the health check-up results for details.

- * When you have a health check-up, be sure to check the results.

- * If an abnormality is pointed out during a health check-up, or if you wish to consult about your physical condition, please visit the Health Service Center in your district or a nearby medical institution (family doctor, etc.).

5. Dietary/exercise habits and health

Before entering our university, most students would have had their families cook for them and had help with their daily lives. However, after entering university, not only those who live alone, but even those who live with their families are faced with the need to manage their own affairs due to differences in living hours and a reduction in the time spent at home. So, let's acquire proper eating habits and exercise habits from a young age to maintain your health and lay the foundation for your future health.

(1) Desirable diet

The following three points are important dietary habits to maintain good health.

① Eat three times a day

Many people skip breakfast because they are on a diet or because they cannot wake up in the morning. In addition, irregular eating habits lead to irregular lifestyles, which can lead to disturbances in the rhythm of life.

Make sure you eat three meals a day.

② Eat well-balanced meals

There are 5 groups, staple food (rice, bread, noodles), side dishes (vegetables, mushrooms, potatoes, seaweed dishes), main dishes (meat, fish, eggs, soybean dishes), milk, dairy products, and fruits that are required to make a well-balanced meal. Make sure to take an appropriate amount of each group at each meal.

Among the 5 groups, "what" and "how much" to be taken differs depending on age, gender, and activity level, and is detailed in the "Dietary Balance Guide" on the websites of the Ministry of Agriculture, Forestry and Fisheries and the Ministry of Health, Labour and Welfare. The "Meal Balance Guide" on the next page is for daily energy consumption levels of 2000-2400 kcal. If your daily energy consumption is 2400kcal or more, the requirement will be staple food 6-8 (SV), side dish 6-7 (SV), main dish 4-6 (SV) (SV: serving = unit of amount of food provided).

Website, Ministry of Health, Labour and Welfare:

<https://www.mhlw.go.jp/bunya/kenkou/eiyou-syokuji.html>

Website, Ministry of Agriculture, Forestry and Fisheries:

<https://www.maff.go.jp/j/syokuiku/jissen-kyouzai.html>

The trick is to eat the staple food + side dish + main dish. In particular, try to eat 1-2 side dishes such as vegetable dishes at every meal. Milk, dairy products, and fruit should also be eaten at breakfast and between meals once or twice a day. Consume less than 200 kcal a day for sweets and soft drinks, and eat properly.

“Think about it, try it, spread it with everyone, just the right balance for eating habits”

Website, Ministry of Agriculture, Forestry and Fisheries:

<https://www.maff.go.jp/j/syokuiku/wakaisedai/balance.html>

This is a material for finding and practicing "a diet with just the right balance".

You can check the diet that suits your lifestyle.

③ Pay attention to weight gain and loss

Eating disorders are often manifested as weight gain or loss. Overnutrition leads to weight gain and undernutrition leads to weight loss. After knowing your ideal weight through a health check-up, measure your weight on a regular basis, and if you notice a significant increase or decrease in weight, review your eating habits.



source) <https://www.mhlw.go.jp/bunya/kenkou/eiyou-syokuji.html>

(2) Exercise habits for health promotion

When you first enroll at the university, you will have many opportunities to exercise your body through physical exercise classes and club activities. However, as the year progresses, such opportunities become less and less. Get into good habit of exercising now and improve your physical function and strength.

● Approximate amount of exercise

One of the indicators of exercise intensity is METs (Metabolic equivalents). This is the calorie consumption by exercise when resting is set to 1. For example, walking is 3.0 METs, so you will burn 3.0 times more calories than you would at rest.

Ministry of Health, Labour and Welfare's "Physical Activity Standards for Health Promotion 2013"

(<https://www.mhlw.go.jp/stf/houdou/2r9852000002xple-att/2r9852000002xppb.pdf>)

It recommends that you do 23 METs/hour/week of physical activity with an intensity of 3 METs or more (combining daily activities such as housework and school commuting with

exercise). Specifically, walking or its equivalent, or a higher intensity physical activity for 60 minutes every day. It is also recommended that you do 4 METs/hour/week of exercise with an intensity of 3 METs or more (sports or strength training). That's the equivalent of 60 minutes of breathtaking and sweaty exercise each week. First, get into the habit of exercising for 30 minutes twice a week. These numerical targets only indicate the amount of exercise necessary to maintain good health, and do not set an upper limit.

You can check the intensity (METs) of major physical activities and exercises on the website of the National Institute of Health and Nutrition.

(<https://www.nibiohn.go.jp/eiken/programs/2011mets.pdf>)

6. Mental Health

Just like you can feel under the weather or become ill physically, you can also get sick mentally.

It is helpful to learn how to stay healthy emotionally (managing stress, getting adequate sleep, etc.) and have knowledge of mental disorders.

1. Stress and Concerns of Academic Life

1) Classes

At a university, you must decide on which classes to take by yourself. There will be a lot of homework, term papers and presentations. Instead of simply doing what you're told to do, you are required to be proactive and self-determined. You may find it enjoyable at times and challenging at others. If you have any concerns, it is best to seek the advice of your teachers, upper-level students and classmates to get some helpful tips. You might find that other students are going through the same thing, which could be comforting. You are also responsible for managing your time and schedule to attend classes, submit homework on time and prepare for exams. Some students may procrastinate and fall behind; some may try to do everything perfectly and burn out. While the key to time management is prioritizing, you can also get help from academic advisors if you find it challenging.

2) Relationships

Unlike at high school, different students take different classes at a university so you don't always spend time with the same people. Some people may find this hard to make new friends. In addition to taking the liberal arts program in the first couple of years, you will have the opportunity to meet people through academic laboratories, seminars and clubs, which may have their own unique atmosphere and culture. If you feel like you are having a hard time blending in, you could participate in activities at the Peer Support Room or consult the Student Counseling Center. What is most important is to belong to several groups where you can spend time with other people. This way even if you have an uncomfortable experience in one group, you have a way to stay in contact with others and bounce back if needed. Also, if you feel that you are too nervous and tense, seek help at the Office for Mental Health Support. For issues regarding harassment, you can get help at the Harassment Counseling Center.

