

健康のしおり



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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 content 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 2025

Division for Health Service Promotion

2. What to Do When You Feel Unwell

It is important to maintain your mental and physical health as well as to obtain appropriate treatment and care, when necessary, in order to enjoy your student life. The earlier the detection of an illness, the easier it is to treat it. Although young people rarely suffer from life-threatening illnesses, minor symptoms may 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 the 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. Regardless of your symptoms, if the results state that you need to see a doctor, please be sure to visit your family doctor or the Health Service Center and show them the results. The student health check-ups are mandatory and free of charge for all students. The Health Service Center issues medical certificates to those who have undergone a medical check-up in the current academic year. The certificates may be needed for practical training or employment. If you do not have this medical check-up, you will need to take a medical check-up at the Health Service Center at your own expense (by appointment only) or at other clinics outside the university, where it usually costs more. 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?"

Students can receive health consultations and examinations at the Health Service Center free of charge, but tests and prescriptions will be charged in accordance with the rule of charges. (<https://www.hc.u-tokyo.ac.jp/en/about-us/services-and-charges/the-rule-of-charges/> (UT net access only))

Notice for the visitors to our Health Service Center

○If you have a fever or respiratory symptoms including coughing○

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 has a fever clinic where we have a separate admission procedures for patients with possible infectious diseases, so please call the center in advance or follow the sign at the entrance.

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

If you have a primary doctor or a family clinic and are using medicines, we can smoothly provide medical treatment if you have the necessary documents, such as medical information forms (a letter of introduction, a referral letter, 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.

○If you are already being treated for chronic illnesses○

Depending on your chronic diseases 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 in the future as well. The correct information helps the doctor make an appropriate diagnosis and prescribe medication, which will increase the chances for an early recovery.

<Q&A regarding common illnesses>

Q: I think I have a cold.

A: You can easily consult a doctor at the Health Service Center, so please come to see a doctor. A cold is an infection of the upper respiratory tract (nose, throat, etc.) caused by viruses. Symptomatic treatment, using medicines to relieve the symptoms, is the main prescription for the common cold. However, medical examinations and tests can reveal that the symptoms are 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 has symptoms of a slight fever, sore throat, runny nose, cough, etc., caused by a virus. Viruses do not require antibacterial medicines for treatment. Antibiotics may be prescribed for secondary infections, such as bacterial infections that have occurred after a cold. Antibiotics are not prescribed unless necessary because they have side effects, including allergic reactions, and because 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 taking solid food and 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 blood can be seen 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, "Gynecology" for menstrual problems and concerns. 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. Generally, you can take the health check-up in any of the three districts, but please note that the health check-up dates vary depending on your grade level, affiliation, and district. 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

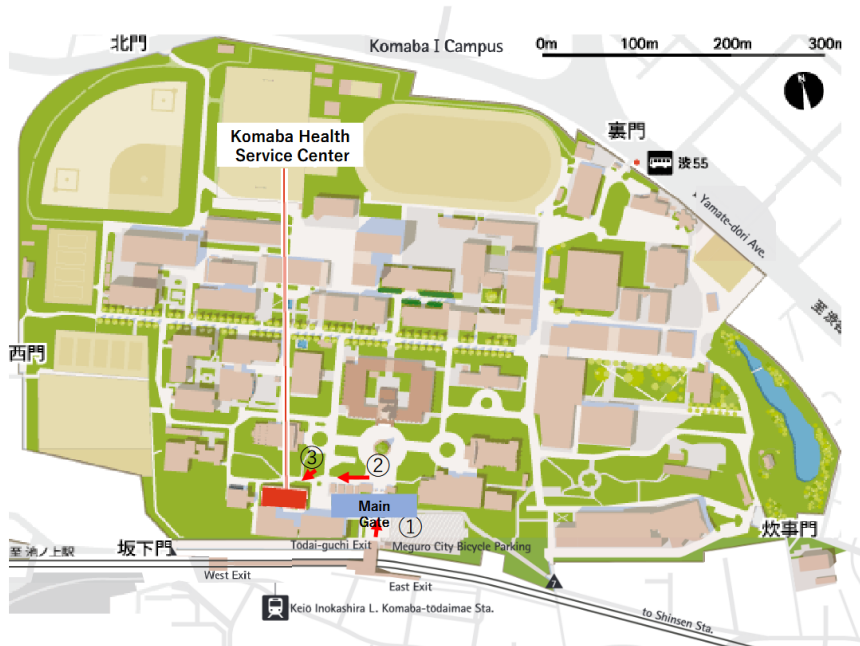
Address : 3-8-1 Komaba, Meguro-ku, Tokyo 153-8902

