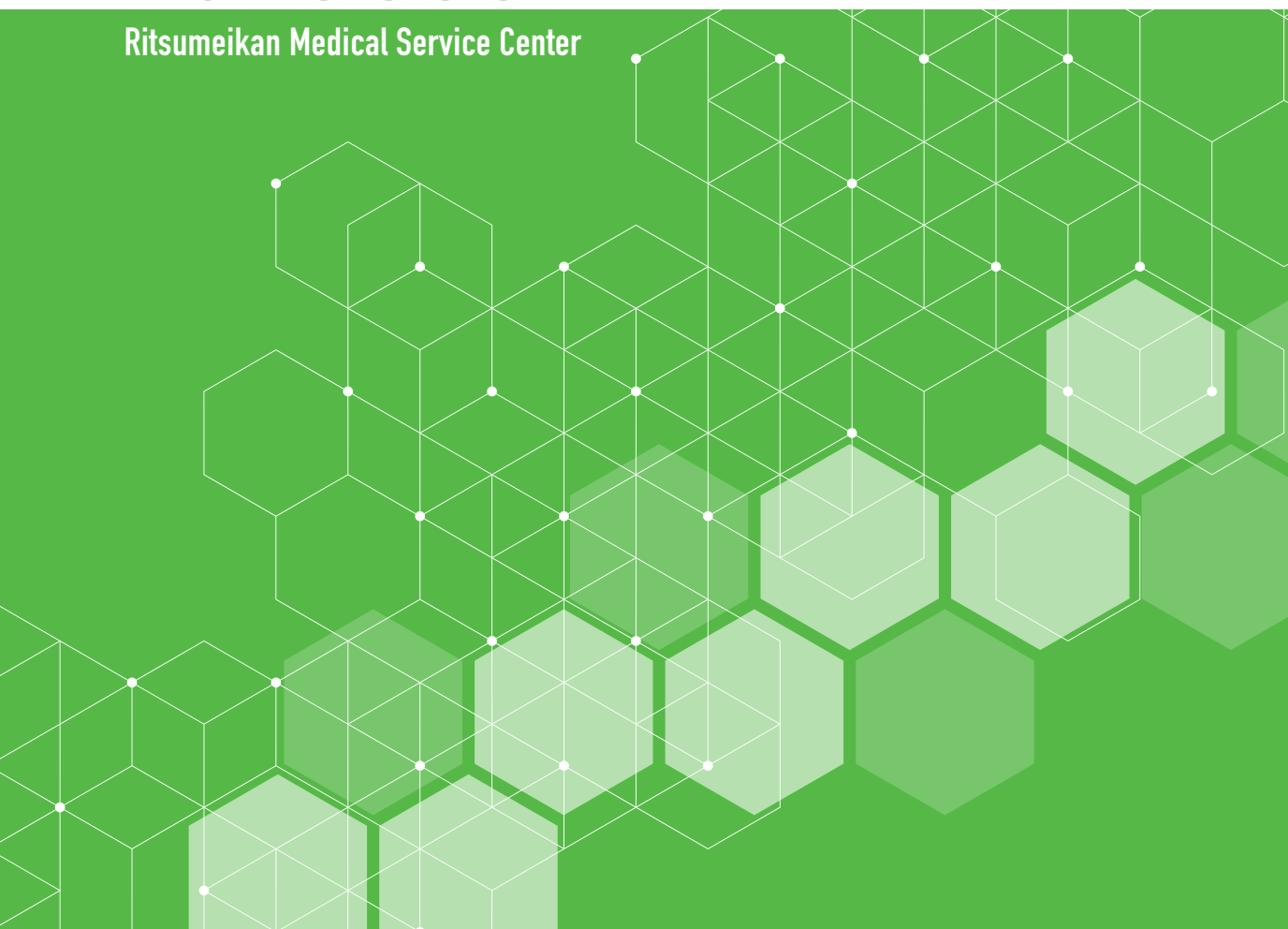


# Health Handbook

Ritsumeikan Medical Service Center



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# 1

## Infection Prevention Measures

※Please check the Ritsumeikan Medical Service Center's website for the latest information.

It has been more than three years since the start of the COVID-19 pandemic, but basic protection against infection is still essential. In addition to COVID-19, there are many other infectious diseases such as influenza and infectious gastroenteritis. Always wearing a mask and washing/sanitizing hands thoroughly are effective measures against all kinds of infections.

### [Recommendations for Hand Washing] Wash your hands in these situations!

After going to the bathroom



Before and after eating/cooking



When you get home



After going to a public place or touching something for public use



After coughing, sneezing, or blowing your nose



Ritsumeikan University Office of Public Relations - Twitter Video "Recommendations for Proper Hand Washing" Japanese only



### [Are you sanitizing your hands the right way?]







Using alcohol-based hand sanitizer is something that we do many times a day without thinking too much about it. What should you be aware of when using it?

- **Are you washing your hands and using alcohol-based hand sanitizer while they are still wet?**  
The remaining water on your hands will lower the alcohol concentration and reduce its effectiveness in killing viruses. Dry your hands thoroughly before using alcohol-based hand sanitizer.
- **Are you only sanitizing the underside of your hands?**  
Many viruses can be found between the fingers, nails, and on the backs of the hands. Rub the alcohol-based hand sanitizer in carefully, just as you would when washing your hands.
- **Some pathogens, such as norovirus, are not effective with alcohol.**  
It is important to wash hands properly without relying too much on alcohol disinfection.

### [The Effectiveness in Preventing Infection Differs By Type of Mask]

Several studies have shown that non-woven masks are more effective in preventing infection than cloth or urethane masks. Urethane masks are very comfortable, come in a variety of designs, and tend to be preferred by younger people. However, the fact that it is very comfortable means that it is not very effective in preventing droplet transmission. **Use non-woven masks in crowded areas, and where ventilation is not adequate.**

## Performance of Commercially Available Masks (measured values)

Mask Type	No Mask	Urethane Mask	Cloth Mask	Non-woven Mask	
Droplet Capture Rate (average)				Loose 	Securely Fit 
Exhaling	0%	52%	72%	76%	<b>82%</b>
Inhaling	0%	18%	30%	55%	<b>75%</b>
Effectiveness	Low  High				

Based on an article published in The Tokyo Shimbun on September 14, 2021, regarding compiled results of experiments conducted by Toyohashi University of Technology, RIKEN, and others

### [How to Wear a Mask Properly]

**The mask should securely fit without gaps, covering the nose completely.** A protruding nose reduces the effectiveness of the mask at preventing infection. When you remove your mask, hold only the elastic band, and throw it away. Be sure to wash your hands thoroughly afterwards.

How to Wear a Mask Properly  
(Ministry of Health, Labour and Welfare)  
Japanese only



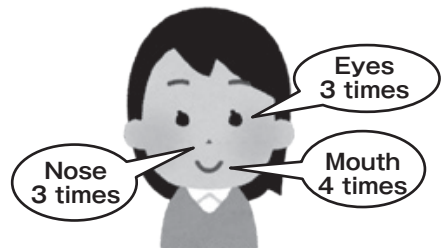
It's All in How You Wear It! A Better Way to Wear a Mask  
(created by the RIKEN team)  
Japanese only



### [Be Careful of Habitually Touching Your Face!]

Masks also help to prevent unconscious touching of the mouth and nose. However, masks can slip off quickly and we often see people repeatedly pulling them back up with their hands. If you touch your mask with your hands, the virus that is stopped by the mask will get on your hands. **Once your mask is on, don't touch anything but its elastic bands!** If you do touch it, you need to wash your hands immediately. A mask that often slips off is useless.

**People unconsciously touch their faces!**  
**23 times per hour on average**



Taken from a study by the University of New South Wales

## (Information Regarding COVID-19)

Ritsumeikan Medical Service Center  
[https://en.ritsumeikai.ac.jp/health/coronavirus\\_infection/](https://en.ritsumeikai.ac.jp/health/coronavirus_infection/)



Response to COVID-19  
 Office for COVID-19 and Other Emerging Infectious  
 Disease Control, Cabinet Secretariat, Government of Japan  
<https://corona.go.jp/>



### [If You Feel Sick]

If you feel even a little sick, do not come to campus. If you have a personal doctor or medical institution that you can visit, please **call** them first before visiting them in the way they specify. If there is no medical institution with which you can consult, please **call** the Medical Service Center on your campus. Doctors are available in the afternoon, and **we also have a fever clinic** where you can take a COVID-19 test if your doctor deems it necessary.

Ritsumeikan Medical Service Center, Kinugasa Campus (Shigakukan Hall 1F) : 075-465-8232  
 Ritsumeikan Medical Service Center, BKC (West Wing 1F) : 077-561-2635  
 Ritsumeikan Medical Service Center, OIC (Building A, South Wing 1F) : 072-665-2110

### ★During Holidays or at Night When There Is No Medical Institution Nearby Where You Can Receive Consultations or Medical Care★

Please call the local government medical exam consultation center in your area of residence.

### ■ Information on multilingual consultation centers

Names	Phone numbers	Operating hours	Languages
Japan Visitor Hotline (Japan National Tourism Organization)	050-3816-2787	24 hours a day, 7 days a week	English, Chinese, and Korean
Kyoto Novel Coronavirus Medical Consultation Center	075-414-5487	24 hours a day, 7 days a week	English, Chinese, Korean, Portuguese, and Spanish
		7 days a week: 10 am - 8 pm	Vietnamese
		7 days a week: 9 am - 6 pm	Thai
Shiga Foreign Residents Information Center	077-523-5646 Email to: <a href="mailto:mimitaro@s-i-a.or.jp">mimitaro@s-i-a.or.jp</a>	Mon to Fri: 10 am - 5 pm	Portuguese, Spanish, Tagalog, Vietnamese, Indonesian, English, Chinese, Korean, Thai, Nepali, Russian, and Hindi
Osaka Information Service for Foreign Residents	06-6941-2297	Mon and Fri: 9 am - 8 pm Tues to Thurs: 9 am - 5:30 pm 2nd and 4th Sun of each month: 1 pm - 5 pm	English, Chinese, North and South Korean, Portuguese, Spanish, Vietnamese, Filipino, Thai, Indonesian, and Nepali

### ★If you are infected with COVID-19 or identified as a "close contact"★

Please send the report form on the Medical Service Center website to the university.

## 2

# Role of Ritsumeikan Medical Service Center

### ◆ What does Ritsumeikan Medical Service Center do?

The Ritsumeikan Medical Service Center supports students, faculty and staff members to ensure that they can enjoy a high quality of health at university. The Medical Service Center provides following services :

- Annual medical examinations
- Post-medical examination : re-examinations, detailed examinations, and health guidance by doctor, nurse or public health nurse
- Disease management (periodic follow-ups, medical treatment, and lifestyle & dietary advice)
- Health consultation (mental and physical health consultation and other health-related consultation)
- Medical care (internal medicine and psychiatry)
- Study abroad support (antibody tests, vaccination, and issue of certificates)
- Support for nursing-care experience, teaching practice, and clinical training (examinations and issue of medical certificates)
- Support for extracurricular activities (physical checkups for athletes)
- Support for lab and practical experience (safety control)
- Health education
- Prevention of infectious diseases
- First Aid treatment
- Issue of health certificates

## 3

# Office Hours & Clinic Hours

The Ritsumeikan Medical Service Center at Kinugasa, Biwako-Kusatsu and Osaka Ibaraki campuses house clinics that provide medical treatment by specialists in internal medicine and psychiatry. Health consultations are available free of charge. However, you must present your health insurance card if you need a treatment under health insurance.

A copy of your health insurance card cannot be accepted.

If you wish to use your "Individual Number Card" as a health insurance card, please register the card for the use.