3) Stress Management

University students must navigate through a variety of stressful situations. It is important to figure out an effective way to deal with stress. Identify the stressors in your life so you can make changes to your lifestyle and avoid stressful situations. While you may feel compelled to find the solution to overcome stress, know that sometimes you need to change your perspective, reorient yourself or just take a break. Learn different ways to deal with stress so you can apply what's best depending on the situation.

2. Sleep and Lifestyle Rhythm

We spend about a third of our life sleeping. Sleep not only is necessary for restoring the body and mind, but also affects memory, emotional ups and downs and immunity. Having a day full of activities is not possible without good sleep. However, oftentimes university students are deprived of sleep as they are busy studying, working and socializing. The disrupted lifestyle can make it hard to get up in the morning, fall asleep and stay asleep or may lead to oversleeping, all of which could affect the performance during the day.

1) Characteristics of Sleep

- Sleep is controlled by light and activity. Starting your day by getting exposure to morning sunlight awakens the brain. At night, blocking the light and slowing down the activity level prepares the brain for sleep.
- It is easy to put off going to bed or wake up later but it is more challenging to move up the bedtime and wake time. It takes time to correct the disrupted sleep cycle.
- The proper sleep time depends on the individual. Though it is often recommended to sleep 7 to 8 hours a day, some people need more sleep. Even if you think you are fine with little sleep, it is best to get more than 4 to 5 hours of sleep.
- Sometimes sleep issues are hidden signs of depression and other mental disorders. Also, sleep deprivation raises the risk of a variety of mental and physical imbalances and can aggravate the symptoms if you are already experiencing some.

2) How to Improve Sleep Quality

- Use light wisely. Take in the morning sunlight and limit the light from TV, computers and smartphones at night.
- Try to wake up at the same time every day. In order to correct the sleep cycle, it is more effective to keep the wake time consistent than trying to go to bed early. If sleeping extra over the weekend, limit it to two hours over your regular sleep time.

- Review your diet and physical activity level. Breakfast raises the body temperature and promotes waking. Having regular meals at regular times is helpful in correcting the body's circadian rhythm. Physical activity can encourage better sleep. If you do not usually exercise, start by taking short walks daily.
- If you're going to take a nap, keep it short (less than 20 minutes) and finish it no later than 3 PM.
- Be careful with alcohol, caffeine and nicotine. You may feel like alcohol makes you fall asleep easily but it actually affects sleep quality. Caffeine and nicotine have a stimulating effect so it is best to stay away from both before going to bed.
- If you have prolonged sleep issues (have trouble falling asleep or staying asleep, feel sleepy during the day despite sleeping the night before, struggle waking up, etc.) seek help at the Health Service Center (Office for Mental Health Support) or a medical institution.

3. Mental Disorders: Treatment and Recovery

If you are having difficulty getting out of an emotional slump or not feeling your usual self for a while, it is best to seek help from others. Just like physical ailments, mental disorders can be effectively managed with a proper diagnosis and treatment plan. It is known that adolescents and young adults are more prone to mental disorders. Some data show that 75% of the cases develop by the age of 24. In addition, 10 to 20% of the population in Japan has reported being in a state of depression in their life at least once, demonstrating the prevalence of mental disorders.

1) Initial Symptoms

Most mental disorders are associated with sleep issues, such as having trouble sleeping and oversleeping. In other words, if you don't have problems with your sleep, you don't have to worry too much about your mental state. Another sign to look for is a change in appetite and dietary habits such as appetite loss or overeating. Loss of interest in activities that you once looked forward to is known to be one of the core symptoms of depression. Also, sometimes mental health problems could manifest in physical symptoms such as headaches, stomach pain, rapid heartbeat and trouble breathing.

2) Treatment and Recovery

At a psychiatric consultation, the doctor asks a variety of questions to understand the symptoms and changes in interests and emotions. You may also be asked to complete a

written questionnaire and take a test performed by a psychologist to further assist the diagnosis.

As far as treatment goes, in addition to prescribing medication, a psychiatrist will make suggestions for lifestyle and environmental changes and offer help by providing insight to the problems at hand. A psychologist may offer counseling. The Health Service Center (Office for Mental Health Support) works alongside with various on-campus support organizations, faculty and guidance staff to help students find the right balance between academics and mental health treatment. Recovery may be slow but it will happen surely with the help of others. It is important to seek assistance instead of trying to resolve it yourself. If you are feeling down or worry about your friend who is going through a tough time, please do not hesitate to reach out.

[Reference]

Ministry of Health, Labour and Welfare

Maintenance of the Mind -Mental Health Website for the Youth-

<https://www.mhlw.go.jp/kokoro/youth/>

Imacoco Care

Mental Health during Staying at Home

<https://imacococare.net/en/>

Kokoro no Kenko Zukan

<https://kokoro-zukan.com/>

Daigakusei no Stress Management (Stress Management Techniques for University Students: Self-Help Skills and Reciprocal-Help Skills)

By Kenji Saito, Takuma Ishigaki, Akira Takano

Published by Yuhikaku Publishing, 2020

7. Knowledge about tobacco and alcohol

A. Harmful effects of tobacco

Cigarette smoke contains nicotine, various carcinogens, carbon monoxide, and many other toxic substances. There are more than 4,000 chemicals, of which more than 60 are known to be carcinogens. Smoking increases the risk of various cancers such as lung cancer, ischemic heart disease, chronic obstructive pulmonary disease, and various other diseases. Due to the various health effects caused by smoking, smokers are said to have a shorter life expectancy.

Starting smoking during adolescence leads to a higher risk of cancer and ischemic heart disease than if smoking is started in adulthood. For lung cancer, the mortality rate is 5.5 times higher for those who begin smoking under age 20 than for nonsmokers. It has also been reported that the younger a person starts smoking, the more dependent on nicotine he or she becomes (Ministry of Health, Labour and Welfare Survey on Smoking and Health Problems in 1998). It has been reported that not only smokers themselves, but also passive smoking increases the risk of lung cancer, ischemic heart disease, and respiratory disease.

