Looking after yourself

September 2024

Dear Residents,

The UTokyo Accommodations require all residents to follow the following instructions so that you can protect and look after yourself and others. Prevention and control of infection is important in maintaining a safe environment in the accommodations for everyone by reducing the potential risk of spreading diseases.

Health Check-up for Students　※mandatory

The health check-up for students is conducted from April to June every year. For students who enroll in the fall semester, the check-ups are conducted between September and November. **Please note that it is mandatory for all students to take the health check-up for students every year.** If deemed necessary, we check with the UTokyo Health Service Center to see whether or not you have attended the health check-up.

Vaccines　※Especially recommended for residents

1) Routine vaccination (measles, rubella, varicella and preferably mumps, etc.)
Please keep track of your vaccination records and check that you have received all your childhood vaccines. In particular, with measles and rubella, you are required to have received two doses of the MR vaccine or have presumptive evidence of immunity. You can also consult the UTokyo Health Service Center with regards to check-ups and vaccinations. Vaccinations for hepatitis B and Japanese encephalitis are also routine in Japan.
Routine vaccinations vary from country to country, so please scan the following QR code to obtain more detailed information.
https://www.know-vpd.jp/dl/schedule_multilingual/vc_schedule_english.pdf

2) Pertussis, also known as whooping cough
Pertussis can easily spread across college campuses nationwide. You can get whooping cough vaccines so long as it has been ten years or more since you received it as a child. Please consider receiving it.

3) Meningococcal disease
The Japan Pediatric Society recommends meningococcal vaccination for all college students living in a hall of residence. It is a rare in Japan but still is a very serious illness. If you have never received the meningococcal vaccine (optional), please consider receiving it.

4) Other vaccines
Seasonal influenza and COVID-19 can also be prevented to some extent by vaccinations.

Basic infection prevention measures in accommodations

Since there are many shared spaces in the accommodations, please keep the following in mind when you live as a group.

1) Please keep in mind hand hygiene (e.g., washing hands) and cough etiquette when coughing or sneezing.
2) If you are not feeling well, consider the possibility that you may have an illness that can be spread to others, and take appropriate measures such as self-isolation by staying in your own room as long as possible or consulting a medical institution.

For information on infectious diseases and where to consult when you feel unwell,

The University of Tokyo Health Service Center (Health Center)
Hongo: 03-5841-2573
Komaba: 03-5454-6168
Kashiwa: 04-7136-3040

If you are infected with a contagious disease

If you are diagnosed with an infectious disease such as influenza having seen a doctor due to the following symptoms; a fever, cough, vomiting and diarrhea, make sure to inform the doctor that you are living in an accommodation and ask about your treatment, coming into contact with people, and the use of the common areas such as the kitchen, toilets, laundry, etc., and follow the medical advice given carefully. Please take extra care during the seasons when contagious diseases, such as the flu and norovirus, as well as COVID-19, become common. If you are diagnosed with an infectious disease, please report to the residence manager promptly by e-mail, telephone, or other non-contact means.

Notification from The University of Tokyo Health Service Center

To monitor and ensuring your health, **everyone is required to attend the Health Check-up for Students**. It can help find problems before they start. Please talk to us as soon as possible if you feel sick or have any health issue.

※You may substitute your health check-up with a report from other medical institutions if you cannot attend the check-up on the specified date. Please let us know in advance if you wish to substitute it. We will explain the necessary examination items.

COVID-19

COVID-19 presents itself with a variety of common cold-like symptoms, including coughing, sore nose, sore throat, and fever, making it difficult to determine the infection solely from the symptoms. It is also possible to be infected by an asymptomatically infected person. Therefore, please take good care of your health, and if you have any concerns, avoid contact with people, wear a mask, practice coughing etiquette, disinfect and wash your hands, and take other infection-prevention measures that you can take by yourself. Effective vaccines are also available, so please consider getting vaccinated.

Tuberculosis

Tuberculosis (TB) is caused by a bacterium called Mycobacterium tuberculosis and is still relatively common in Japan.

Pulmonary Tuberculosis accounts for 80 percent of TB. TB bacteria are spread through the air from one person to another. People with TB are most likely to spread it to people they spend time with every day. The disease is basically cured with treatment (medication for 6 to 9 months), but it can take a serious course and spread widely to others. A chest x-ray at health check-up is used to see whether a person has TB disease but if you have any symptoms such as a prolonged cough or persistent low-grade fever, please consult with the Health Center.

Measles

Measles is a very contagious disease caused by a virus. It spreads through the air when an infected person coughs or sneezes. Measles starts with a cough, runny nose, red eyes, and fever. Then a rash of tiny, red spots breaks out. Most people recover from measles after having symptoms such as a fever and cough. Before the measles vaccination program started, thousands of people died due to measles each year in Japan and even now dozens of people still die because of it each year. Measles can be prevented with the MR vaccine. Japanese government recommends children receive two doses of the MR vaccine.

Rubella (German Measles)

Rubella is a contagious disease caused by a virus. It is most often spread by respiratory droplets. Most people who get rubella usually have mild illness, with symptoms that can include low-grade fever and rash that starts on the face which then spreads to the rest of the body. Rubella can cause miscarriages or serious birth defects in unborn babies if a woman is infected while pregnant. Rubella can be prevented with the MR vaccine. The government of Japan recommends children receive two doses of the MR vaccine.

Pertussis, also known as whooping cough

This is a highly contagious respiratory disease caused by the bacterium *Bordetella pertussis*. Pertussis starts with a fever and cough. Pertussis is known for the uncontrollable, violent coughing which often makes it hard to breathe. After coughing fits, someone with pertussis often needs to take deep breaths. College students living in residence are at a higher risk due to the close living quarters. The government of Japan recommends vaccination for all children. However, it may spread across college campuses nationwide because the vaccine protection wanes over time.

Invasive meningococcal disease

Neisseria meningitidis is a Gram-negative diplococcus. It spreads through respiratory secretions and requires close contact. It can be serious with disorders of consciousness after early signs such as a fever, rush and headache. These illnesses are often severe and can be deadly. Clusters and deaths in residence halls were reported in the United States. Japan Pediatric Society recommends that students entering a hall of residence receive meningococcal vaccine.

The University of Tokyo Health Service Center

We support the healthcare of registered students.