**Q: I want to see a doctor, but I do not have cash or I do not have my health insurance card on me. What should I do?**

A: You can see a doctor at the Medical Service Center without your health insurance card if you pay the full amount of the medical fee. If you bring your health insurance card to the center at a later date (within about one week), you will receive a refund of the fee covered by insurance.

\*If you do not have cash with you, consult with staff at the center.

\*You can use a credit card and prepaid transportation cards.



**Q: I just want to get a prescription/medication.**

A: You cannot get prescriptions without seeing a doctor.

**1) Office hours Monday~Friday (except Saturdays, Sundays, and holidays)**

[Kinugasa Campus]	9:30~17:00	lunch break	11:00~12:00
[Biwako Kusatsu Campus (BKC)]	9:30~17:00	lunch break	11:00~12:00
[Osaka Ibaraki Campus (OIC)]	9:30~17:00	lunch break	11:30~12:30

**2) Clinic hours** Please check the latest medical service hours on the website

The Medical Service Centers are open during the semester according to the following schedule.

**[Kinugasa Campus] Shigakukan 1F TEL : 075-465-8232**

Medical Service		Day	Reception	Opening Hours
Medical Examination and Consultation	Physician	Mon-Fri	12 : 30~15 : 30	13 : 00
	Psychiatrist (appointment required)	Mon	13 : 00~16 : 30	13 : 00
		Tue	14 : 00~17 : 00	14 : 00
		Thu	13 : 00~16 : 30	13 : 00
		Fri	13 : 30~16 : 30	13 : 30
Smoking Cessation Services Travel Clinic		appointment required		

**[Biwako Kusatsu Campus (BKC)] West Wing 1F TEL : 077-561-2635**

Medical Service		Day	Reception	Opening Hours
Medical Examination and Consultation	Physician	Mon-Fri	13 : 00~16 : 00	13 : 30
	Psychiatrist (appointment required)	Tue	13 : 30~16 : 30	13 : 30
		Wed	13 : 30~16 : 30	13 : 30
Smoking Cessation Services Travel Clinic		appointment required		

Medical Service		Day	Reception	Opening Hours
Medical Examination and Consultation	Physician	Mon-Fri	13 : 00~16 : 00	13 : 30
	Psychiatrist (appointment required)	Tue	13 : 30~16 : 30	13 : 30
		Wed	13 : 30~16 : 30	13 : 30
Smoking Cessation Services Travel Clinic		appointment required		

(Note) As the Clinic Hours at each campus may change according to the availability of doctors, check the hours on the bulletin board of the Medical Service Center at your campus. Office Hours & Clinic Hours are based on the academic calendar and may vary during the spring and summer breaks, Student Medical Examination, and Faculty and Staff Medical Examination.

Open on holidays with usual classes (No doctor consultations).

Closed on weekends even with make-up classes.

If you wish to consult about gynecological problems, please consult with the Medical Service Center on each campus. Depending on what you want to consult, you may be guided to an outside medical institution if necessary.

## 4

## Health Consultation

The Medical Service Center provides advice and assistance to students on health-related issues, including health problems and diet, as well as useful information about medical institutions. Mental health counseling services are also provided by psychiatrists to those who have psychological concerns. Consultation will be kept confidential.

### ◆ Health consultation by a public health nurse and nurse

Kinugasa Campus	Mon - Fri (except Tue morning)	9 : 30 - 10 : 45 AM 1 : 00 - 4 : 30 PM
Biwako Kusatsu Campus (BKC)		
Osaka Ibaraki Campus (OIC)		

### ◆ Health consultation by a physician (See Clinic Hours on page 6, 7).

### ◆ Check the clinic hours by a psychiatrist(See Clinic Hours on page 6, 7).



# 5

## Student Medical Examination

### Q: Why do I have to get an annual medical examination?

A: The purpose of an annual medical examination is to detect abnormalities in the body at an early stage, deal with health problems and promote better health. The details of an annual medical examination are stipulated in the School Health and Safety Act.

As university students have a lower risk of falling ill compared with people in other age categories, they tend to be less concerned about their own health. However, there has recently been an increase in the number of young people suffering from lifestyle-related diseases such as high blood pressure, diabetes, excessive fat in the blood, and obesity due to an irregular lifestyle and unbalanced diet. Lifestyle-related diseases originating in the daily habits of one's early years can be prevented and treated by early detection at an annual medical examination and an improvement in lifestyle. In contrast to Europe and the United States, about 11,500 people are diagnosed with tuberculosis every year in Japan. Through the annual medical examinations at the University, tuberculosis cases are detected every year.

To ensure your healthy university life, do not miss the annual medical examination.

### Q: Do I need to take the annual medical examination every year?

A: Students must have an annual medical examination every year as stipulated in the School Health and Safety Act and Ritsumeikan University Student Medical Examination Regulations. Therefore, you must undergo an annual medical examination every year.

#### Exam items may be changed to prevent the Spred of COVID-19

Exam Items	new students	current students	those graduating/ completing students
Web medical questionnaires	○	○	○
Chest X-ray	○	—	○
Height	○	○	○
Weight	○	○	○
Blood pressure	○	○	○
Urine test	○	○	○

### Q: What kinds of tests are included in an annual medical examination?

Here is a brief explanation of each test.

#### A-1: Web medical questionnaires

Enter your past medical history and subjective symptoms online.

## **A-2: Chest X-ray**

This is to check for tuberculosis, tumors in the chest, spontaneous pneumothorax and other lung diseases. It shows the size and shape of your heart and helps the doctor check for various diseases.

## **A-3: Physical measurement**

Calculate body mass index (BMI), an indicator of body fatness, based on height and weight to determine whether you have a healthy weight.

## **A-4: Urine test**

A urine test measures level of protein, sugar and occult blood in the urine, and can predict diseases of the kidneys, urinary organs, and diabetes.

## **A-5: Measurement of blood pressure**

The readings help determine whether the blood pressure is high, low or normal.

## **The date, time and venue of the annual medical examination**

The date, time, and venue of the annual medical examination may change from year to year. Check the Medical Service Center's homepage and manaba+R for the latest. The annual medical examination is conducted in April and May for all students. Students who enroll in the fall semester need to undergo their annual medical examination in September for their first year, then in coming April.

## **Receiving the results of your annual medical examination**

The results of the periodic medical examination taken at the university by the end of June (including past results) will be available on manaba+R in early July.

\*The center will contact you via telephone or email or on manaba + R if you need a detailed examination in view of your chest X-ray examination results. In that case, come to the Medical Service Center on the designated day.

## **Athlete Health Examination**

Students who belong to a University sports club are required to undergo Athlete Health Examination. Details will be provided to students by the Office for Athletes and Sports Services and each sports club.

## **Medical Examinations for Workers engaged in Hazardous Operations**

Students who use organic solvents, specified chemical agents, or ionizing radiation are required to undergo Medical Examinations for Workers engaged in Hazardous Operations. Details will be provided to students by Office of Effective Research Environment Management.

\*Beware of prank callers.

The Medical Service Center will report the results of medical examinations to each student via telephone or email or on the manaba + R. In the case of a telephone call, the staff member calling will state his/her name, his/her position and the reason for calling. Contact us if you notice any suspicious activity:

[Kinugasa Campus]	075-465-8232
[Biwako Kusatsu Campus (BKC)]	077-561-2635
[Osaka Ibaraki Campus (OIC)]	072-665-2110

\*Notice from the Medical Service Center

Information on the schedule for the annual medical examination, office hours and clinic schedule can be found on our homepage.

Medical Service Center homepage:  
<https://en.ritsumei.ac.jp/health/>



**Medical Service Center**

[Ritsumeikan University](#) | [Links](#) | [Contact](#) | [JP/EN](#)

[About Us](#)
[Annual Schedule](#)
[Medical Treatment and Health Consultations](#)
[Medical Examinations and Results](#)
[Certificates of Health](#)
[Publications and Application Forms](#)
[Study Abroad Support](#)
[FAQ](#)

Information for Current Students

Information for Faculty and Staff (internal network only)

Information for Students applying for Ritsumeikan and their parents/guardians

### Search by Purpose

If you are infected with COVID-19 or identified as a "close contact"

How to Utilize Fever Clinics

Medical Treatment and Health Consultations

Medical Examinations and Results

Medical Examination Certificates

Study Abroad Support (Travel clinic)

Download Materials/ Publications/ Application Forms

### What's new?

2023.2.22	2023 Student Medical Examination Schedule
2023.1.12	2023 FEBRUARY / MARCH Clinic Schedule <a href="#">📄</a>
2022.11.8	2022 DECEMBER/ 2023 JANUARY Clinic Schedule <a href="#">📄</a>
2022.9.1	2022 Medical examination schedule (Students enrolled in September 2022)
2022.5.18	For students who still have not undergone 2022 Medical Examination
2022.5.13	Certificate of Health for job applications in 2022
2022.3.18	2022 Student Medical Examination Schedule
2021.12.22	[For Students] Additional reservation for Influenza Vaccination

**Ritsumeikan Medical Service Center, Kinugasa Campus**

56-1 Toji in Kitamachi, Kita-ku, Kyoto  
463-8577  
Tel: 075-465-8232  
Email: hokenask@st.ritsumei.ac.jp

Consultation times

Access

**Ritsumeikan Medical Service Center, BKC**

1-1-1 Noji Higashi, Kusatsu, Shiga  
525-8577  
Tel: 077-561-2625  
Email: hokenask@st.ritsumei.ac.jp

Consultation times

Access

**Ritsumeikan Medical Service Center, OIC**

2-150 Iwakura-cho, Ibaraki-shi, Osaka  
567-8570

10

# 6

## Certificate of Health

Certificate of health based on the results of the annual medical examination conducted by the University is issued only during the academic year in which the medical examination was conducted. The certificate is not issued to students who did not undergo the annual medical examination conducted by the University. Students who are unable to take the medical examination should consult the Medical Service Center.

**Q: How long are the certificate of health issued by the University valid for?**

A: The certificate of health is generally valid for three months from the date of issuance. Applications for certificate of health are accepted during office hours.

**Q: When is the Certificate of Health for the purpose of job applications issued?**

A: The date of issuance of the certificate of health for job applications varies from one academic year to the next, but it usually starts around in mid May. The certificate is issued for graduating and completing students via automatic certificate issuance machines at each campus, including the Tokyo Campus and Osaka Umeda Campus. Also, it is available to apply on the web and receive them at convenience stores nationwide (Seven-Eleven, Lawson, FamilyMart in Japan) Please see the details on the Ritsumeikan University homepage.

However, if a student is found to have any health abnormalities as a result of the health examination, the student may have to have a re-examination to have the certificate issued. An English version of the certificate of health for job applications can be issued at the Medical Service Center.

**Q: What modifications can be made in regard to the issuance of the certificate?**

A-1: The Medical Service Center issues the certificate of health necessary for scholarship application or part-time job, for teaching and nursing practicum, for taking a graduate school entrance examination of another university, or for obtaining a qualification. If you need a certificate of health early in the academic year, please take your medical examination earlier in the schedule.

Students other than fourth-grade students who need a certificate of health earlier in the academic year are recommended to undergo the annual medical examination according to the schedule for fourth-grade students and above.

A-2: In application for a scholarship provided by a private organization or a local government, etc., the results of additional diagnostic tests to those included in the annual examination may be required. As it takes a few days for the results of the tests to be issued, schedule well in advance. Not all tests required by such

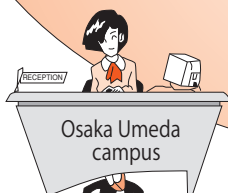
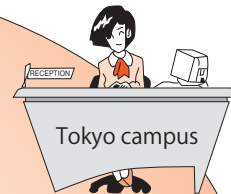
organizations can be performed at the Medical Service Center. Therefore you are asked to bring a list of the additional requirements as well as the application form for the certificate of health to the Medical Service Center when you apply for the certificate.