Lung Cancer Standardized Mortality Rates Categorized by Age of Smoking Initiation (Male)

Standardized Mortality Rates (the standardized mortality rate here is the mortality rate adjusted for differences in age structure and is the death rate per 100,000 population)



Source: Survey by Hirayama et al. 1966-82 Source: Ministry of Health, Labour and Welfare website <https://www.mhlw.go.jp/topics/tobacco/qa/detail5.html>

The use of heated cigarettes and e-cigarettes is also discouraged for any purpose because the aerosol (fine mist) produced contains harmful components and may have adverse

effects on health. In addition, the user's exhaled breath also contains hazardous components and is highly likely to cause health hazards to others, requiring measures to prevent secondary exposure. (From "Opinions and Recommendations of the Japanese Respiratory Society on Heated Cigarettes and E-cigarettes")

No smoking on campus from April 1, 2008

The University of Tokyo declared its anti-smoking policy, which includes a no-smoking policy in principle on campus and a ban on tobacco sales. This policy has been implemented since April 1, 2008.

B. Drinking Alcohol

(A) What you need to know

- (1) Persons under 20 years of age are legally prohibited from drinking alcohol.
- (2) Some people have a low tolerance to alcohol. (About 40% of Japanese of whom about 10% cannot drink at all.)
- (3) Alcohol can kill you if you drink too much. Accidents due to "drunkenness" (falls, drowning, etc.) can also lead to death.
- (4) Downing a drinking in one gulp is very dangerous.
- (5) Hazing with alcohol may be charged as a criminal offense.

(B) Drinking Tips

1. Do not down a drink in one gulp, or do not allow others to drink in one gulp.
2. Drink slowly while eating
3. Even those who can drink should finish up at the "tipsy" stage.
4. Not recommended for people who cannot drink.
5. Do not drink when not feeling well or while taking medication.

(C) Tips for caring for a drunken person

1. Never leave them alone.
2. Loosen and ease clothing
3. Keep warm by covering the body with blankets, etc. to prevent a drop in body temperature.
4. To prevent choking on vomit, do not pick the person up (if they are about to vomit) and lay them on their side.

(D) Guidelines for dealing with whether or not to send the patient to the hospital

Symptoms	Support
Snores loudly and is unresponsive when pinched. They are down and foaming at the mouth. Body temperature drops and whole body is cold. Breathing is either abnormally rapid and shallow or abnormally slow and only breathes occasionally. Coughing up a lot of blood.	Call an ambulance immediately and get them to the hospital.
No particular symptoms, but when they fell down drunk, they hit their head. Blood in their vomit They are sick, but they are too drunk to responsibly care for themselves.	Should go to the hospital just to be sure.

Four stages of "drunkenness"

Stage	Blood concentration of alcohol	Symptoms	Countermeasures
slight intoxication	0.05 ~ 0.10%	Paralysis of the cerebral cortex → talkative, merrymaking, fast pulse, poor judgment	Should not drive, go boating, swimming, etc. (there have been cases of accidents and deaths)
intoxication	0.11~0.30%	Paralysis of the limbic system → wobbly legs, saying the same thing over and over, nausea, memory loss	May lead to alcohol poisoning if they drink any more → stop drinking immediately
dead drunk	0.31~0.40%	Paralysis of the entire cerebrum → inability to stand up, incoherent speech, faded consciousness, severe vomiting	Dangerous, never leave alone. Danger of choking by vomit, accidents on the road, freezing to death, etc. Take to hospital depending on the symptoms.
coma	0.41%~	Paralysis of the brainstem	Danger of death → call

		and spinal cord → decreased consciousness, unresponsive to calls for help, and large and small bowel movements	an ambulance immediately
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Hazing with alcohol

Alcohol-related human rights violations and harassment are called Hazing with alcohol. The following are examples.

Hazing with alcohol	Contents
forcing someone to drink alcohol	To force people to drink by exerting psychological pressure through hierarchical relationships, traditions, group hazing, etc.
bottomless cup	To make people drink in large quantities, compete in fast-drinking contests, or play penalty games in order to liven up the atmosphere.
forced binge drinking	Conducting a drinking party / ritual with the intent of getting (a part of) participants overdrunk. Setting up such events could constitute a criminal act.
No consideration for those who cannot drink	Encouraging drinking without regard to the person's tolerance to alcohol or intentions, not providing non-alcoholic beverages at the party, insulting the person for not being able to drink, etc.
get mixed up in drunkenness	Drunkenly misbehaving, engaging in verbal abuse, violence, sexual harassment, noise, or other disruptive behavior.

If a person is forced to drink and dies or is disabled by acute alcohol intoxication, persons making them drink may be charged with a criminal offense under the Criminal Code. The person who was forced to drink and suffered harm may also claim damages in a civil court. Criminal law offenses include the following.

Coercion (imprisonment of up to 3 years), assault (imprisonment of up to 10 years or a fine or penalty of up to JPY 300,000), abandonment of a person responsible for protection (imprisonment of between 3 months and 5 years), infliction of injury (imprisonment of 2 years or more), and aiding and abetting an injury scene (imprisonment of up to 1 year or a fine or penalty of up to JPY 100,000).

Reference: Basic Law on Alcohol and Health Disorders Promotion Network:

<https://alhonet.jp/problem.html>

ASK, a non-profit organization <https://www.ask.or.jp/>

8. To be sexually responsible

There are direct relations between sexual intercourse, pregnancy, and Sexually Transmitted Diseases (STDs) and the consequences often have a significant impact on your life. There are few opportunities for discussing and obtaining knowledge on these matters, but it is important to have the correct knowledge. If you have any questions or concerns, consultation is available at the Health Service Center.

(1) Sexually Transmitted Diseases (STDs)

Sexually Transmitted Diseases (STDs) is a general term for diseases that can be transmitted directly from the skin or mucous membranes (oral or genitals) through sexual contact. Any man or woman can be infected with STDs if they are sexually active, and STDs are spreading among young people in their teens and twenties. STDs are often asymptomatic, but they can still be transmitted to partners. Delayed treatment in both men and women can cause infertility, miscarriage or premature birth, and infant diseases. STDs can also cause life-threatening diseases such as acquired immunodeficiency syndrome (AIDS) due to HIV infection*¹ and cervical cancer*² due to human papillomavirus (HPV) infection. Protect yourself and your partner by avoiding unintentional sexual contact, sharing correct knowledge, and wearing a condom correctly (put it on at the beginning and remove it immediately afterwards).