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 Service 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/>

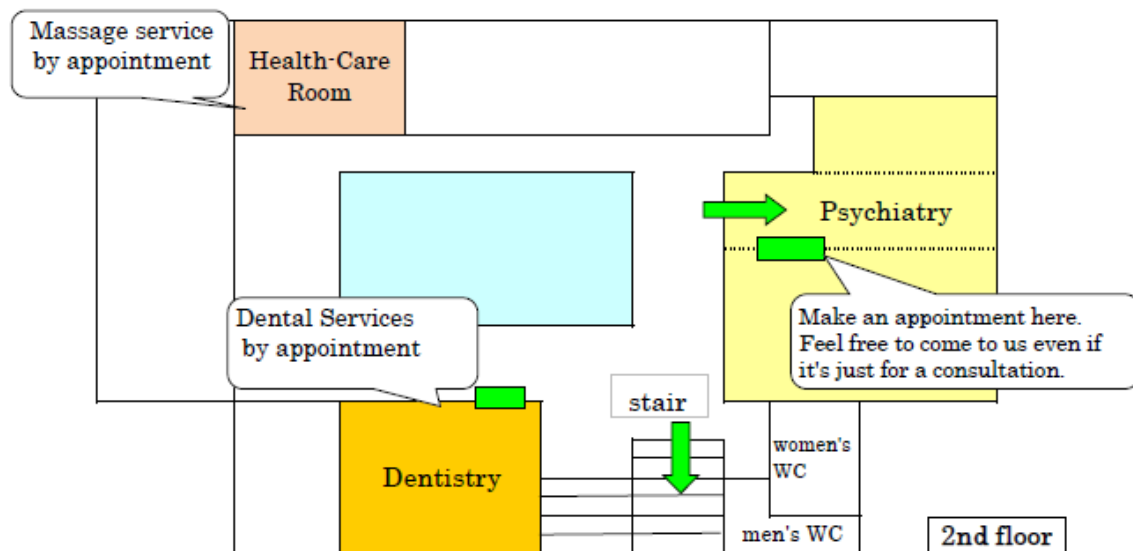
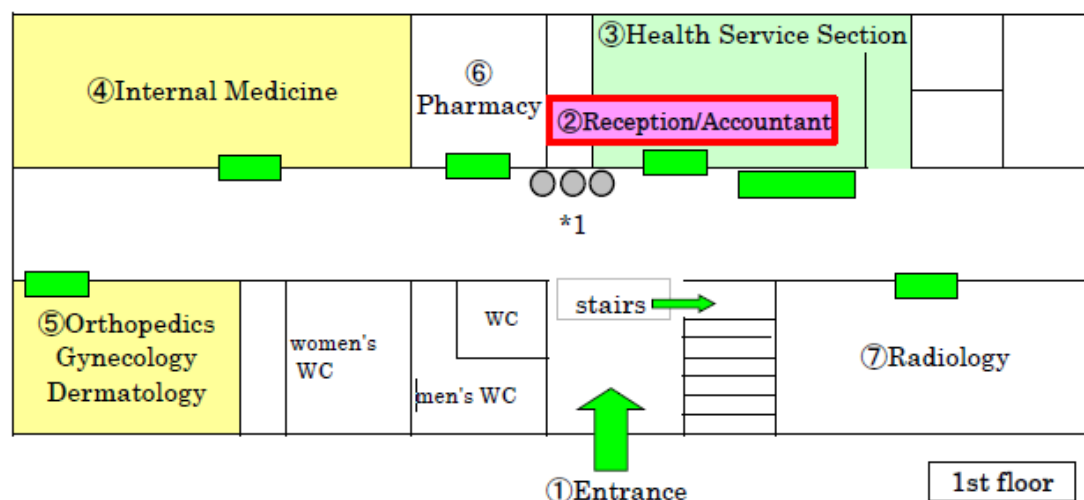