A-3: If it is designated that the issuer of the certificate of health be a public medical institution, the Medical Service Center cannot issue the certificate. Read carefully the requirements or explanation. If you have any questions, call the Medical Service Center.

**Q: How can I get a certificate of health required by a University sports club for participation in a game or training camp?**

A: You must undergo Athlete Health Examination, which includes electrocardiogram and blood test, in addition to the annual medical examination, and be examined by a physician. Once these conditions have been met, the certificate can be issued. Please apply at Center for Athletics and Sports Services, Student Affairs.

## Automatic certificate issuance machines



# 7

## Health Knowledge (1) Health and Eating Habits

Do you eat a well-balanced diet?

Even eating a well-balanced diet, you will gain weight if you intake too many calories and lose weight if you eat too few calories.

### ◆ Prevent metabolic syndrome and reduce the risk factors!

Obesity can cause high blood pressure, lipid abnormalities, diabetes, hyperuricemia (cause of gout), and liver function failure (fatty liver). The main causes of obesity are an excessive calorie intake (overeating) and a decrease in energy consumption (lack of exercise). To lose weight, people need to increase their energy consumption (exercise) and reduce their calorie intake (dietary restriction). There are weighing machine, body fat meter and electronic manometers in the medical service center. Please feel free to visit us.

### ◆ Dangers for extreme dieting of women

The period in life from the age of 18 through the early 20s is a critical time for the establishment of lifelong health. It is particularly important for women as during this period in life the menstrual cycle, which started at around the age of 12, begins to stabilize, and bodily functions reach maturity. A woman's body needs a certain amount of body fat to produce female hormone. A woman having too little or too much body fat can cause irregular menstruation. If a woman gains or loses too much weight in a short period of time, menstrual periods may stop or bleeding without ovulation may occur. If menstruation stops during this important period of time, it may lead to infertility in future.

Osteoporosis that develops after menopause is closely related to bone density at a young age. Bone density in women peaks around the age of 20. Thereafter, bone density remains around the same level until women reach their mid-40s, but it begins to fall rapidly from around the age of 50 (menopause). If the production of the female hormone estrogen decreases as a result of extreme dieting, women in their 20s will lose bone density in the same way that women experiencing menopause do. The only preventive measure against osteoporosis is to build up a high level of bone density during the period of growth and then to maintain that density level. Estrogen also helps keep women's blood vessels, brain and skin young, as well as in lowering the risk of myocardial infarction and cerebral infarction in women of pre-menopausal age, who has been found to have lower risk than men. When estrogen levels drop, the body begins to age rapidly.

## (2) School Infectious Disease and Tuberculosis

As specified by the "School Health and Safety Act", the "Ordinance for Enforcement of the School Health and Safety Act in Japan" and "The Ritsumeikan Trust School Health and Safety Management Regulations", if a student is diagnosed by a medical doctor as having an infectious disease, the President of Ritsumeikan University shall suspend the student. In the case of suspension from classes, the student must not come to the university until the period for suspension from classes has elapsed.

\*This classification is subject to change, please refer to the latest information

	Infectious Disease	Restrictions on Attending Classes
Class 1	Ebola hemorrhagic fever, plague, Crimean-Congo hemorrhagic fever, Marburg virus disease, smallpox, Lassa fever, South American hemorrhagic fever, Polio, diphtheria, SARS (Sever Acute Respiratory Syndrome), avian influenza, new strains of influenza, other designated infectious diseases, COVID-19.	Until cured.
Class 2	Influenza (excluding specific avian influenza and novel influenza)	Until 6 days have passed since the onset of illness and 2 days after decline of fever.
	Pertussis	Until the distinctive cough disappears, or 5 days of appropriate antibiotic treatment is completed.
	Measles	Until 3 days have passed after decline of fever.
	Mumps	Until 5 days have passed since the onset of swelling of the parotid gland, submaxillary gland or sublingual gland and overall condition has improved.
	Rubella (German measles)	Until the rash disappears.
	Varicella (Chicken pox)	Until all the blisters have scabbed over.
	Pharyngoconjunctival fever (pool fever)	Until 2 days have passed after major symptoms disappear.
	Tuberculosis Meningococcal meningitis	Until a physician or the school physician determines the condition to be non-infectious.
Class 3	Cholera	Until a physician or the school physician determines the condition to be non-infectious.
	Shigellosis (bacillary dysentery)	
	EHEC (Enterohemorrhagic Escherichia coli)	
	Typhoid fever	
	Salmonella	
	Epidemic keratoconjunctivitis	
	Acute hemorrhagic conjunctivitis	
	Other infectious diseases include: Group A beta-hemolytic streptococcal infection, hand-foot-and-mouth disease, infectious erythema, herpangina, mycoplasmosis, and epidemic vomiting and diarrhea (vomiting and diarrhea caused by norovirus, etc.)	

Check the detail on the following website;  
 Ritsumeikan University (English) → Student Life and Career Support → “Treatment of Students with Infectious Disease”

報告書 立命館大学

学校感染症治癒証明書 記入について (ご依頼)

本学では、学校感染症に罹患あるいは罹患した疑いがあり、他への感染の恐れがある場合、出席停止を決定しています (学校法人立命館大学保健安全管理規程 第13条)。お手紙をおかけしますが、他への感染の恐れがなくなり、登校に実用になりました際には、下記にご記入頂きますようお願い申し上げます。なお、本学より問い合わせさせていただきます。ご対応をいただきますようお願いいたします。

立命館大学 学長殿

感染症治癒証明書 (Certificate of Recovery from Infectious Disease)

種別	病名	治癒停止期間
第一種 Class1	第一種感染症 (Class 1 infectious disease)	治癒するまで (Until cured)
	その他 指定感染症 (指定感染症)	罹患した学生が感染源とならば罹患疑いの場合は学生自身が検査を受け記入するまで (A student who is or might be infected with COVID-19 will write an infection report, or the certificate of recovery is submitted.)
第二種 Class2	インフルエンザ (特定鳥インフルエンザ及び新型インフルエンザ等感染症を除く)	学生自身が罹患を記入するまで (The student writes an infection report, or the certificate of recovery is submitted.)
	百日咳 (Whooping cough)	療養の程が済んだら、又は 5 日間の適切な抗菌薬治療による治療が完了するまで (Until the doctor's course disappears, or 7 days of appropriate antibiotic treatment is completed.)
	麻疹 (はしか) Measles	解熱した後 3 日を経過するまで (Until 3 days have passed after decline of fever.)
	流行性下痢症 (赤たふくつか?) Shigellosis	発症後、発症後 5 日を経過し、かつ、症状が消失した後に 2 日を経過するまで (Until 7 days have passed since the onset of onset of the genital gland, subconjunctival gland or sublingual gland and overall condition has improved.)
第三種 Class3	麻疹 (三日はしか) Rubella (three-day measles)	発熱が消失するまで (Until the rash disappears.)
	水痘 (水ぼうそう) Varicella (chicken pox)	全ての発疹が消失するまで (Until all the blisters have scabbed over.)
	咽頭結核 (アノム) Pharyngotonsillitis (sore throat)	症状が消失した後 3 日を経過するまで (Until 3 days have passed after acute symptoms disappear.)
	結核 Tuberculosis	病状により学校長その他の医師において感染の恐れがないと認められるまで (Until a physician or the school physician determines the condition to be non-infectious.)
	結核菌性髄膜炎 Meningococcal meningitis	同上 (Same as above.)
	流行性赤痢 Shigellosis	同上 (Same as above.)

下記の者は、上記の疾患が治癒した事を証明します。

学部・学科 (本人記入) / 氏名 (フリガナ) / 学生証番号 (本人記入) / 生年月日 / 年 月 日生 / Student ID #

出席停止期間 Attendance suspension period

発症日 (Date of onset) 年 月 日 ~ 治癒日 (Date cured) 年 月 日

医師職名・住所 年 月 日 医師 名 印

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Ritsumeikan University will not disclose information on this certificate to third parties except in the following cases: an emergency concerning group infection within the school, when legally obligated to do so, or in a situation wherein such a disclosure is necessary in order to protect life or health of the student even if it is difficult to obtain consent from the student.

2020.9 保健センター

Certificate of Recovery from Infectious Disease

学生・役生のみなさん 季節性インフルエンザ罹患証 記入について 立命館大学

For students Report of seasonal flu infection Ritsumeikan University

本学では、季節性インフルエンザと診断された場合、出席停止を決定しています (学校法人立命館大学保健安全管理規程 第13条)。季節性インフルエンザと診断されたら、医師の診断書または医師の診断書や検査結果、診断の証明書、インフルエンザに罹患したことが分かる書類とともに、下記を記入し、保健センターまでメール添付にて提出してください。発熱が 37.5℃以上、3日間以上続いた場合、発熱後 5 日を経過し、かつ、症状が消失した後に 3 日間以上経過するまで、出席停止となります。

If you are diagnosed as seasonal flu, you are not supposed to come to the university. After getting well, please write the middle part of this sheet and send it by E-mail together with a proof to Medical Service Center that shows you have been diagnosed as seasonal flu; it could be either a lab report, prescription, IC paper with your name and date on. You should stay home until 5 days have passed after the onset of fever (≥ 37.5°C) and 3 days after the decline of fever below 37.5°C, without using antipyretics.

立命館大学 学長殿 季節性インフルエンザ罹患証 (Report of recovery from seasonal flu)

私は下記医療機関を受診し、季節性インフルエンザの診断を受け、下記の経過を経て治癒したことを報告します。 I report that I saw the doctor below, diagnosed as seasonal flu and recovered after the period as shown.

受診日 (Date of diagnosis) 年 月 日 (YYYYMMDD)

受診医療機関名 (Name of hospital/clinic)

診断名 (Diagnosis: インフルエンザ) (The type)  A型  B型  不明 (Unknown)

発症日 (Date of onset) 月 M / 日 D

0日目 Day0  月/日記入 M/N/D Entry

1日目 Day1

2日目 Day2

3日目 Day3

4日目 Day4

5日目 Day5

6日目 Day6

出席停止期間 (Period you are required to stay home) 発熱が下がった日 (Date when fever broke)

0日目 Day0

1日目 Day1

2日目 Day2

3日目 Day3

遅い方が登校可能日 (May attend class on whichever date comes later)

0日目 Day0

1日目 Day1

2日目 Day2

3日目 Day3

学部・学科・研究科 (College/Department) / 氏名 (フリガナ) / 学生証番号 (Student ID) / 生年月日 (Date of Birth) / 年 月 日生 (YYYYMMDD)

※季節性インフルエンザに罹患したことが分かる添付書類 (提出必須) / Attached documents to prove that you had seasonal flu (submission required)

※必ず添付書類を添付してください。提出可能な書類を添付し、併せて提出してください。 Check the applicable document and submit it together with this form.

※提出書類の記載がない場合は無効です。 Documents without your name on them are invalid.