If you think you have been infected with STDs, it is important to undergo examinations for diagnosis and receive treatment at a medical institution (gynecology or urology) as soon as possible. Needless to say, you should visit a medical institution as soon as possible if you have itching or other symptoms in pubic area. You can get information on a medical institution near your campus at the Health Service Center. STDs can be transmitted repeatedly even if once cured, so do not hesitate to get examinations and receive treatment together with your partner.

Common STDs include the following:

- STDs which can be asymptomatic: HIV infection (cause of AIDS), genital chlamydia (most common STD), gonorrhea, syphilis, acute hepatitis B, trichomoniasis (in men), condyloma acuminatum, HPV infection
- STDs which can be symptomatic from a relatively early stage: genital herpes (which cause pain and rash and easily recurs even if once cured), Pthirus pubis, vaginal candidiasis, trichomoniasis (in women), amoebic dysentery

*1 Sources of information about HIV

AIDS Prevention Information Network (information on consultation services, etc.) <https://api-net.jfap.or.jp/>



AIDS Prevention Foundation, AIDS telephone counseling 0120 (177) 812, 03 (5259) 1815
from cell phone

Free and anonymous tests for HIV are available at local public health centers. You cannot know if you have HIV infection by donating blood. Never donate blood for the purpose of testing for HIV.

*2 HPV vaccine

HPV vaccines are effective against HPV infection and cervical cancer especially among those who have never engaged in sexual intercourse. Active promotion of HPV vaccines for females aged 12-16 (girls from the sixth grade of elementary school, when they turn 12, through the first year of high school, when they turn 16,) resumed in Japan. In addition, women who were born between 1997 (the 9th year of Heisei) and 2005 (the 17th year of Heisei) and missed out on the opportunity for routine vaccination against HPV are offered the opportunity to receive the HPV vaccines at public expense. If you are eligible and want to get vaccinated against HPV, please check your vaccination record in your Maternal and Child Health Handbook, etc. and consult your local government or medical institutions.

*3 Syphilis

Syphilis is STD caused by a bacterium called *Treponema pallidum*, and the number of people diagnosed with syphilis has been increasing from 2021 to 2022. Syphilis causes various symptoms throughout a body, but can be treated by early administration of appropriate antimicrobials. Syphilis can be diagnosed by blood tests for antibodies, etc. If you have any concerns, please consult health care providers as soon as possible.

(2) Contraceptive methods

Contraceptive methods and their failure rates are shown in the following table (results vary by report). The combination of several methods increases the contraceptive success rate, but none of the commonly used contraceptive methods can completely eliminate the possibility of pregnancy if you still have opportunities for sexual intercourse.

Contraceptive methods	Annual contraceptive failure rate [%]	Usage
Without contraception	85	
Spermicidal agents	29-15	Over the counter. Be aware of side effects such as allergies and itching.
Condom (for men/women)	15-2/21-5	Over the counter. Condom is effective in preventing STDs transmission.
Oral contraceptive pills	8-0.3	Oral contraceptive pills are not available over

	* Oral contraceptive pills cannot prevent STDs.	the counter and require a prescription from a doctor. Be informed of and understand side effects (especially in the early stages of taking medicine) in advance.
Fertility awareness methods (e.g. tracking basal body temperature)	This is not an effective contraceptive method, because of the large variation in ovulation timing etc.	

*It is also important to discuss contraception and sexual activity with your partner!

(3) Women should be aware of their menstrual cycle and health

When was your last menstrual period? How long is your menstrual cycle? Regular menstruation is important not only for pregnancy and childbirth, but also for current health (maintenance of bone mass, etc.). If you have irregular menstruation, you need to record your basal body temperature*⁴ regardless of whether you are sexually active or not. If you have not had menstruation for more than 3 months, you need to consult a gynecologist. If you are too thin, your menstruation may stop. This is a serious sign from your body that “you are too thin and your health is being damaged” and you should not leave being underweight untreated.

Even when your menstrual cycle is in order, if you know that headaches, insomnia, and other physical and mental changes occur at certain times of the menstrual cycle, it is possible to predict those symptoms and manage them earlier. The intensity of period pain varies from individual to individual, but strong period pain may be caused by diseases such as endometriosis or uterine fibroids. If you have concerns about your menstrual symptoms or cycle, consult with healthcare providers. You can also use apps to manage your health condition. By inputting basal body temperature and menstrual periods into the apps, it is possible to predict menstrual periods and check ovulation schedules.

*⁴ Use your basal body temperature to know your menstrual cycle depending on the function of female hormones.

Basal body temperature: Basal body temperature is the body temperature measured under the tongue with a woman's thermometer (0.01°C scale, available at pharmacies, etc.) as soon as you wake up in the morning. Basal body temperature recording forms are also available commercially. If you are not sure how to measure or record your basal body temperature, you can consult the Health Service Center at your campus.

Disruptions in the regularity of menstrual cycles and patterns of low and high temperature phases are valuable information indicating the state of hormonal imbalance. When consulting with health care providers, bringing records of your basal body temperature will be helpful in making a diagnosis.

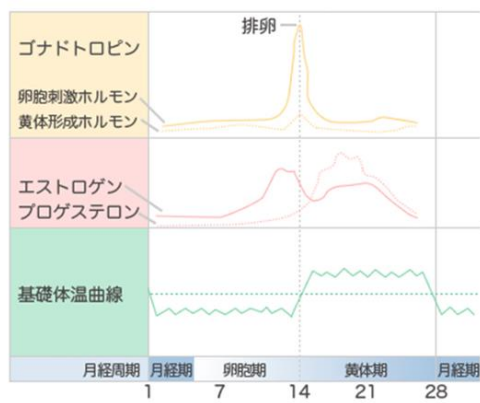


Figure. Ovarian cycle and uterine cycle

(Reference) e-Health Net, Ministry of Health, Labour and Welfare (厚生労働省e-ヘルスネット)

9. How to treat injuries

Injuries must be treated appropriately. Incorrect treatment may result in a prolonged injury. Please make sure to report any injuries sustained in class or during practical training to your supervisor as well.

