

September 17, 2020

Health Support Center, Waseda University

Student Health Check-up for AY 2020 enrolled in September 2020

1. This health check-up is available to the following students:
 - 1) Regular undergraduate and graduate students who are formally enrolled in September 2020.
 - 2) Students who received a notice of Health Check-up from your faculty's or graduate school's office.

2. Date/Time/Venue

| Date | Reception Time | | Venue |
|-----------------|----------------|-------------|--|
| October 1(Thu.) | AM | PM | Okuma garden house (Waseda Campus Bldg.25 1F) |
| October 2(Fri.) | 9:30 - 12:30 | 1:30 - 4:30 | |

3. How to take the Health Check-up

In order to prevent congestion in the venue, the Health Check-up will be done by reservation system. Please make a reservation through the following methods;

- ① Answer and submit the Web Health Survey through the URL below before taking the student health check-up.
Deadline of submission: September 25, 2020 (Fri) 11:59PM JST
URL <https://my.waseda.jp/application/detail/application-detail?communityContentLinkId=341842136>
- ② Inform us of the date on which you can take the Health Check-up through the URL below. Please note that we may not be able to reserve the slot of your choice if too many requests are made on the same slot.
Deadline of application: September 25, 2020 (Fri) 11:59PM JST
URL <https://my.waseda.jp/application/detail/application-detail?communityContentLinkId=342005481>
- ③ The Health Support Center will inform you of the date and time of your Health Check-up through MyWaseda. Carefully read and agree with the below "5. Notes" beforehand and make sure to take the Health Check-up on the informed date and time.

4. Contents of Health check-up:

- 1) Height & weight
- 2) Eyesight (If you usually use glasses or contact lenses, please wear them.)
- 3) Blood pressure
- 4) Urine analysis
- 5) Medical Examination
- 6) Chest X-ray*

*Only for new undergraduate students, new graduate students and students who were instructed.

5. Notes:

- 1) Please bring your Student ID-Card.
- 2) Please wear light clothing. (Ex: Plain-colored T-shirt)
- 3) If you don't have the health check-up during the above two days, you cannot have a health check-up at Health Support Center in this year.
- 4) The schedule is subject to change according to the spread of COVID-19 infection.

- 5) If you are following situations such as back to hometown, out of Japan, or the health observation period for two weeks, please take the health check-up next academic year.
- 6) About measures to prevent the spread of new coronavirus infection

The Student Health Check-up for AY 2020 will be conducted as described below while taking infectious disease prevention measures so that the three conditions (closed spaces, crowded places, and close-contact) do not overlap at the same time.

We will take the utmost possible measures to reduce the risk of infection, but we also recommend that you download and use the “COCOA: COVID-19 Contact Confirming Application” (Ministry of Health, Labor and Welfare) so that you will be informed if there is any possibility that you have a close contact with infected person.

Ministry of Health, Labor and Welfare HP : <https://www.mhlw.go.jp/content/10900000/000647649.pdf>
Check and agree with the following precautions before taking the health check-up.

Precautions when taking the health check-up

■Before you leave your house check your physical condition as follows:

If you have any of the following conditions, DO NOT take the student health check-up and contact the Health Care Room.

- Have a fever (37.5 degrees centigrade or higher) within the past 14 days, including the day of the student health check-up.
- Have symptoms such as coughs, sore throat, dysgeusia (or loss of taste), and diarrhea, etc.
- Have an infectious disease that should be prevented at school (including having close contact with someone who has tested positive for COVID-19).

■When entering the venue:

- Be sure to wear a mask.
- Before entering the venue, we will check your body temperature, observe your health condition, and disinfect your hand.
- No private talk is allowed inside the venue and you must keep social distance (1.5-2m).

■After the student health check-up:

- Be sure to observe your health condition for at least 2 weeks.
- If you are infected with COVID-19, please contact your school and the Health Care Room.

▷ Please refer to the Health Support Center website for more detail.

<https://www.waseda.jp/inst/hsc/news-en/774>