医師の診断書 (Medical prognosis)  検査結果・診断の証明書 (Description of medical examination and treatment)

その他 (Others) ( )

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2020.9 保健センター

Report of Seasonal Flu Infection

Download a form from the Ritsumeikan University website



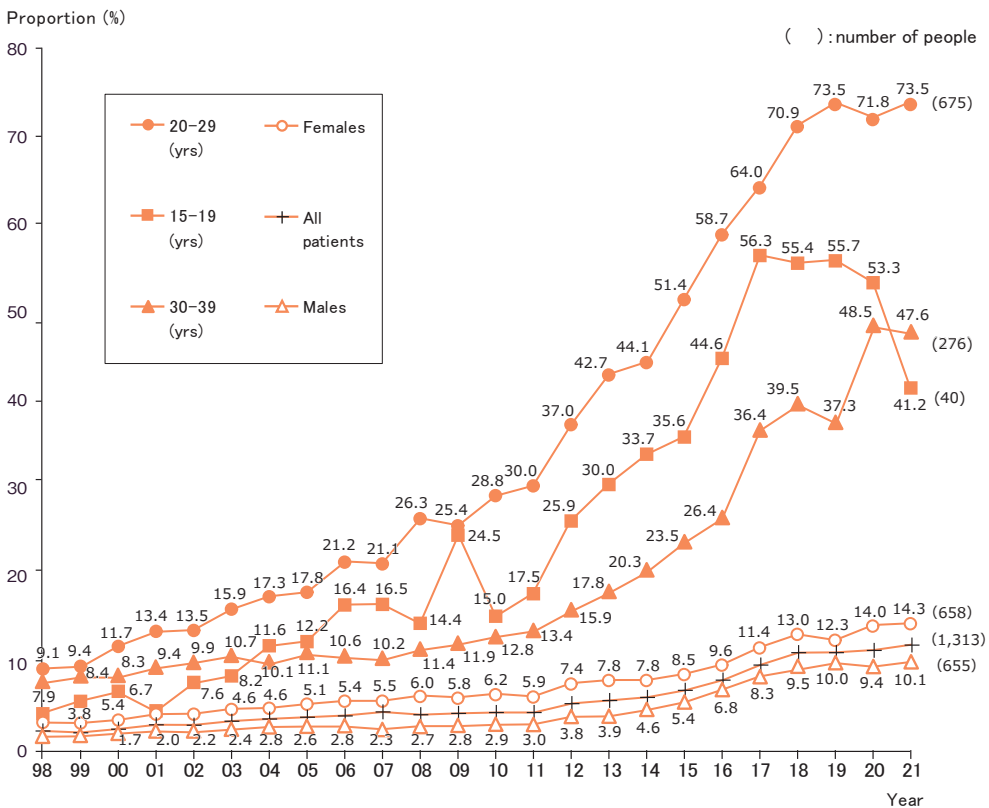
## Tuberculosis (TB)

Newly Registered TB Cases: 11,519 people, registration rate (per 100,000 population) 9.2

In 2021, the TB incidence rate (per 100,000 population) was 9.2, and Japan finally joined the ranks of countries with low TB prevalence. It is approaching the level of other developed countries such as the U.S. every year, and is lower than that of neighboring Asian countries. However, it has been pointed out that the decrease in the incidence of TB in 2021 is a worldwide occurrence and that future trends need to be monitored closely, as the decrease may have been influenced by people refraining from receiving medical examinations due to the outbreak of COVID-19.

In Japan, 63.5% of registered cases are aged 70 or older, indicating that TB is a disease of the elderly, but it cannot be ignored that 7.4% of cases are in the 20-29 age group.

With the globalization of society, TB among foreigners coming to Japan is attracting attention; among 20-29 year olds, the number of foreign-born newly registered TB patients itself decreased by 57 compared to the previous year, but the proportion increased by 1.3 points to 72.6%.



Annual trend of proportion of foreign-borns among newly notified tuberculosis patients, by sex and age group, from 1998 to 2021

Those whose country of birth is unknown are excluded from the numerator.

- ★According to the globalization of the society, we are facing a great problem that 73.5% of cases among age 20-29 are foreigners.
- ★The rate tends to be high in large cities in Tokyo, Nagoya and Osaka area. Western part of Japan has higher incidence compared to East.

### How do I know if I have TB?

- ★Coughing that persists for more than 2 weeks
- ★Coughing up blood
- ★Persistent low-grade fever (especially in the afternoon)
- ★Weakness or fatigue
- ★Weight loss
- ★Night sweats

If you experience any of these symptoms, you should see a doctor at a hospital or the Medical Service Center to check for the possibility of TB. Even when symptoms are mild and you do not feel sick, the disease is often found unexpectedly through a medical checkup.

### Maintain a healthy and regular lifestyle to avoid catching TB!

- ★TB may develop when your immune system is suppressed from overwork, lack of sleep and/or malnutrition.
- ★Get enough sleep and get rest on a regular basis.
- ★Eat three well-balanced meals every day.
- ★Exercise moderately on a regular basis.

### Do not be reckless with your health just because you are young!

#### **Get an annual medical examination every year!**

University students are considered less immune to TB, for the protective effects of BCG (bacille Calmette-Guerin), a vaccine against TB which most Japanese has in babyhood, lasts only 10 to 15 years. Students from most western countries did not even get a BCG vaccine at all. Therefore, if a student may develop contagious/active lung TB on the campus, there is a risk of mass outbreak. A few people are found to have active TB during the university's medical examination each year, but fortunately we have not had any group-mass infections. This is because 90% of students take the medical examination. It is extremely important that everyone undergoes the annual medical examination to prevent a mass outbreak of TB. Everyone must acquire accurate knowledge regarding TB to protect their health, the health of family members as well as the people around them. So, be sure to get a chest X-ray at your annual medical examination every year.

## (3) Smoking and Health

### Smoking is nothing but harmful.

Tobacco smoke contains more than 4,000 chemical substances, 200 of which are harmful substances and 60 of them are known to cause cancer. One of the harmful substances, nicotine, causes blood vessels to narrow. Once you get addicted to nicotine, it becomes very difficult to quit smoking even if you know that it is harmful to your body. You will face difficulties in public places, including cinemas and airplanes, where smoking is almost always prohibited.

The following are the two main disadvantages of smoking

#### Damage to health

Many harmful substances, including cancer-causing substances, are found in tobacco smoke. Smoking can cause various diseases including lung cancer, larynx cancer, heart attack, subarachnoid hemorrhage, and chronic obstructive lung disease, which reduce life expectancy by five to 10 years. In Japan, 196,000 people die from smoking every year.

#### Effects of passive smoking

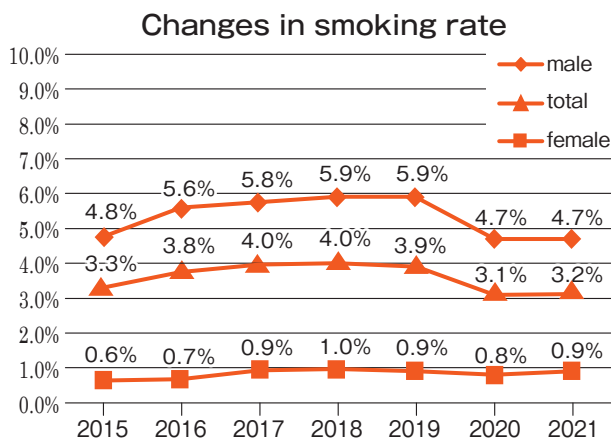
Your smoking affects the health of people around you. It is estimated that around 6,800 people die from passive smoking every year in Japan. Passive smoking has recently been found to be a cause of heart attacks in non-smokers. Think of the people around you when you smoke.



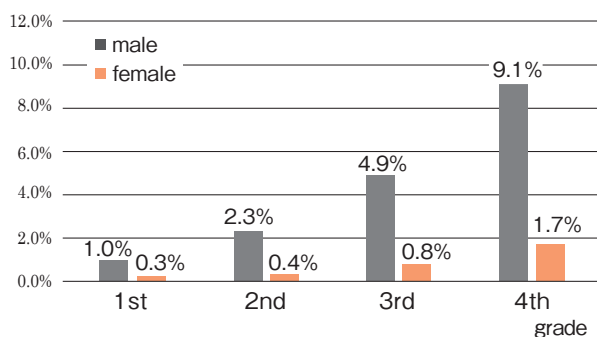
Smoking also costs money and affects your skin and teeth as well as your athletic performance. It gives others a bad impression and may affect your chances of getting a job.

## Smoking rate among Ritsumeikan students

Smoking among Ritsumeikan students continues to decline year on year. However, the smoking rate for both men and women rose for the first time in 2016. After that, it decreased in 2020. According to a University survey in 2021, 3.2 percent of students were habitual smokers.



### Difference of smoking rate among college years



Smoking rates among 2nd year students and above students have begun to rise. Many people start smoking because their friends tempt them to try it or out of curiosity. Smoking quickly leads on to nicotine dependency and it becomes very difficult to stop. You are strongly advised not to start smoking even if it is just for fun.

## No smoking on campus except in the designated smoking area.\*

Due to a revision to the Health Promotion Act, from July 1st, 2019 smoking outside of designated areas has been a violation of the law.

We hope that you will cooperate to comply with this law and work to prevent passive smoking.

\* Closed to prevent the spread of COVID-19 from April, 2020

## Quit Smoking Support

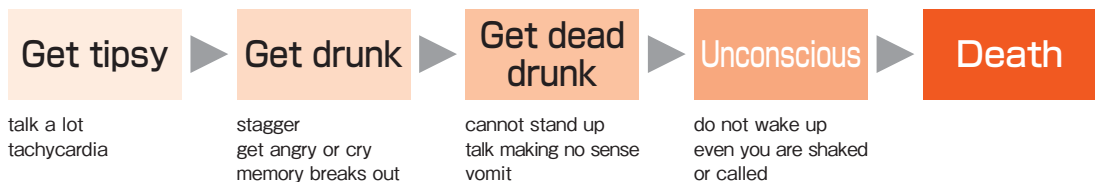
The Medical Service Center provides consultation to those who wish to quit smoking. A smoking cessation clinic by a physician is also available by appointment. Those who meet certain conditions will be eligible to receive treatment using cessation products, which is covered by health insurance.

## (4) Dangerous 'ikki' Drinking (drinking in one go)

In Japan, where the legal drinking age is 20, every year there are media reports of university students dying from acute alcohol poisoning after drinking at occasions such as welcome parties for new students or year-end parties. The benefits of drinking alcohol include relieving stress and facilitating communication. However, drinking alcohol can also lead to poor judgment and nuisance behavior such as compelling others to drink. It is also harmful to health.

Alcohol is absorbed from the stomach and small intestine into the blood stream. Alcohol in the blood circulates throughout the whole body, and is broken down in the liver and converted into acetaldehyde, which is then converted into acetic acid. Acetaldehyde is a poisonous substance and even in small amounts is a cause of headaches, nausea, vomiting and palpitations. People who lack the enzymes that break down acetaldehyde into acetic acid are affected by only a small amount of alcohol.

### The process of getting drunk



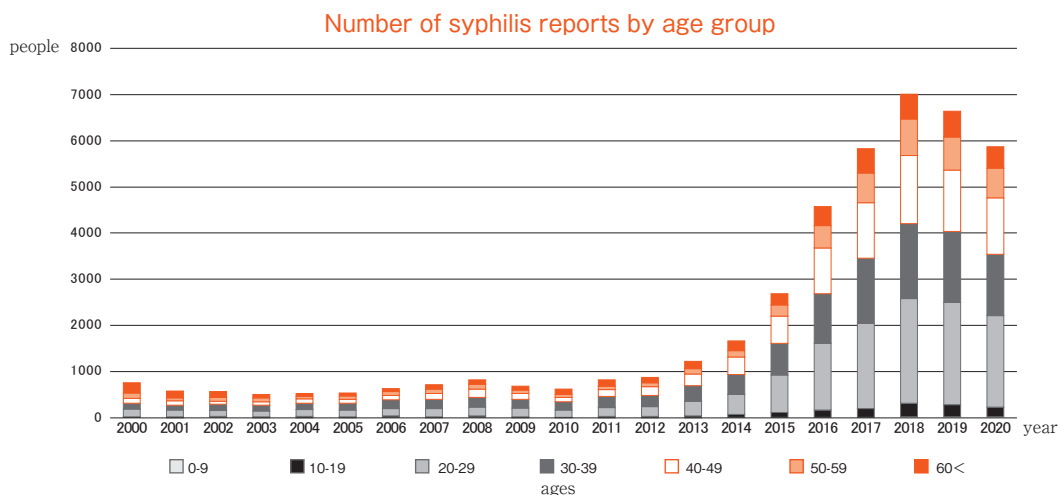
If you drink slowly, you become drunk gradually. You become more cheerful and talkative at first, then suffer memory loss and become unsteady on your feet. After this you feel sick and vomit. This puts you off drinking anymore and prevents the possibility of you losing consciousness. However, if you drink too fast, you get drunk very quickly without realizing it. If you drink glasses of alcohol in one go, "chugging", a large amount of alcohol enters the stomach and intestine and raises blood alcohol content rapidly. Consequently, rather than getting drunk step by step, you will be in a drunken stupor before you know it and may fall into a coma, leading to potential death. Drinking alcohol in one go is an act of suicide and forcing someone to drink alcohol in one go is an act of murder.