(1) Wounds (cuts and scrapes)

- Wash out: Wounds that occur under any circumstances should be washed thoroughly with tap water for a sufficient amount of time. Especially in wounds soiled with dirt, mud, chemicals, etc., it is important to remove any foreign objects that may have entered the wound.
- Wound care: Cover the wound with clean gauze (wound pad, clean tissue if not available). If it is in the middle of a practice or game, wrap a taping underwrap over the gauze and secure it with taping over it.

(2) Bruises

- First-aid: RICE treatment (Rest, Icing, Compression, Elevation) will reduce the pain and decrease inflammation and swelling.

(3) Sprains and pulled muscles

- How to prevent: Try to do some warm ups and stretches before you move your body.
- First-aid: RICE treatment (see above)

(4) Dislocation

- First-aid: Cool it and try not to move it. Go to the doctor immediately.

(5) Bone fracture

- First-aid: Cool it and try not to move it. Go to the doctor immediately.

(6) Head injuries

Even if the injury appears to be mild, it may worsen after several hours or more, so it is more important to monitor the patient's progress afterward than immediately after the injury. If there is (transient) loss of consciousness, amnesia, visual disturbance, severe headache, or vomiting, see a specialist such as a neurosurgeon.

(7) Eye injuries

- First-aid: Wash your eyes thoroughly with tap water.
- Even if you don't have any symptoms, go to the ophthalmologist (eye doctor)'s office.

(8) Burns

• First-aid: First you should cool the burn for 5 minutes under running water. To avoid breaking the blisters, keep clothing on and if ice is used, be careful not to overcool the blisters. Avoid using oils or ointments on the wound, and if chemicals are used, flush the wound with as much water as possible. Seek professional medical attention if the wound is in good condition.

10. Emergency Action

Conditions that require the calling of an ambulance immediately includes: if the person is unconscious, if there is massive bleeding, if the person has been injured in the neck or back and cannot move (suspected spinal cord injury), or if the person is immobile due to trauma or pain and cannot be transported in any other way.

If you find someone unconscious, you should not only call for an ambulance, but you should also provide First Aid prior to the arrival of an ambulance.

If you find someone lying on the ground:

- ✓ Check if the person is conscious
- ✓ Call out for help, and instruct the surrounding persons to call “119” and bring an AED (Automated External Defibrillator) with them
- ✓ Keep the airway clear and check for breathing
- ✓ If the person is not breathing, perform cardiopulmonary resuscitation (CPR: chest compressions), and when an AED is available, attach it and defibrillate the person (if necessary)
(If the person is breathing, keep them in an appropriate position)
- ✓ Make sure you understand the basics of CPR and always check the latest information on the nearest AED location before participating in sports and other activities

AEDs are available in the security guardrooms on each campus.

Security Guard Office, Komaba Campus 03-5454-6666 (ext. 46666)

Yasuda Auditorium Security Office, Hongo Campus 03-5841-4919 (ext. 24919)



Other AED locations on campus

Division for Environment, Health, and Safety of UTokyo:

<https://kankyoanzen.adm.u-tokyo.ac.jp/data/aed.html>

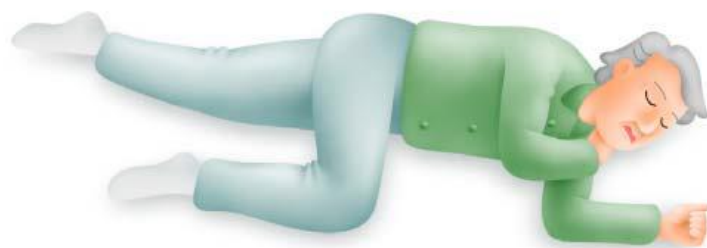
If you find someone lying down, the following is the correct response procedure.

1. Check to see if the person is conscious = call out to the person while tapping on the shoulder or other parts of the body to see if the person responds.
(If the person is bleeding, do not touch the blood directly.)
2. If the person is unconscious or conscious but unable to move, avoid handling the situation by yourself and call for help: on weekdays from 9:00 a.m. to 5:00 p.m., medical staff are available at the health service center in each district.
3. Clear the airway (lift the chin, if there is a foreign body, remove it) and check the breathing (look at the movement of the chest, put your ear next to the mouth, and feel and listen to the breath).

(1) If the person is not breathing → Go to 4.

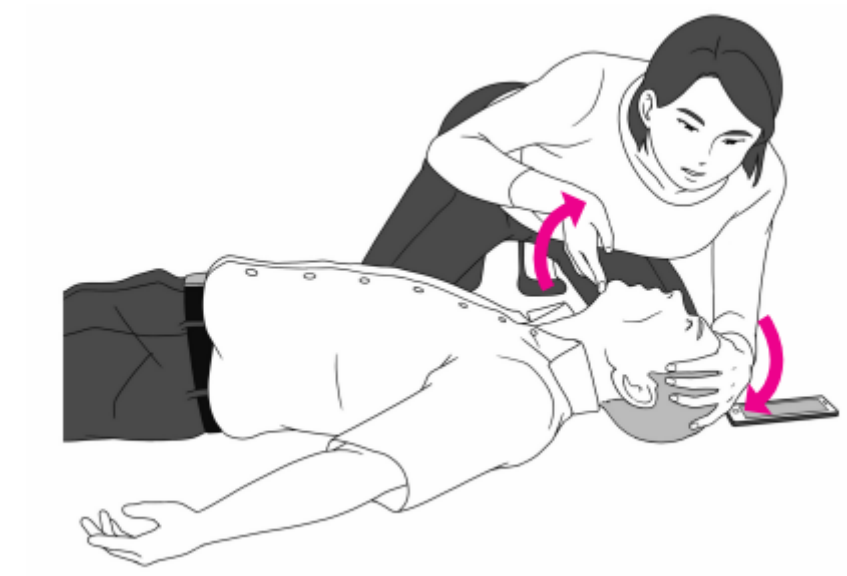
(2) In case of no response, however, if the person is breathing regularly, turn the person to the “recovery position” and wait for an ambulance.