Department		Hours	Mon	Tue	Wed	Thu	Fri	Remarks
Internal Medicine /Travel Clinic	AM	10:00 ~ 12:20	○	○	○	○	○	Travel Clinic ⇒ Appointment required
	PM	2:00 ~ 3:45	○	○	○	○	○	
Dentistry	PM	2:00 ~ 4:00	○	—	—	—	○	Appointment required
Orthopedics	AM	10:00 ~ 11:45	—	—	—	—	○	Twice a month on Fridays.
Dermatology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

「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

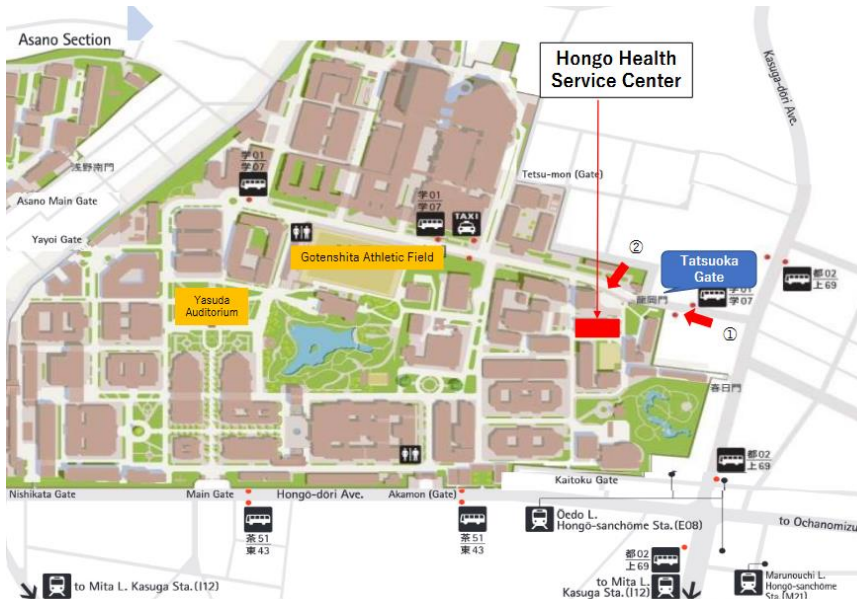
2) Hongo Health Service Center

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
Health Service Section	03-5841-2579
Front office Internal Medicine/ Gynecology ENT	03-5841-2573
Dentistry	03-5841-2586
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	○	○	—	○	—	
Gynecology	AM	10:00 ~ 12:20	○	—	○	—	—	Closed on the afternoon of the 3rd Monday of the month
	PM	2:00 ~ 3:45	○	—	○	—	—	
Psychiatry	AM	9:15 ~ 12:50	○	○	○	○	○	Appointment required
	PM	1:50 ~ 4:30	○	○	○	○	○	

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 (GSFS), the Institute for Solid State Physics (ISSP), the Institute for Cosmic Ray Research (ICRR), the Atmosphere and Ocean Research Institute (AORI) and several other research centers and institutes.

The three UTokyo campuses of the Kashiwa area, namely the Kashiwa Campus, the Kashiwa II Campus, and the Kashiwanoha Station Campus are located near the Kashiwanoha Campus Station on the Tsukuba Express.