## (5) What are STDs?

Sexually transmitted diseases (STDs) are illnesses that are transmitted from one person to another as a result of sexual contact. Untreated STDs can lead to infertility, miscarriages or preterm delivery, and even make people more susceptible to HIV infection.

### Types of STD

- ★ Chlamydia: The most common STD. Most people do not show symptoms. Therefore, infection often goes unnoticed.
- ★ Syphilis
- ★ Gonorrhea
- ★ AIDS
- ★ Genital herpes
- ★ Trichomonas vaginitis
- ★ Other illnesses: Condyloma, crab lice, candidiasis and hepatitis B



## Syphilis is increasing in Japan !

The number of syphilis has been steadily increasing since 2010 in Japan, especially among the age of twenties.

Lumps may appear on your vulva, penis, lips and mouth with swelling of inguinal lymph nodes in 3 weeks after the infection. They usually go away on their own regardless of treatment, but are still contagious.

After 3 months, rashes will appear on your body. It might disappear without any treatment. However, it is important to receive treatment by this stage, otherwise, you may face serious health consequences. If it is transmitted to the fetus, it may cause congenital syphilis. Condom use is effective in preventing the disease, but it's not perfect. It is important that you and your partner both get treatment.

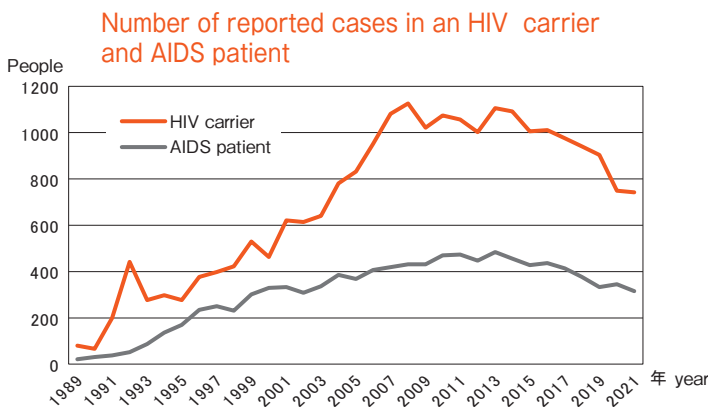
## What is the difference between an HIV carrier and AIDS patient?

AIDS is an immunodeficiency disease caused by HIV infection.

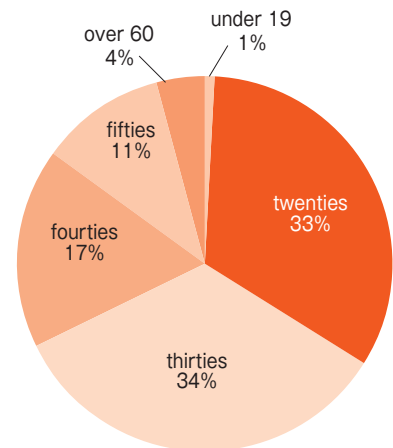
Most people with HIV are not aware they have been infected, as HIV often shows no symptoms. A person with HIV will develop antibodies in approximately six to eight weeks after infection and will test positive. Only at this stage, we can diagnose, through the HIV antibody test, whether a person is infected with HIV. People living with HIV, also known as asymptomatic carriers, continue to have no symptoms for up to around 10 years. Once HIV attacks the immune system, the carrier suffers from various infections, malignant tumors, and complications. This is the onset of AIDS.

As of 2021 the total number of people infected with HIV in Japan was 23,231 and the number of AIDS patients was reported to be 10,306.

HIV carriers can pass the infection to others; HIV carriers who are unaware of their infection are very dangerous. Approximately 30 percent of people who develop AIDS developed it without ever knowing that they were infected with HIV. Nowadays there are medications which can delay the progression to AIDS. If the HIV infection is detected and treated early, there is a possibility that death can be prevented.



Ratio of HIV positive by age in 2021



## Misconceptions about HIV

HIV infection is not a disease exclusive to homosexual people or middle-aged men. In fact, HIV infection is much more often the result of unprotected sexual intercourse.

Infection rates are highest among people in their 20s and 40s, which is the most sexually active age group; and among those infected the women are generally younger than the men.

## Where can I get tested for HIV?

Free anonymous HIV testing is offered at public health centers. Regular medical institutions also offer testing but for a fee. Since it will take at least 2 months for HIV antibodies to show up on the test, you are recommended to wait until three months before getting tested.

In Japan, there have been an increasing number of cases where the HIV virus is found in blood donations. This is because there are some people who go to give blood for the purpose of finding out whether they are infected with HIV. This is extremely dangerous and highly irresponsible when you consider that it takes at least two months after exposure for HIV to become detectable through an antibody test. Never donate blood if you think you may have been exposed to the virus.

## HIV can not be transmitted through everyday non-sexual activity

HIV will not be transmitted through day-to-day activities. The HIV virus is actually known to be very weak and cannot survive in the air or in the water. Since HIV is not highly contagious, people CANNOT get infected via the following activities: sneezing, passing a drink around, regular kissing, swimming in the same pool, touching train/bus hand straps, shaking hands, using public restrooms, or mosquito/tick bites.

Everyone must have accurate information about HIV and take preventive measures to stop the spreading of HIV. Furthermore, it is also important that we build a society that is more caring and understanding toward people with HIV so that they may continue their lives comfortably and so that people will not hesitate to get tested for fear of stigmatization.

### AIDS Telephone Counseling Services

● NPO CHARM : 06-6354-5902



### [The place where you can get tested for HIV]

Kyoto city	Kyoto Industrial Health Association	0120-636-040
Kusatsu city	Kusatsu Public Health Center	077-562-3534
Otsu city	Otsu City Public Health Center	077-522-7228
Ibaraki city	Ibaraki Public Health Center	072-624-4668



## (6) Drug Abuse

### Be careful of KIKEN DRUG

Recently in Japan, many types of synthetic drugs and psychoactive substances, called KIKEN DRUG (which means dangerous drug), are sold either in downtown or over the internet. You may frequently see news of accidents and crimes caused by KIKEN DRUG usage. Although they are similar or sometimes even stronger than amphetamine / methamphetamine or narcotics, they were sold under the name of “(Legal) Herbs”, airfreshners, aromatics, etc. The forms they take may vary from leaf, powder, capsule/ tablets, or liquid. Even if it looks ordinary, do be careful not to buy them!

### What happens if I take a drug?

Drugs that are abused have the following psychological effects:

- ▶ Stimulants: excite the brain and produce a short-term state of euphoria (e.g. methamphetamine, cocaine).
- ▶ Depressants: slow down the activity of the brain and central nervous system (e.g. heroin, morphine)
- ▶ Hallucinogens: cause you to hear voices and see things that are not there (e.g. LSD).

Some drugs may even cause a combination of the above effects. A person who uses drugs heavily will destroy their own body and mind. Drug abuse can cause extreme weight loss, malnutrition, thinking and learning problems, and loss of eyesight, hallucinations (visual and auditory), damage the ability to distinguish between what is real and what is not real. Drug addiction also causes irreversible damage to the brain.

### Avoid temptations from people around you!

Most people are introduced to drugs by friends. They casually suggest taking something when they are feeling pressure around exam period, or when they are feeling sick with a cold or are feeling distressed.

Some people are curious about drugs and even want to try them once. However, the reality is that even if you set out to try them “just once”, this easily becomes “just one more time”, over and over again; and before you know you are addicted. At first everyone thinks they can just stop whenever they want, but addiction sets in without you realizing it and eventually you may even lose your desire to stop. Furthermore, while a small amount of drug may have been sufficient at first, as tolerance develops after each usage, a larger and larger amount is needed to get the same effect and satisfy the craving. Drug abuse often starts with light drugs and escalates to cannabis (marijuana, grass, weed, etc.), to stimulants (S, speed, meth, ice, etc.), to cocaine (coke, crack, snow, etc.), to LSD (L, etc.), to MDMA (ecstasy, X, etc.). Addicts may even commit crimes to acquire the drugs and hurt others or themselves due to hallucinations and delusions. There are people who accidentally overdose and die from acute drug intoxication.

### Never try any drugs!

## (7) Tips for Traveling Abroad

Assuming “It’s OK” ---is never a good idea when going abroad.  
Be prepared for the possibilities and expect the unexpected.

### 1. Gathering information

- WHO - International travel and health
- Critical information gathering  
Travel.State.Gov;  
International Travel > Before You Go  
Safety and Security for U.S. Students Traveling Abroad
- Infectious disease reports and vaccination requirements  
CDC Traveler’s Health  
Fit For Travel

### 2. Preparing for study abroad

#### ● Immunization

Check your immunization records.

Some vaccines require multiple shots at intervals of a few months. For example, hepatitis A and B vaccinations require three doses of vaccines; the second dose is given at least two to four weeks after the first dose is administered, and the third dose after six months.

If you are to be vaccinated with live vaccines such as measles, mumps, or rubella vaccine, you need to leave at least four weeks between each vaccination. Some countries permit these vaccines to be administered at the same time, but simultaneous vaccine administration is not usual in Japan. (There are some medical institutions that may administer vaccines simultaneously “upon consultation”.) Search for “Travel Clinics” if you are in a hurry and needs simultaneous vaccination.

Search

※The Medical Service Center has begun a travel clinic in January, 2015.

※The Medical Service Center conducts pre-study abroad guidance sessions for students who are to participate in study abroad programs offered by the University. Especially, students planning to go to the U.S. are required to attend the guidance session to learn about Immunization requirements.

## ● Medications

You should bring with you medications that you usually take.

Some illegal-drug can look very similar to regular medications. Therefore, do not take medicine given to you by others. Do not ask your friend to give you. Bring your own from home, or buy it at a pharmacy or get a prescription from a physician.

## ● Students with chronic illness

Students with chronic illnesses should check with their doctor whether they are able to travel overseas. Please obtain a letter of referral written in English from your doctor before traveling and take it with you. The referral should include the diagnosis, the condition of the ailment, prescribed medications, precautions to be taken, and other necessary information. Additionally, you should bring with you more than enough medication to last your entire trip.

## ● Travel Insurance

Students are strongly advised to purchase overseas Travel Insurance before leaving Japan. Travel Insurance is an insurance that is intended to cover medical expenses, trip cancellation, lost luggage, flight accident and other losses incurred while traveling.

※US Passport & International Travel:

[Travel.State.Gov](https://travel.state.gov) > International Travel > Before You Go > Your Health Abroad

※Overseas Travel Insurance covers accidents and injuries. However, any illnesses that you are currently receiving treatment will not be covered by. If it is a short-term trip or study abroad, the student should consult with their primary doctor thoroughly in order to avoid the need for hospital visits while overseas. Students planning to go on a long-term study abroad program should join the local health insurance plan.