(Recovery position: turn the person's head to keep the airway clear, turn the person to the lateral position, and bend both elbows and the upper knee to maintain the posture. Keep the mouth facing the floor so that vomiting will flow naturally)



Recovery position

Nihon Kohden Corporation “Training Course CPR+AED”



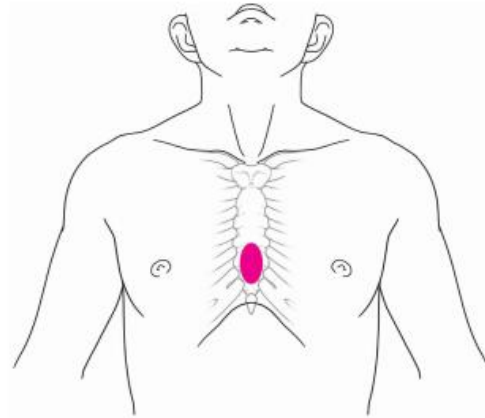
頭部後屈あご先挙上法による気道確保
引用) 監修 日本救急医療財団心肺蘇生法委員会
救急蘇生法の指針 2020 (市民用) より

Opening the Airway: head tilt-chin lift maneuver

With one hand on the forehead, place your index and middle fingers of the other hand on the chin, move the head backward, and lift the chin.

(https://www.pref.fukui.lg.jp/doc/iryou/iryoujouhou/aed_d/fil/004.pdf)

4. Cardiopulmonary resuscitation (CPR) = chest compressions: press hard, straight down the middle of the chest with your elbows extended (the depth of pressure should be about 5-6 cm), fast (100-120 times/minute), and continuously (if you get tired, switch with someone around you immediately). The important thing is that after compression, the rib cage should be 100% returned to its original position before performing another compression, which will allow sufficient blood to flow throughout the body. If rescue breathing is available, it should be done in an infection controlled manner. Rescue breathing of adults is not mandatory during the novel coronavirus pandemic.



胸骨圧迫をする場所

引用) 監修 日本救急医療財団心肺蘇生法委員会
救急蘇生法の指針 2020 (市民用) より

Chest compression: compress the center of the chest with the palmar heel of one hand by putting the other hand on it.

(https://www.pref.fukui.lg.jp/doc/iryou/iryoujouhou/aed_d/fil/004.pdf)

5. As soon as the AED arrives, attach the AED and follow the instruction of the automated voice message. (Do not use the AED in wet areas).

- (1) Turn on the AED (some models turn on automatically by opening the lid of the AED).

- (2) Electrode pad attachment: Take out the AED electrode pad from the bag and attach it to the bare chest as indicated.

- (3) Suspend the CPR and wait at a distance while the AED analyzes the need for electrical shocks: Most AEDs automatically begin analyzing when electrodes are attached, with the message "Keep away from the patient", but some models begin analyzing when you press a switch.
- (4) When you get the message that an electrical shock is needed, make sure that no one is touching the person and press the flashing shock button.
- (5) Follow the AED's voice message thereafter.
- (6) Continue CPR and AED procedures until some response or purposeful action (e.g., reluctance or other body movements) is observed or breathing returns, then hand over to the emergency medical services (EMS).
- (7) When consciousness and breathing return, let the person keep a recovery position and wait for the EMS.
- (8) The electrode pads of the AED should remain attached until the EMS arrives, as arrhythmias can occur again after circulation and breathing have returned to normal.



Position to attach pads

(https://www.pref.fukui.lg.jp/doc/iryou/iryoujouhou/aed_d/fil/004.pdf)

IMPORTANT! The lifesaving rate is about twice as high with chest compressions as without. If you use an AED to administer electrical shocks, you can save about six times as many lives, so it is important to make active use of AEDs.

- The Japanese Association of Acute Medicine: CPR for Citizens(<http://aed.jaam.jp/>)
- Fire and Disaster Management Agency, Ministry of Internal Affairs and Communications: First Aid web-based training for the general public
(<https://www.fdma.go.jp/relocation/kyukyukikaku/oukyu/>)

11. Immunization

Outbreaks of Infectious Diseases at Universities

From May to summer 2007, there was a measles outbreak throughout Japan, and many students at the University of Tokyo including Komaba Campus were infected. Measles is highly contagious, and many students who were not immune were infected. Since 2008, two doses of measles-rubella vaccine (MR vaccine) have been administered as a routine vaccination in Japan and as a result, Japan was certified as a measles-free country in 2015. However, we still see cases coming in from overseas. Since 2018, we have also seen outbreaks of rubella. Both measles and rubella were thought to be under control at one time, but outbreaks continue to occur due to incomplete vaccinations and other factors.

In addition to measles and rubella, mumps, chickenpox, and influenza are the most common infectious diseases that can be transmitted from person to person in groups living together such as at universities. With the exception of influenza, these infectious diseases do not require vaccination if you have a history of infection, but if not, you should be vaccinated as necessary for prevention. Furthermore, it is often the case that a person thinks he or she has been already infected, but the fact was that it was a different disease. If you are not sure, please consult with a health center or other medical institution about antibody testing.

The novel coronavirus infection spread from 2020, and many outbreaks have been reported.

Immunization began in 2021. The novel coronavirus vaccine has been shown to be effective in preventing the onset, transmission, and reducing the severity of the coronavirus infection. Even after vaccination, there is still a possibility of infection, so please take precautions against infection by wearing a mask, disinfecting your hands, washing your hands, and avoiding the 3Cs (crowded places, closed spaces, and close-contact settings). The university will also issue notices from time to time, so please pay close attention to these notices.

Infectious diseases that can be prevented by vaccination

Measles, rubella, mumps, chickenpox, influenza, and the novel coronavirus are viral diseases that can be transmitted from one person to another and can cause outbreaks. Some diseases tend to be more severe in adults than in children and may require hospitalization. In most places in the U.S. and elsewhere, vaccination is required at the time of entering college. Each student should check their own history of these diseases

and vaccination history, and receive the vaccine if necessary.

Educational training, nursing care training, and medical school courses often require completion of vaccinations and submission of antibody test results, so please make sure to check these in advance.

University students are not routinely vaccinated, but whooping cough may become epidemic. Outbreaks of meningococcal meningitis are occasionally reported in student dormitories. In the U.S. and other countries, students are required to be vaccinated against both of these diseases. The Health Center also offers medical counseling on vaccination and vaccination services.

About Vaccines

Vaccines are agents made by weakening the power of toxins produced by disease-causing bacteria, viruses, or fungi. There are mainly the following types of vaccines.