<Access> Go straight from the main gate and cross the road. Keep going straight and turn left at the red mailbox. The building between the restaurant (Plaza IKOI) and the academic shop is the Kashiwa Health Service Center.



《 Consultation Hours and Contact Information 》

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

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	○	○	○	○	○	
Gynecology	PM	2:35 ~ 3:35	○	—	—	—	—	3rd Monday of the month
Psychiatry	AM	9:15 ~ 12:50	○	○	—	○	—	Appointment required
	PM	1:50 ~ 4:30	○	○	—	○	—	

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 make sure that you have a health check-up in the following year onwards. Information will be provided by the Academic Affairs Department and Health Center around April. For details, please refer to the Health Service Center's website.

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
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**

Hearing is checked using the “conversation method” to see if it interferes with daily conversation during the doctor's examination.

- **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 and PhD Program. 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 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 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 our health and lay the foundation for our 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 foods (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 differ 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 2400 kcal or more, the requirement will be staple food 6-8 (SV), side dish 6-7 (SV), and main dish 4-6 (SV) (SV: serving = unit of amount of food provided).

The trick is to eat 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 from sweets and soft drinks and eat properly.

Website, Ministry of Agriculture, Forestry and Fisheries:

https://www.maff.go.jp/e/policies/tech_res/attach/pdf/shokuiku-5.pdf

https://www.maff.go.jp/e/policies/tech_res/attach/pdf/shokuiku-16.pdf

https://www.maff.go.jp/j/syokuiku/guide/pdf/00_en_guide.pdf

Website, Food and Agriculture Organization of the United Nations

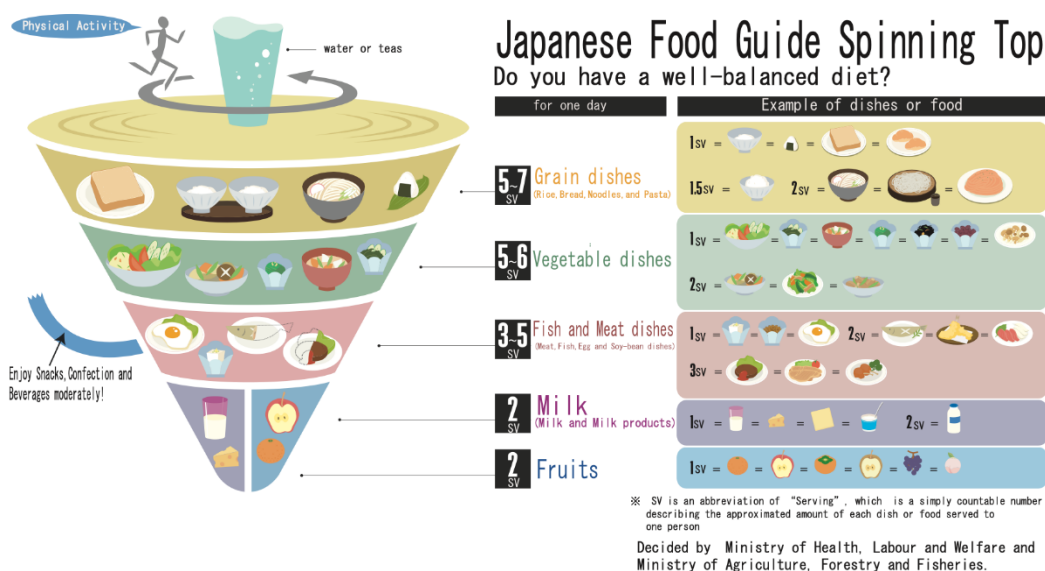
<https://www.fao.org/nutrition/education/dietary-guidelines/regions/japan/en/>

This is 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.



<https://www.mhlw.go.jp/bunya/kenkou/pdf/eiyou-syokuji4.pdf>

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 habits 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.