### Medical expenses not covered by travel insurance:

- Ongoing treatment
- **Dental treatment → Get a dental checkup before leaving Japan.**
- Pregnancy related treatment including delivery and miscarriage
- Self-inflicted accidents and injuries
- Conditions which cannot be diagnosed objectively such as whiplash and lower back pain

### 3. Precautions to take while traveling overseas

#### ● General precautions

##### Travel State

- Obey the law of the country and respect local manners and customs.
- Stay away from dangerous areas and try to avoid going out at night.
- Do not carry large amount of cash and/or valuables.
- Do not easily trust strangers.
- Keep away from drugs and unknown medications.

#### ● Health precautions

Details are found in the overseas travel handbook issued by Japan Medical Association. The most important thing is to stick to a regular daily routine, eat well-balanced meals, get plenty of rest, and exercise in moderation. As a principle, avoid eating any raw foods especially in tropical and semitropical regions and in places with poor hygiene.

#### ● Mosquito-borne diseases

##### Malaria

Malaria is a mosquito-borne disease caused by a parasite. People with malaria often experience fever, chills, and flu-like illness. Left untreated, they may develop severe complications and die. In 2010 an estimated 219 million cases of malaria occurred worldwide and 660,000 people died, most (91%) in the African Region.

The main symptom of malaria is high fever. Tropical malaria starts with a high fever and the following complications may occur also: encephalopathy, acute respiratory distress syndrome, acute renal failure, bleeding tendency, hypoglycemia, profound anemia, and liver damage. It may eventually lead to death. The later the treatment begins, the worse the condition becomes. Early diagnosis and treatment are very important. However, keep in mind that the initial symptoms such as headache, diarrhea (soft stools) and shoulder pain are similar to those of the common cold which can induce misdiagnosis.

Learn more about Malaria : [Fit For Travel → Malaria](#)  
[CDC → Malaria](#)

## About Zika

Zika virus spreads to people primarily through the bite of an infected *Aedes* species mosquito. Zika can also be passed through sex from a person who has Zika to his or her sex partners and it can be spread from a pregnant woman to her fetus. About 80% of those infected with Zika virus won't have symptoms or will only have mild symptoms. However, Zika virus infection during pregnancy can cause microcephaly and other severe brain defects. Some may suffer Guillain-Barré syndrome (GBS).

Protect yourself and your family from mosquito bites all day and night, whether you are inside or outside. People with a partner who traveled to an area with Zika are strongly encouraged to use condoms or not to have sex for 6 months.

Zika is endemic in Central & South America, Pacific islands and in some Asian countries. Since the situation will change, please update your information before traveling.

## Dengue Fever

Dengue is transmitted by the bite of a mosquito infected with dengue virus. It is a febrile illness that affects infants, young children and adults with symptoms appearing 3-14 days after the infective bite. Dengue is not transmitted directly from person-to-person and symptoms range from mild fever, to incapacitating high fever, with severe headache, pain behind the eyes, muscle and joint pain, and rash. There is no vaccine or any specific medicine to treat dengue. People who have dengue fever should rest, drink plenty of fluids.

Severe dengue (also known as dengue hemorrhagic fever) is characterized by fever, abdominal pain, persistent vomiting, bleeding and breathing difficulty and is a potentially lethal complication, affecting mainly children. Early clinical diagnosis and careful clinical management would increase survival of patients. There has been a small outbreak of Dengue in Tokyo, Japan, in summer 2014.

## Preventive measures

(1) Avoid getting bitten by mosquitoes:

Insect repellent sprays containing DEET and mosquito coils are effective.

Wear clothing (not made of thin or sheer materials) that covers as much of the body as possible.

Clothes made with bug repellent SCORON® are also useful.

(2) There are no vaccinations that can prevent people from getting infected. Drug-resistant malaria has become a major problem and students traveling to an area with a high malaria risk should decide to take preventive medications according to the extent of contamination in the country they are going to. You should consult with a professional beforehand, if you are going to a malaria-endemic area.

## ● Avian influenza and other emerging infectious diseases

While a new strain of swine flu (H1N1) took to the headlines in 2009, the highly-pathogenic avian influenza (H5N1, H7N9 strain) still continues to spread in certain areas of the world. Information on these infectious diseases is updated daily, and the most up-to-date and accurate information can be found on such websites as the following:

WHO – Avian influenza



## MERS

Middle East Respiratory Syndrome (MERS) is viral respiratory illness first reported in Saudi Arabia in 2012. It is caused by a coronavirus called MERS-CoV. Most people who have been confirmed to have MERS-CoV infection developed severe acute respiratory illness. They had fever, cough, and shortness of breath. About 30% of people confirmed to have MERS-CoV infection have died. So far, all the cases have been linked to countries in and near the Arabian Peninsula. This virus has spread from ill people to others through close contact, such as caring for or living with an infected person. However, there is no evidence of sustained spreading in community settings.

The MERS virus has been found in some camels, and some MERS patients have reported contact with camels. However, how people become infected with the virus is not yet exactly known. The World Health Organization has posted a general precaution for anyone visiting farms, markets, barns, or other places where animals are present. Travelers should practice general hygiene measures, including regular hand washing before and after touching animals, and avoid contact with sick animals. Travelers should also avoid consumption of raw or undercooked animal products.

※CDC: Travelers Health, MERS in the Arabian Peninsula

Do not get close to camels



## Rabies

Rabies is one of the most deadly diseases in the world with a fatality rate reaching 100%; currently there is no effective treatment available. Every year approximately 40,000 to 60,000 people die of rabies globally. The disease exists all over the world including Europe and North America. The disease may be carried by not only dogs but various other mammals including bats and raccoons.

- Refrain from approaching animals while overseas.
- If you are bitten or scratched, you must see a doctor immediately.
- Depending on the destination country (local sanitation conditions, etc.), you may be recommended to be vaccinated before traveling.

※WHO – Rabies

※CDC – Rabies

## 4. What to do upon returning

Travelers may experience diarrhea and gastrointestinal problems. There are a number of potential causes such as fatigue, changes in the environment, differences in water quality, and psychological stress. These symptoms may be temporary, but the symptoms are difficult to distinguish from those of infectious diseases such as cholera and dysentery.

If you continue to experience diarrhea or gastrointestinal problems on your journey home, you must declare your symptoms at the quarantine upon reentry to the country. Do not diagnose yourself or hesitate just because you want to go home quickly – such behavior is a health hazard.

## 5. Precautions to take after returning

In Japan, there are few common illnesses with long incubation periods, but many medical conditions that can occur abroad, mainly in tropical regions, have long incubation periods. As most of these illnesses do not usually exist in Japan, it may take a doctor in Japan a long time to diagnose the condition correctly, which may sometimes lead to serious outcome.

Therefore, if you have any health problems within a couple months of your return from overseas, it is very important that you see a doctor right away and tell the doctor when and where you visited.

## 6. Vaccinations required for study abroad in the United States

People traveling to the U.S. are required to get the vaccinations listed in table 1. Students who wish to study in the U.S. are recommended to plan ahead for the vaccinations, since it may not be possible to complete all the necessary vaccines in a short period of time after the placement in a study abroad program has been confirmed.

- ◆ You should check your vaccination record. If you do not have the records, contact the Medical Service Center.
- ◆ Get vaccinated as listed in table 1 as required.
  - Some vaccines require multiple doses. Even if you received one dose in Japan, an additional dose(s) of a vaccine may be necessary to meet the requirement.
  - If you have contracted a particular disease in the past, you will not need to take the vaccine for that disease. However, you still need to submit blood test results as a proof that you have the relevant antibodies in your system. If you have not contracted the disease and have not had the vaccine, you are required to get the specified doses of vaccine as required by the U.S.

- If you have not received an additional dose of vaccine within 10 years after receiving the second round of the diphtheria, tetanus toxoids and pertussis vaccine (DTP), an additional dose of tetanus or Diphtheria-Tetanus vaccine (DT) is required. Recently, many states require Tdap booster for adults.
- A minimum of four weeks should be left after a live vaccine has been administered until the next vaccination and one week for inactivated vaccines.
  - ▶ Live vaccines: measles, rubella, mumps, chicken pox, yellow fever, etc.
  - ▶ Inactivated vaccines: DT, DTP, hepatitis B, influenza, etc.

**Table 1: Vaccination Requirements in Japan and the U.S.A. \* 1**

	Japan	U.S.A.	Conditions in Japan
Measles	1 dose (routine) 2 doses since 2006 * 4	2 doses * 2 (required)	Measles-rubella (MR) vaccine from 2008 to 2013* 4
Rubella	1 dose (routine) 2 doses since 2006 * 4	2 doses * 2 (required)	MR vaccine from 2008 to 2013 * 4
Mumps	1 dose (optional)	2 doses * 2 (required)	Many are unvaccinated
Tetanus/Diphtheria	1st round: DTP (routine) – 4 doses, 2nd round: DT (routine) – 1 dose	Same as on the left (required) Required every 10 years with Tdap * 3	No regular booster after the 2nd round: need booster if it is more than 10 years.
Varicella (Chicken pox)	2 dose (optional) (routine since 2014)	2 doses (required * 5)	Many are unvaccinated, but affected in childhood
Hepatitis B	Total of 3 doses (routine since 2016)	Same as on the left (required* 5)	Rarely vaccinated
Polio	2 doses of OPV(routine) Changed to 4 doses of IPV	4 doses	Additional vaccinations are not required.
Meningococcal Meningitis	Approved in July, 2015.	1 doses (required)	

**Footnotes**

- \*1: Only standardized vaccine requirements are listed here; the vaccination requirements may differ among states.  
 \*2: MMR (Measles Mumps Rubella combination vaccine) is used in the U.S. This vaccine was also used in Japan from 1988 to 1993, but the vaccines are administered separately today.  
 \*3: Tdap is a combined tetanus-diphtheria-pertussis vaccine; dose of diphtheria and pertussis are reduced in order to avoid allergic reactions that may occur when given to adults. Tdap is not approved in Japan.  
 \*4: As there were outbreaks of measles among college students in the Kanto area in 2007, the measles-rubella vaccine(MR) was administered to students in their first year of junior high school and to students in their third year of high school from AY 2008 (April 2008) through AY 2012 (March 2013).  
 \*5: Optional for some states.

The result of a tuberculin skin test (TB skin test, PPD test) is required in many states. Japanese are PPD positive due to BCG vaccination in the childhood. On the other hand, in the U.S., as BCG is not offered, American residents test negative if they are not infected. The positive results in the U.S. means an infection of TB. This is always very confusing. Recently, a blood test called IGRA (T-spot, QFT) is developed which results are not influenced by previous BCG history.

You may find some clinics that import Tdap or meningococcal vaccines, which are not officially approved in Japan. You should note that self-imported vaccines are not covered by official compensation by the government; however, a private compensation is recently offered by the trader against negative consequences. If you prefer, try to find [travel clinic japan](#) as a keyword on the web.



## (8) Emergency Procedures

- ◆ **If you feel sick and want to take a rest, or want to lie down, you can rest on a bed at the Medical Service Center (located on Kinugasa campus, BKC, OIC).  
On Suzaku campus, please consult the Administrative Office, Inter-Faculty Graduate Schools, Suzaku Campus.**
  
- ◆ **If you are injured on campus, you can receive first-aid treatment at the Medical Service Center. Follow the instructions below.**
  - Injuries during regular academic courses (physical activity, lab experiment, training)  
→ Report to the faculty member who teaches the class you were in at the time you were injured.
  - Injuries during extracurricular activities or on campus
    - Kinugasa Campus → Office of Student Affairs
    - Biwako Kusatsu Campus → Office of Student Affairs
    - Osaka Ibaraki Campus → Office of Student Affairs
    - Suzaku Campus → Administrative Office, Inter-Faculty Graduate Schools, Suzaku Campus
  
- ◆ **If you are injured on the way to University**

Surgical procedures cannot be performed at the Medical Service Center, and only first-aid treatment can be provided. However, the center can introduce to you a medical institution if special treatment is necessary.
  