- a) Live-attenuated vaccines (e.g., measles, wind flu, mumps, chickenpox)
- b) Inactivated vaccines (whooping cough, influenza, meningococcal, etc.)
- c) Toxoid vaccines (diphtheria, tetanus, etc.)
- d) Genetically engineered vaccines (hepatitis B, HPV, etc.)
- e) mRNA vaccines, viral vector vaccines (novel coronavirus)

Adverse reactions may occur as a result of vaccination.

The main adverse reactions seen after vaccination are,

Fever

Rash

Redness at the site of vaccination

Swelling

However, most of these symptoms are transient. In rare cases, a severe allergic reaction called anaphylaxis may occur within 30 minutes after the vaccination. For details, please consult with the medical institution where you will receive the vaccination.

12. What to Keep in Mind When You Travel Abroad

～ For your safe travel abroad ～

The medical situation and your health risk depends on each country and you need to check these about your destination, even if it is a developed country or an urban area. Sufficient preparation based on information about these, in addition to about security, about your destination will help you in case you become unwell. The situations regarding security or infection is always changing, so please get the latest information.

Reference link

- Travel Clinic, the University of Tokyo, Health Service Center
<https://www.hc.u-tokyo.ac.jp/en/in-campus/>
- Go Global Website, the University of Tokyo
<https://www.u-tokyo.ac.jp/adm/go-global/en/index.html>
- Travelers' Health, Centers for Disease Control and Prevention (the United States)
<https://wwwnc.cdc.gov/travel/>
- In addition, information from the Ministry of Foreign Affairs (or equivalent department) of your home country or the embassy of your visiting country can also be helpful.

(1) Your own health care

Fatigue can be a cause for various health problems. Maintain your energy with regular meals and sleep from the start to the end of your travel. If you have any chronic condition, please consult with your doctor in advance, so that you are prescribed medicine (please note that some countries have restrictions on bringing in certain types of medicines into the country) for the necessary period and get medical certificates in English which describes your disease and prescription. When you feel unwell before departure, please make a calm decision, including postponing or canceling your travel.

(2) Preparation for risks at destination <such as vaccination>

When studying abroad or staying into a dormitory, you may be required to have multiple vaccinations in addition to the routine vaccinations in your home country. Moreover, if there is a high risk of infection locally and you can get vaccinated against it, it is better to do as much as possible. Some diseases, such as malaria, can be prevented by taking medicine. Please choose and take proper medication based on information on infections for travelers. In addition, it is important to know the latest information on the occurrence of diseases, such as COVID-19 or avian flu, not only at the destination but also at the

transit countries. As for COVID-19, some countries require a negative certificate or a certificate of vaccination. Please check entry requirements of your destination in advance. You are able to get a negative certificate at the Health Service Centers.

Regarding vaccinations, please check your vaccination records, and if there are any lacking, get vaccinated and record the type and the date of vaccination (it is better to have the medical institution fill in the records). It is necessary to plan vaccination ahead, considering the fact that multiple vaccinations require several weeks intervals and that vaccines need to take effect for some periods.

If necessary, please feel free to consult with the Health Service Centers regarding health concerns related to travel abroad, vaccinations, etc. Vaccinations and medical certificate required for study abroad and regular curricular activities (vaccines not approved in Japan are not available) are available at the Travel Clinic in the Health Service Centers.

(3) Preparation in case you become ill at the destination

Please check the local medical conditions, prevalent diseases, common diseases, and preventive and coping methods for them in advance. It is assumed that if you receive medical treatment abroad or need to be transported to the hospital, you will need to pay high costs (from several million yen to over 10 million yen), and that you do not know what to do in the first place. To prepare for such a situation, consider purchasing overseas travel insurance. Also, check the details of the travel insurance that comes with your credit card.

You can easily imagine the difficulty of finding medicines and hospitals locally after you become unwell, as well as explaining your health condition in a foreign language. So, prepare bandages, topical medicines, gastrointestinal medicines, cold medicines, sunscreen, etc. for first aid in advance.

Getting to a hospital, paying for medical fee, and the amount varies greatly from country to country. We recommend that you prepare in advance the numbers of the nearest medical institutions where you can be understood in your language, credit card companies, and telephone consultation services related to travel insurance before you leave.

(4) Care to prevent illness and stay away from risks.

Regular meals and enough sleep according to the local time are effective for jet lag. During long rides, drink plenty of water and do some stretching to prevent thrombosis. Hand washing and cough etiquette to prevent infection are mandatory everywhere in the world.

Please be more careful about the dangers of food, drink, and drugs than when you are in Japan. Choose proper potable water and sanitary food and avoid contact with animals.

In addition, in areas where insect-borne diseases, such as viral encephalitis and malaria, are common, it is important to use appropriate medicines and methods to repel insects and to wear clothing that covers the body.

Depending on your travel destination, drugs illegal in Japan may be common. If you carelessly dabble in a foreign country out of a sense of liberation or temporary curiosity, you will not only get sick, you will be imprisoned and not be able to return home. You may also have to give up your university life, resulting in disrupting your life. Moreover, there is a risk of lending a hand to smuggling if you carelessly store and carry your luggage.

(5) Precautions when returning and after returning to Japan

If you feel unwell at the time of entry, please notify the quarantine at the airport. Quarantine stations have specialists who can give the best advice according to the epidemic situation in each country. They will indicate to you the appropriate coping strategies, including care after returning home. If you visit a clinic, hospital, or other medical institutions after returning to Japan due to poor physical condition, be sure to inform your doctor about your travel abroad. There are some diseases that can't be diagnosed unless the doctor realizes that the diseases may have been brought back from overseas.

13. Daily Life and Self-Management

The physical and mental health and motivation of new students, are based on fulfilling a daily life with proper lifestyle habits. Good lifestyle habits are the foundation for acquiring the ability to manage your own life.

However, in college life, where students have more freedom than in high school, problematic lifestyle habits often arise. Those who are living alone for the first time need to be even more careful. This is a critical time in your life, as unhealthy lifestyle habits that begin during this period can be the starting point for future lifestyle-related diseases. Starting a healthy lifestyle not only prevents cancer and cardiovascular disease, which are common in midlife, and stroke in old age, but also improves quality of life and prevents aging throughout life. Nutrition, diet, physical activity, exercise, rest, alcohol consumption, smoking, and dental and oral health habits are all important for maintaining a healthy life. Since the emergence of the novel coronavirus infection, attention has also been focused on habits to protect against infection.