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. 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. It is also recommended that you do strength training 2 or 3 days each week (you could include it in the previous 4 METs/hour/week of exercise). Be careful not to spend too much time sedentary (sitting). These numerical targets only indicate the amount of exercise necessary to maintain good health and do not set an upper limit. It is important to adjust the intensity and amount of exercise based on individual capacity and to start with what you can do. Try to move your body a little more than you do now.

Website, Ministry of Health, Labour and Welfare:

" Physical Activity and Exercise Guide for Health Promotion 2023"

<https://www.mhlw.go.jp/content/001495670.pdf>

You can check the intensity (METs) of major physical activities and exercises .

https://www.nibn.go.jp/activities/documents/2024Compendium_table_adult_ver1_1_5.pdf (In Japanese)

Website, World Health Organization:

<https://iris.who.int/bitstream/handle/10665/336656/9789240015128-eng.pdf?sequence=1>

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, often 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 your 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 waking 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 you sleep 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 into 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 academic 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

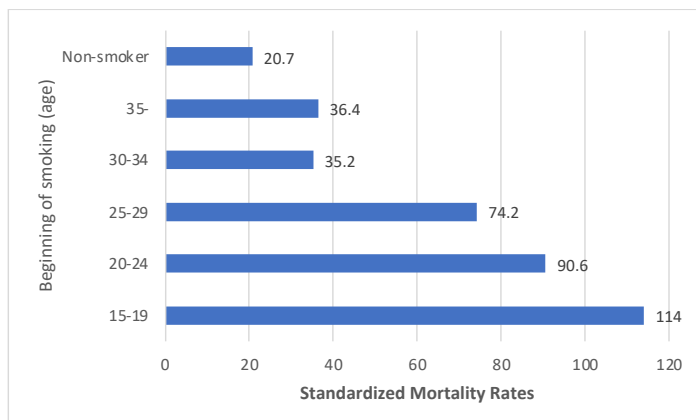
A. Harmful effects of tobacco

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 and spinal cord → decreased consciousness, unresponsive to calls for help, and large and small bowel movements	Danger of death → call an ambulance immediately

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. Sexual and Reproductive Health

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. 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 change partners and 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. Women can be examined and treated at the Health Service Center. Needless to say, you should visit a medical institution as soon as possible if you have itching or other symptoms in the pubic area. You can get information on a medical institution near your campus at the Health Service Center. STDs can be repeatedly transmitted to each other if partners are not treated together, 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
- 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 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 with blood tests for antibodies, etc. If you have any concerns, please consult health care providers as soon as possible.

(2) HPV vaccine

Most cervical cancer is caused by HPV (human papillomavirus), which is transmitted through sexual intercourse and disappears spontaneously in most people. In some people, however, the infection persists and causes abnormalities in the cervical cells, resulting in cervical cancer. 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 2008 (the 20th 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 (catch-up vaccination). Those who have received at least one vaccination by March 2025 will be able to receive the remaining vaccinations at public expense until March 2026. 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. If you have a certificate of residence in one of the 23 wards of Tokyo, you can also receive HPV vaccination at the Komaba and Hongo Health Service Centers. Furthermore, HPV is associated with oropharyngeal cancer, penile cancer, anal cancer, and genital warts in men. As of June 2025, the HPV vaccine is not included in the routine vaccination schedule for men, but vaccination is available on a self-pay basis. Some local governments provide financial assistance for vaccination costs for males 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), so please contact your local government for details. Consultations regarding HPV vaccination are available at the Health Service Center.

(3) Contraceptive methods

Examples of 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.

If the contraception fails, pregnancy can be prevented by taking emergency contraception within 72 hours after sexual intercourse. However, the pregnancy prevention rate is not 100%, and it is not a method that should be used as a regular form of contraception. Think carefully about contraception methods. If you have any concerns about birth control methods, please consult with the Health Service Center.

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. Condoms are effective in preventing STDs transmission.
Oral contraceptive pills	8-0.3 * Oral contraceptive pills cannot prevent STDs.	Oral contraceptive pills are not available over 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!