- ◆ **If you are injured in a traffic accident**
  - \* In case of emergency, dial 110 to call the police and 119 to call an ambulance.  
If you are injured in a traffic accident, you will need a medical certificate issued by specialists such as a surgeon or an orthopedic surgeon. At the medical center we cannot issue such a medical certificate. You should immediately report the accident to a police station and go to a nearby hospital. Immediately after an accident, many victims become upset or think they were not seriously injured. However, you may develop various conditions, such as bleeding inside the skull resulting from head injuries which only surface many days after an accident. Therefore, you must go to see a doctor.
  - \* Even if your injury is not serious, ask the driver to show his/her driver's license and make a note of the information in the license. Do not rush to an out-of-court settlement because it will not be too late to make a decision after you have actually determined the extent of your injury.

## Traffic accident advice

Office of Student Affairs	Kinugasa · Suzaku	Tel: 075-465-8174
	BKC	Tel: 077-561-3917
	OIC	Tel: 072-665-2130
Kyoto Prefectural Traffic Accident Consultation Center		Tel: 075-414-4274
Kyoto Municipal Consumer Affairs Center		Tel: 075-366-3305
Shiga Prefectural Traffic Accident Consultation Office		Tel: 077-528-3425
Ibaraki city office citizen consultation. Transportation accident law consultation. (Tuesday, 1:00pm-3:30pm)		Tel: 072-620-1603
Nichibenren Traffic Accident Consultation Center		Tel: 0120-078325



## (9) Basic Life Support (BLS) / First-aid Treatment

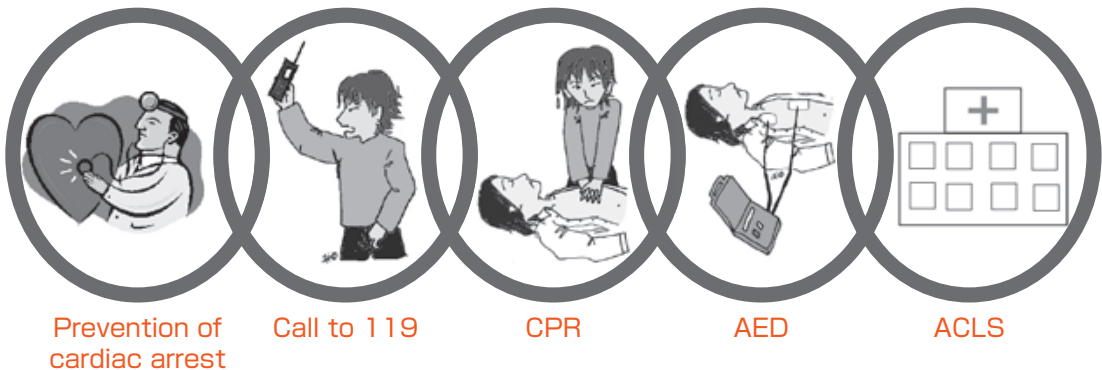
### Basic Life Support

It may be too late to help patients with critical conditions such as respiratory arrest or cardiac arrest if you wait for emergency medical services to arrive. Basic Life Support provided by the first person on the scene of an incident can dramatically increase the survival rate of the patient.

The American Heart Association (AHA) developed the concept of the “Chain of Survival” in an effort to increase the survival rate of patients with critical conditions. The five links in the Chain of Survival for adults are:

1. Prevention of cardiac arrest
2. Early recognition and call for help (dial 119)
3. Early cardiopulmonary resuscitation (CPR)
4. Early defibrillation using an automated external defibrillator (AED)
5. Early advanced cardiovascular life support (ACLS)

### Chain of Survival



BLS, which is emergency medical care provided by the general public, consists of the first three links: early call for help, early CPR and early use of an AED.

\*An AED is a medical device that delivers an electrical shock to a heart that has gone into spasm and cannot pump blood (ventricular fibrillation). The electrical shock is intended to return the heart to its natural rhythm.

Ideally those who use an AED should have received BLS training. However members of the general public are allowed to use an AED without previous BLS training if they happen to be present at the scene of an incident and have to use it to rescue a victim.

AEDs are located at the Medical Service Center and in every building on each campus (Kinugasa, Biwako-Kusatsu, Osaka-Ibaraki and Suzaku).

\*See the AED Location Map for Ritsumeikan University Campuses on Page 43 for details.

Refer to the following web sites for information on BLS.

Highlights of the 2020 American Heart Association Guidelines for CPR and ECC

● What do I do if I find someone who has collapsed?

1. Look around to ensure the safety of the person, yourself and an
2. Gently tap the person's shoulder and ask loudly, "Are you all right?" to check for a response.
3. If there is no response, the person needs help immediately. Shout for help, telling him/her to call 119 and to bring an AED.
4. If there is no one nearby, call 119 yourself and then give first aid to the person.



● Chest compression

1. Compress the chest at a rate of 100 to 120 per minute.
  2. If you also perform mouth-to-mouth breathing, give two breaths for every 30 compressions. (If the person is not breathing, start chest compressions immediately.)
- \*CPR refers to a combination of mouth-to-mouth breathing and chest compressions.

- Allow complete chest recoil after each compression.
- Minimize interruptions in compressions.
- Avoid excessive ventilation

Chest Compressions  
100 to 120/min



## ● Defibrillation – Automated External Defibrillator (AED)

If you are able to obtain an AED, use it immediately. Prioritize using an AED over doing CPR. An AED should be used in the following manner.

1. Turn on the AED (some models turn on simply by opening the lid of the AED).
2. Attach the electrode pads.

With the injured person's upper body exposed, open the bag containing the AED electrode pads, remove the pads, and attach them to the injured person's chest as indicated.

3. Move away from the injured person and wait for the analysis to finish.

Once the electrodes are attached, the AED will begin analyzing the person's heart rhythm. Normally, analysis starts automatically once the electrodes are attached and you hear the message "Please move away from the injured person" (kanja kara hanaretokudasai), but some models require you to press an analysis switch. Once the analysis starts, stop performing CPR for the moment.



1. Turn on the AED

2. Attach the pads

3. Run the analysis

4. Deliver the electric shock

4. Deliver a shock if necessary.

If a shock is needed (if the person is in ventricular fibrillation), the message "A shock is required. Charging" (Denki shokku ga hitsuyo desu. Juden shiteimasu) will be played and the device will begin charging automatically. When the battery is fully charged, you will hear the message "Please move from the patient and press the shock button" (Kanja kara hanarete, shokku botan wo oshitekudasai). Make sure that no one is touching the person and deliver the electric shock. Then, immediately perform 5 cycles of CPR (about 2 minutes).

If the AED determines "No shock necessary" (Denki shokku no hitsuyo wa arimasen), resume chest compressions immediately. As long as the AED analysis results in "A shock is required" (Denki shokku ga hitsuyo desu), continue 2-minute CPR and shocks.

5. If the injured person opens their eyes or starts breathing normally, place them in the recovery position (see below) and carefully observe the person while waiting for the paramedics to arrive.

**It is important that the AED electrode pads remain attached until the paramedics arrive. (\*This is because even if blood circulation and breathing return to normal, the arrhythmia may occur again.)**

Recovery Position



## Treatment by Symptom

### ● Chest pain

1. If the person feels tightness in the chest during exercise, he/she may have a heart disease.  
→ If the pain does not recede with rest, he/she should be taken to a hospital by ambulance.
2. Symptoms such as severe pain, cold sweats, and breathlessness indicate potential heart disease.  
→ He/she should be taken to a hospital by ambulance.
3. If the person feels pain when he/she moves or takes deep breaths, he/she may have a lung disease. Take him/her to a hospital by taxi. (Call an ambulance if needed.)
4. If the person experiences any other continuous pain, take him/her to a hospital.



#### \* What to do until the ambulance arrives

1. Loosen tight clothing and have the person rest in a comfortable position.
2. If the person feels cold, cover him/her with a blanket to keep him/her warm.
3. Watch for change in the person's consciousness and breathing.
4. Check the person's pulse if you can.

### ● Abdominal pain

1. Get the person in a position that relieves muscle tension in the abdomen.
2. If severe pain that the person cannot bear continues even after lying down,  
→ He/she should be taken to a hospital by ambulance.
3. If the person does not have severe pain but has nausea or diarrhea, take him/her to a hospital.
4. If it can be identified that menstrual cramps are causing pain in the abdomen, apply heat to the abdomen. If the person has pain medications, help him/her take the medicine and check his/her condition.



## ● Headache

1. If the person suffers from nausea due to a severe blow to the head, take him/her to a hospital.
2. If the person is in a minimally conscious state → Call an ambulance.
3. In the case of 2, do not shake the person but lie him/her down. (Watch for changes in his/her state of consciousness and breathing.)
4. If the person vomits, turn him/her on his/her side to prevent him/her from getting vomit in the airway and choking.



\* If the person suffers from the following symptoms even though he/she did not get hit in the head, take him/her to a hospital:

- The person suddenly develops a severe pain that he/she has never experienced before.
- The symptoms keep getting worse.
- The person has headaches accompanied by nausea and dizziness.
- His/her condition does not improve even after taking medicine.
- The headache persists for a long time.

## ● Convulsions

→ He/she should be taken to a hospital by ambulance.

(Convulsions may be caused by a variety of conditions such as epilepsy, inflammation of the brain, heatstroke, low blood sugar and drug poisoning.)

1. Loosen tight clothing to ease breathing.
2. If the person vomits, turn him/her on his/her side to prevent him/her from choking on the vomit.

Note

- Do not shout out the name of the patient or shake him/her or hold him/her down.
- Do not put anything such as a towel or chopsticks in the person's mouth in an attempt to control the seizure.
- Check if the person has been hit anywhere.
- Record the parts of the body affected by convulsions and the time.
- If possible, provide important information, including the person's state of consciousness and the duration of any periods of unconsciousness, to the emergency medical services personnel.
- Do not put anything such as a towel or chopsticks in the person's mouth in an attempt.

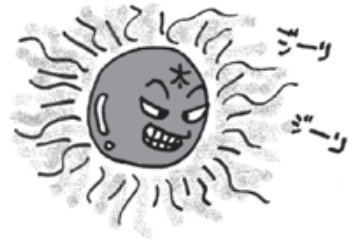
## ● Hyperventilation syndrome

How to treat (Do not panic and stay calm.)

- Ask the person if he/she has ever had similar symptoms before.
- Ask the person to breathe from the abdomen slowly. If the symptoms go away, encourage him/her to rest quietly.
- If the person is still suffering from the symptoms or has extreme anxiety, take him/her to a hospital.

## ● Heatstroke

1. If the person is unconscious or in a minimally conscious state. → Call an ambulance.
  - Loosen tight clothing and move the person to a breezy place.
  - Cool off the back of the person's neck, underarms and roots of the legs with ice cubes or ice packs.
  - Fan the person.
  - If the person is in a stable condition, give him/her a drink such as water or a sports drink.
2. Even if the person is conscious, if he/she cannot drink water by himself or herself or is unsteady on his/her feet, he/she should be taken to a hospital by ambulance.
  - Loosen tight clothing and move the person to a breezy place for rest.
  - If the person looks pale and has a weak pulse → Lay him/her on his/her back and raise his/her feet.
  - If the person's body is hot, cool their body according to the first three points under 1. above.