Leaving the details to sections 5 (diet, exercise and health) and 7 (knowledge of tobacco and alcohol) for more details, here are the goals of a healthy lifestyle.

- ✔ Maintain an appropriate weight (neither obese nor emaciated).
- ✔ Eat at least two meals a day consisting of the staple, a main dish, and side dishes.
- ✔ Reduce salt intake (target: 8 g/day, average for Japanese: 10.6 g/day).
- ✔ Increase intake of fruits and vegetables.
- ✔ Walk as much as possible every day (goal: 9,000 steps/day for men, 8,000 steps/day for women).
- ✔ Make it a habit to exercise.
- ✔ Get enough rest by sleeping well.
- ✔ Take steps to prevent infection by washing hands, gargling and wearing a mask when necessary.
- ✔ Do not drink in excess (daily net alcohol intake for men: 40g or less, for women: 20g or less).
- ✔ Do not smoke.
- ✔ Work toward taking good care of your teeth and preventing gum disease. Have a dental checkup once a year.

It is our sincere hope that you will lead a good daily life and acquire proper self-management skills as a university student so that you can start wonderful career and

live a vibrant, successful life throughout. The Health Service Center will assist you in this process, so please feel free to consult with us regarding any health-related issues.

14.FAQs

Q.

I need a health certificate.

A.

If you have had a regular health check-up conducted by the university, the Health Center can issue a health certificate when you need one for scholarship applications, part-time jobs, job hunting, etc. If additional examinations are required, it may take some time to get the certificate, so please apply well in advance. Please check our website (<https://www.hc.u-tokyo.ac.jp/en/>) for information on office hours and application procedures.

Q.

What should I do if I need a health certificate but had forgotten to have the regular health check-up?

A.

Unless you have been studying abroad, hospitalized, or on a leave of absence, we do not offer medical check-ups outside of the designated period. First you need to submit a medical certificate as a substitute of a medical check-up performed in another medical clinics. Our health service centers also offer a medical check-up for a fee (appointments needed. Cf. <https://www.hc.u-tokyo.ac.jp/en/guide/internal-medicine/medical-checkup-a/>). You will be able to receive a medical certificate, etc. at the Health Service Center after that. Please be sure to take the medical check-up conducted by the university every year to avoid the unnecessary expenses, which is usually around several thousands of yen.

Q

An abnormality was detected in my medical checkups and I received a call/ a mail from the Health Service Center regarding the result of my medical check-up.

A

Some abnormalities need re-examination or consultation with a doctor. Please be sure to check the results by yourself and follow the instructions. If you are not sure what to do, you can consult with the public health nurses at our health service center. It is important to take measures for early detection, which usually leads earlier recovery.

Q

I have been feeling unmotivated lately, I feel tired, and I don't know what to do.

A

You may feel unwell, especially when your surroundings change a lot, including when starting a new life at a university. If you feel any physical discomfort, do not hesitate to visit the Health Service Center for advice. You can consult with any of the following departments: internal medicine, health management office, or psychiatry.

Q

I have a symptom that concerns me.

A

Come and tell us about your symptoms. We have a clinic services, and we can also issue a letter of referral to other medical institutions if necessary. We have a list of near-by clinics including the information about the availability of English.

Q

I would like to be weighed regularly.

A

The Health Service Center has height, weight, and body fat scales, as well as automatic blood pressure monitors. Please ask a staff member when using them to prevent infection. Also, please feel free to ask the staff how to use the machines and how to read the results.

Q

I haven't had my period. Am I pregnant? / My partner may be pregnant.

A

The menstrual cycles can be disrupted by environmental changes, physical or mental condition, and other factors. However, if you think there is a possibility of pregnancy, you should first get tested with an over-the-counter (OTC) pregnancy tests. During pregnancy, there are many precautions to take in terms of drinking alcohols, smoking, and taking medications. Even if you are not pregnant, if you have not had a period more than 3 months, it is recommended to visit a gynecologist. The Health Service Center has a list of nearby outpatient obstetrics and gynecology clinic. Please feel free to come to our center for a consultation. If you wish to see a female doctor, please inquire in advance.

Q

I been injured and I'm on campus but it is out of clinic hours. What should I do?

A

Even outside of clinic hours, doctors, public health nurses, and nurses are ready during health center opening hours (weekdays, 9:00 am to 5:00 pm) to give a first aid treatment. If necessary, referrals can be made to nearby clinics or hospitals. Outside of opening hours, please visit other medical institutions. If you do not know where to go to see a doctor, please contact the resources below.

1. Tokyo Metropolitan: 09:00-20:00 daily

Telephone information services on medical institutions

03-5285-8181 (English/Chinese/Korean/Thai/Spanish)

<https://www.fukushihoken.metro.tokyo.lg.jp/iryo/sodan/komatta/gaikokugo.html>

2. Tokyo Metropolitan. Web-based

"Tokyo Metropolitan Medical Institution Information Service "Himawari" if you are in Tokyo.

TEL: 03-5272-0303 (Japanese only)

<https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/>

3. Chiba Prefecture <http://www.qq.pref.chiba.lg.jp/> (Japanese only)

4. 119 (ambulance)

Q.

I do not have my health insurance card with me.

A.

You do not need your health insurance card for medical treatment at the Health Service Center, but you will need it when you visit other medical institutions. The issuer of the health insurance card is usually the local government office for students and university of Tokyo for staff. Please consult the local government office or your department office of the university.

Q.

I have just moved to a new place, so I am not sure where the medical institutions near my house are.

A.

If you want to know where medical institutions are, you can visit us and we will show you how to search it. If you suddenly feel ill on a holiday, the above-mentioned telephone information services on medical institutions will be convenient for you in Tokyo. In addition, each local government offices usually have a list of medical institutions in the area. You can consult with our health service center if you do not know which is best fit to your symptoms.

The Health Service Center is an institution that provides support for physical and mental health concerns and consultation. Feel free to come and ask the staff any questions or if you have any concerns.