(4) Menstrual Migration

If your next menstrual period is likely to coincide with an exam or competition, you can temporarily take pills to adjust the timing of your menstrual period. There are two methods for adjusting your menstrual cycle: ① advancing your menstrual period, or ② delaying your menstrual period. For ①, please consult within five days of the start of the menstrual period prior to the one you wish to adjust. For ②, please consult at least five days before the expected start of the menstrual period you wish to adjust. We recommend consulting as early as possible.

(5) 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, your basal body temperature*³ records are helpful 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 and menstrual volume varies from individual to individual, but strong period pain or heavy flow 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.

*3 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.

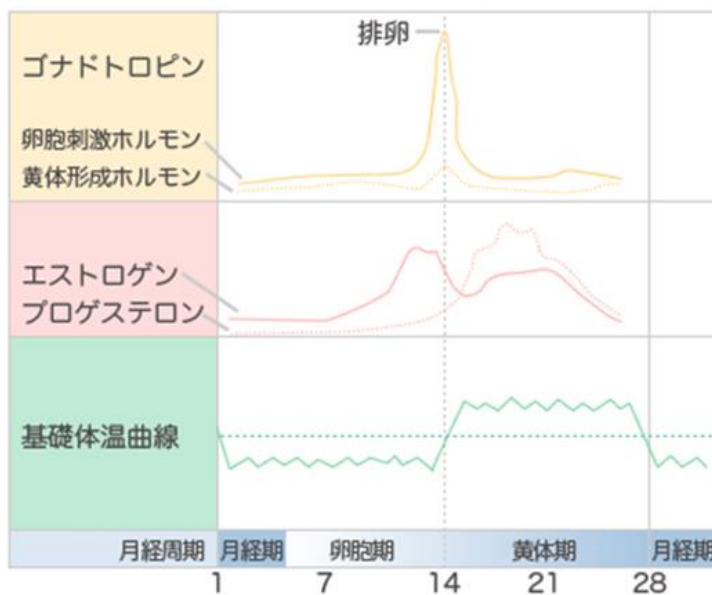


Figure. Ovarian cycle and uterine cycle

(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 **15 minutes** or more under running water. **It is very important to cool over clothing even with tap water, regardless of whether the burn was caused by hot water or oil.**

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 not in a good condition.

10. Emergency Action

Conditions that require the calling of an ambulance immediately include: 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://univtokyo.sharepoint.com/sites/EHS_portal/SitePages/d/Location_of_AED.aspx

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

回復体位

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



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

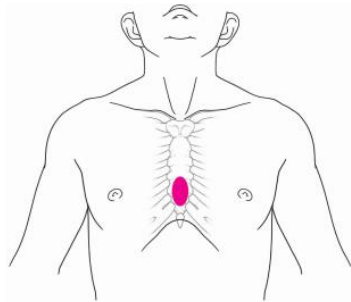
Opening the Airway: head tilt-chin lift maneuver

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.tfd.metro.tokyo.lg.jp/life/kyuu_adv/life01-2.html

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

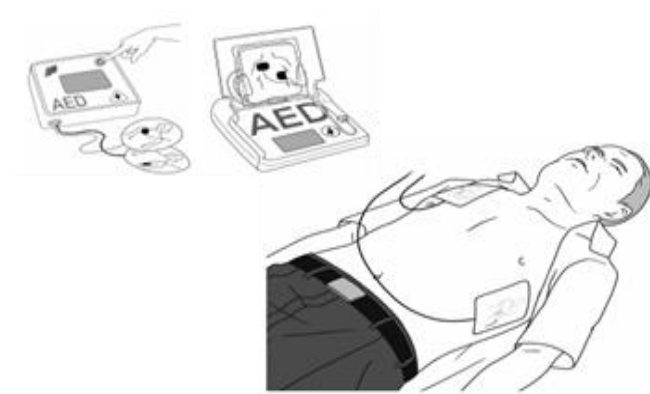


Chest compression: compress the center of the chest with the palmar heel of one hand by putting the other hand on it.