## External injuries

### ● Bleeding

If the person is bleeding, put a piece of clean gauze or a handkerchief on the wound and apply direct pressure to the wound with your hands until the bleeding stops. Then wash the wound with running water, cover the wound with a clean piece of gauze and fix it in place with dressing or tape.

### ● Dislocation

1. Do not try to force a dislocated joint back into place.
2. Immobilize the joint with a sling and visit an orthopedic surgeon as soon as possible.

### ● Sprain or bone fracture

1. Rest the injured body part. (Ensure the body part does not move.)
2. If the person has a wound or is bleeding, treat it before dealing with the sprain or fracture.
3. Cool the injured body part with ice cubes, etc.
4. Visit an orthopedic surgeon immediately → If the patient feels sick or has severe pain,

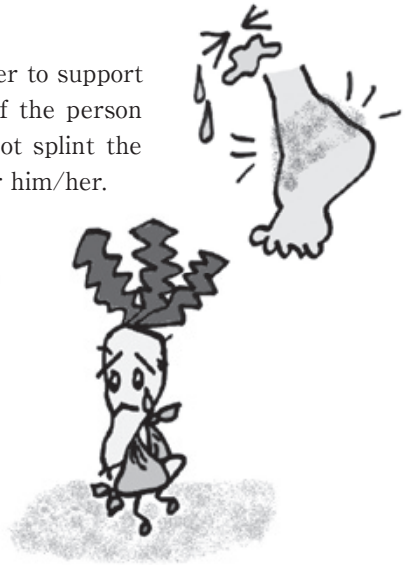


Hemostatic way



call an ambulance.

■ If there is somebody who can help you, ask him/her to support the fractured part to immobilize the injured bone. If the person feels pain or is forced into an unusual position, do not splint the fracture but maintain a position that is comfortable for him/her.



### ● Fracture fixation

1. Use a splint (rigid material) that is long enough to extend beyond the injured area and over two joints: one joint above the fracture and one below the fracture. These joints should be immobilized.
2. Start by immobilizing above the injured area and then immobilize below.
3. While splinting, ensure the patient feels as little pain as possible.



Watch out for symptoms of shock!

If the person has severe pain, he/she may break into a cold sweat, turn pale or feel sick.

→ Call an ambulance.

### ● Pulled or Torn Muscle

1. Rest the injured the body part. (Ensure the body part does not move.)
2. Cool the injured body part with ice cubes, etc.
3. Visit an orthopedic surgeon as soon as possible.



### ● Eye injuries

1. If an object such as a ball hits your eye,
  - Cool the injured part. (Do not apply pressure to the eye.)
  - If your vision becomes blurred, visit an eye doctor/ophthalmologist right away.

\*There is a chance that not only the eyeball but the bone around the eye may be fractured.
2. If a foreign object penetrates the eye,
  - Do not try to remove the object and visit an eye doctor right away.
  - Do not rub your eye.

3. If chemicals such as detergent splash in the eye,
  - Flush the eye with running water and visit an eye doctor.
  - Do not use boric acid solution or eye drops and visit an eye doctor.
  - Report the name of the chemical to the eye doctor if possible.

#### ● Nosebleed

1. Pinch the nostrils for about 10 minutes.
2. Put an ice cube or something cool at the root of the nose.
3. If you cannot stop the bleeding, insert a cotton swab or a wad of tissue into the nose to apply pressure to the nostrils.  
\*Spit out any blood running down the throat. Do not swallow it.
4. If bleeding continues for more than 15 minutes, go to an ENT (ear nose throat) doctor.



#### Precautions:

- Do not tilt the head back. (This may cause blood to run down the throat upsetting your stomach and making you feel sick.)
- Do not tap the back of the neck.
- If the nose has changed shape after receiving a blow, go to an ENT (ear nose throat) doctor. (The nose may be broken.)

#### ● Burns

1. Immediately cool the burned area with running water (for more than 20 minutes).
2. Call an ambulance if burns cover a large portion of the body or hot air has been inhaled.
3. Take the person to a hospital for treatment and keep the burned area covered with a wet towel or ice cubes.

#### Precautions:

- Do not break any blisters.
- Do not rub anything (ointments, etc.) on to the burn.
- Do not use absorbent cotton or paper tissues to cover the burn.
- If the burn occurred through clothing, cool the burn over the clothing and do not try to remove the clothing.

#### ● Chemical splash

Chemicals can cause tissue damage. Therefore flush the eyes with a large amount of running water.

1. Contact with the eyes: If chemicals come into contact with the eyes, hold the eyelids open and flush out the chemical for about 15 minutes with tap water. (If you are wearing contact lenses, do not try to remove them if it is difficult.)
2. Contact with the skin: If chemicals come into contact with the skin, rinse the chemical off the body with a large amount of water. (If clothing has made contact with the chemical, remove it.)

As burns by corrosive substances such as hydrogen fluoride, phenol, white phosphorus and alkalis need special treatment, you must go to a hospital and tell a doctor about them.



## (10) Ritsumeikan University Student Medical Examination Regulations

### (Purpose)

**Article 1.** These regulations prescribe necessary matters concerning medical examinations for students and subsequent measures pursuant to Article 12 of the Ritsumeikan Trust School Health and Safety Management Regulations.

### (Implementing division)

**Article 2.** The Ritsumeikan Medical Service Center (hereinafter referred to as the “Center” ) shall conduct medical examinations.

### (Applicable persons)

**Article 2-2.** Persons specified in the subsequent items, including both enrolled students and foreign nationals entering Japan for educational purposes, shall be subject to medical examination.

- (1) Non-Degree Students
- (2) Auditing Students
- (3) Independent Study Students
- (4) International Research Students

2 Persons with Japanese nationality that are enrolled in a foreign university and fall under items 1 – 3 of the preceding paragraph shall undergo medical examination.

### (Types of medical examinations)

**Article 3.** The Center shall provide the following medical examinations each year. However, examinations 2 to 10 are only applicable to persons who are engaged in hazardous work to which the respective medical examination is relevant.

- (1) Periodical medical examination
- (2) Pneumoconiosis medical examination
- (3) Decompression sickness medical examination
- (4) Ionizing radiation medical examination
- (5) Specific chemical substances medical examination
- (6) Asbestos medical examination
- (7) Medical examination for lead related diseases
- (8) Tetraalkyl lead medical examination
- (9) Organic solvent medical examination
- (10) Carbon monoxide poisoning medical examination

2 In addition to the preceding paragraph, when approved by the President, the Center shall provide additional medical examinations.

**(Obligation to undergo a medical examination)**

**Article 4.** When the director of the Center notifies a student, the student must undergo a medical examination listed in Article 3.

2 If the student fails to undergo the medical examination, the student must submit a certificate of health containing the results of the diagnostic tests included in the medical examination in question to the director of the Center within the period prescribed by the director.

3 If the student cannot submit the certificate of health referred to in the preceding paragraph, the student must notify the director of the Center to receive instructions.

4 If the student is enrolled in a foreign university and enters Japan with the intention of receiving education at Ritsumeikan University for 4 weeks or more, but less than one semester, he/she must receive a medical examination before entering Japan and submit a corresponding certificate of health.

**(Report of the results of medical examinations)**

**Article 5.** The director of the Center shall report the results of medical examinations to students who have undergone them.

**(Subsequent measures)**

**Article 6.** The director of the Center shall report the results of a medical examination to the President of the University if the student who underwent the medical examination is required to receive treatment for a disease or follow instructions to improve his/her health.

**(Issuance of certificates)**

**Article 7.** If a student who has undergone a medical examination needs a certificate of health, the director of the Center shall issue a certificate of health to the student only during the academic year in which the medical examination was conducted.

**(Amendment and abolition)**

**Article 8.** Amendment and abolition of these regulations shall be determined by the Medical Services Board.

Supplementary provision (partial amendment following the addition of regulations regarding applicable persons, March 15, 2016)

These regulations are effective from April 1, 2016.

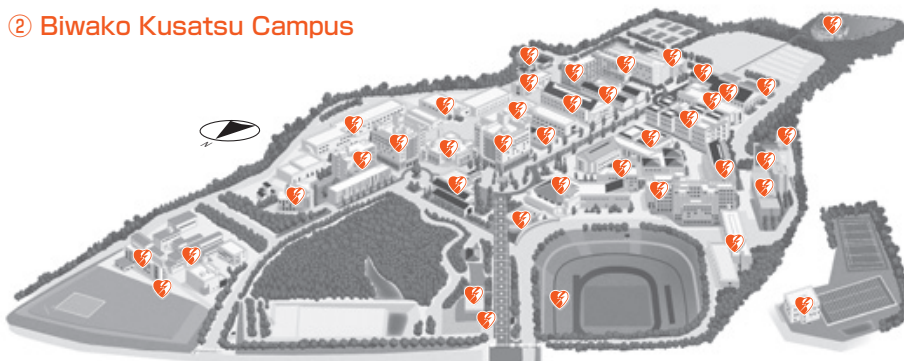
## (11) AED Location Map on Ritsumeikan University Campuses

Please check the details with the floor map in the building.

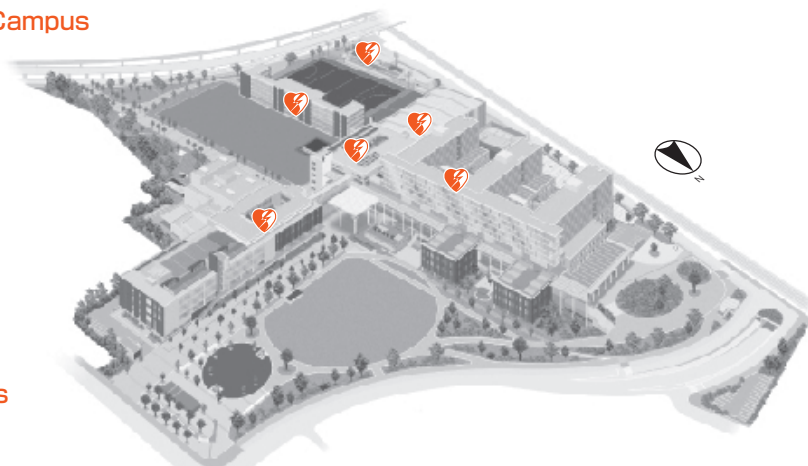
### ① Kinugasa Campus



### ② Biwako Kusatsu Campus



### ③ Osaka Ibaraki Campus



### ④ Suzaku Campus

1F,5F,7F

#### ■ AED location outside of campus

Ritsumeikan International house (Taishogun,Tokiwa,Utano), Haradani Shoyukan, Haradani ground, Hiiragino training camp space, Baseball ground, Seta Boathouse, Seta Canoehouse, Yanagase Yachthouse BKC Green Field, and Training camp space of Women's Track & Field

## Medical Service Center

Your privacy is protected

- ▶ **I have a fever.**  
**I have a problem in my stomach.**  
When you have any health problems, do not hesitate to visit us.
- ▶ **I want to consult a medical staff about my physical or mental health problems.**  
All our medical staff help you.
- ▶ **I want to quit smoking !**  
We will give you a wide range of support.
- ▶ **I have no idea to which hospital I should go.**  
We offer information about proper hospitals near the campus.
- ▶ **I want to see a female physician.**  
Our female physician and nurses will kindly give you advice on women's problems.

We have various leaflets and displays so that you can get useful information about health issues.  
Please feel free to visit us !

### ★Medical Service Center Homepage

<https://www.ritsumei.ac.jp/health/>

- **Kinugasa**  
☎075(465)8232 (Shigakukan 1F) hokenask@st.ritsumei.ac.jp
- **Biwako・Kusatsu**  
☎077(561)2635 (West Wing 1F) hokenask@st.ritsumei.ac.jp
- **Osaka Ibaraki**  
☎072(665)2110 (AS 1F) hokenask@st.ritsumei.ac.jp