(https://www.pref.fukui.lg.jp/doc/iryuu/iryuujouhou/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).
 - (a) Turn on the AED (some models turn on automatically by opening the lid of the AED).
 - (b) Electrode pad attachment: Take out the AED electrode pad from the bag and attach it to the bare chest as indicated.
 - (c) 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.
 - (d) 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.
 - (e) 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. The electrode pads of the AED should be left attached until the EMS arrives, as arrhythmias can occur again even after circulation and breathing have returned to normal.



1) AED の準備

2) 電極パッドを貼り付ける

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

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

Infectious Diseases Commonly Spread at Universities

In university settings, where people live and interact in close proximity, certain infectious diseases can spread from person to person, sometimes leading to outbreaks. Examples of such diseases include measles, rubella, varicella (chickenpox), mumps, influenza, and COVID-19. If an infectious disease spreads on campus, students may face health issues and be unable to attend classes due to mandated periods of absence under the School Health and Safety Act or public health measures.

In 2007, measles, a highly contagious and severe disease, caused a nationwide outbreak in Japan from May to summer, affecting many students even at the University of Tokyo who lacked immunity. Since 2018, outbreaks of rubella have also been reported, posing a particular risk to pregnant women as it can cause congenital abnormalities in their babies. Both measles and rubella were previously thought to be under control due to high vaccination rates. However, international importation of the virus and groups with insufficient vaccination coverage have led to repeated outbreaks.

Varicella, characterized by blister-like rashes, is another disease that can be more severe in adults. Mumps, which cause swelling of the salivary glands, can sometimes lead to complications such as hearing loss or infertility. Varicella became a routine vaccination in 2014, but mumps is not yet part of the national immunization program, making both diseases relatively common.

When COVID-19 became a global pandemic in December 2019 onwards, many clusters were reported in Japan. Vaccination began in 2021, and as of May 8, 2023, COVID-19 was reclassified from a "Class 2 infectious disease equivalent to an influenza etc." to a "Class 5 infectious disease". However, the virus has not disappeared. To ensure a safe and healthy campus life, it is important to stay informed about current outbreaks and maintain basic preventive measures such as handwashing, avoiding the "Three Cs" (closed spaces, crowded places, close-contact settings), and proper ventilation. Be sure to check for updates and guidance from your university as necessary.

Diseases Preventable by Vaccination

Measles, rubella, mumps, chickenpox, influenza, and COVID-19 are viral diseases that can be transmitted from one person to another and can potentially cause outbreaks.

Depending on the disease and its progression, these illnesses may lead to severe complications or long-term aftereffects. **Measles, rubella, varicella, and mumps** can be prevented by receiving two doses of their respective vaccines if you have not previously contracted these diseases. **Influenza and COVID-19** vaccines reduce the risk of infection and can mitigate the severity of the illness if contracted.

Review your vaccination and disease records, such as those documented in your vaccine record book, to determine if additional vaccinations are necessary. This is particularly important for students preparing for teaching, caregiving, or clinical training, as these programs may require proof of vaccination or antibody test results. Additionally, many universities in countries like the United States mandate vaccination as part of their admission requirements.

Other vaccines, including those for both routine and optional immunizations, should also be considered if you have not received them. For example, outbreaks of **pertussis (whooping cough)** have been reported

at universities, and cases of **meningococcal meningitis** have occasionally occurred in dormitory settings. Although the **HPV (human papillomavirus) vaccine** and **Japanese encephalitis vaccine** are part of routine immunizations, there was a period when proactive recommendations were paused, leaving some individuals unvaccinated.

University Health Service Centers provide medical consultations and vaccination services. If you have questions or need assistance, please feel free to reach out. When visiting, it is helpful to bring your vaccine record book or a copy of it, if available.

About Vaccines

Vaccines are pharmaceutical agents made by weakening the power of bacteria, viruses, or the toxins they produce. There are several main types of vaccines.

- a) Live-attenuated vaccines (e.g., measles, rubella, mumps, chickenpox)
- b) Inactivated vaccines (pertussis, influenza, meningococcal meningitis, etc.)
- c) Toxoid vaccines (diphtheria, tetanus, etc.)
- d) Recombinant vaccines (hepatitis B, HPV, etc.)
- e) mRNA vaccines, viral vector vaccines (COVID-19. Our University Health Service Center do not provide this vaccine.)

Vaccination may cause adverse effects. Common adverse effects include:

- **Vasovagal syncope:** A sudden drop in blood pressure due to tension or pain, causing dizziness or fainting.
- **Allergic reactions:** Mild symptoms such as hives or itching.
- **Fever:** Temporary mild fever may occur.
- **Local reactions at the injection site:** Redness, swelling, or pain.
- **Infections due to live vaccines:** Symptoms due to injected live attenuated vaccine. Usually, the severity is milder than wild type infections.

Most of these adverse effects are transient and resolve themselves spontaneously. In rare cases, a severe allergic reaction known as anaphylaxis may occur within 30 minutes after the vaccination. Additionally, pregnant women and individuals with weakened immune systems may not be eligible for live vaccines. For details, please consult with the University Health Service Center when 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 situation regarding security or infection are 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 the country you are visiting can also be helpful.

(1) Your own health care

Fatigue can be a cause of 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 the proper language of your destination which describes your disease and prescription. In case 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 in 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. Please check the latest entry requirements of your destination in advance. You can 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). Please plan vaccinations ahead, since multiple vaccinations require several weeks

intervals and 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 check 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, but you will also 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 as well as the 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.

Do I need to visit with a translator?

A.

The staff and doctors at the Health Service Center can speak Japanese and English. Therefore, if you can speak English, you do not have to come with a translator. For other languages, we have a machine for translation, or you can use an app on your mobile phone. Please note that the machine translation system does not guarantee correctness. You can also search an out-patient clinic where foreign languages are available through a website of the embassy or other databases such as Medical Information Network “NAVII”.

<https://www.iryuu.teikyouseido.mhlw.go.jp/znk-Web/juminkanja/S2300/initialize>

(Machine translation are available for English, Chinese, and Korean. If you have difficulty in finding them, call or visit us.

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 clinic. 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 check-up 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 lead to 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 variety of clinical 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 check my weight regularly.

A

The Health Service Center has height, weight, and body composition scales, as well as automatic blood pressure monitors. Please ask a staff member in advance. 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. You can also get tested at the Health Service Center. During pregnancy, there are many precautions to take such as avoiding alcohol, smoking, and some medications. Even if you are not pregnant, if you have not had a period for more than 3 months, it is recommended that you visit a gynecologist. You can visit the gynecology clinic at the Health Service Center. We also have a list of nearby outpatient obstetrics and gynecology clinics. When you need morning-after pills, that is, emergency contraceptives, you can visit us even when the gynecology clinic is closed. Please feel free to come to our center for a consultation.

Q

I need to adjust the timing of my periods. I want to consult about irritation or fatigue relating to my period.

A

Visit our gynecology clinic. If you wish to change the timing of your period, it is recommended to come early enough to start the medication.

Q

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

A

Doctors and nurses are ready to give first-aid treatment during health center opening hours (weekdays, 9:00 a.m. to 5:00 p.m.). If necessary, referrals can be made to nearby clinics or hospitals. Outside of opening hours, please visit our web site below to search for resources.

<https://www.hc.u-tokyo.ac.jp/en/qa-others/afterhours-med-consultation/>

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 the 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 located.

A.

If you want to know where medical institutions are, you can visit us, and we will show you how to find them. If you suddenly feel sick while on holiday, the above-mentioned Medical Information Network “NAVII” will be convenient for you regarding on medical institutions while in Tokyo. In addition, each local government office usually has 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 for your symptoms.

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

健康のしおり

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