

Welcome to Shimane University!

- **About Health Service Center Matsue**
- **About COVID-19**
- **AY2020 First Semester Classes**
- **AY2020 Health Check-up**



Health Service Center Matsue



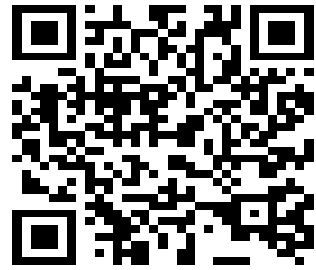
Business hours : 8:30 - 18:00 weekdays
Tel : 0852-32-6568 Fax : 0852-32-6497
Email : health@soc.shimane-u.ac.jp



Director (Prof. Kawasoi, Faculty of Education)
Medical doctors (Dr. Kono, Dr. Sugihara)
Public health nurses (PHN Nagasako, PHN Kobayashi)
Clinical psychologists (CP Shigyo, CP Kobayashi, CP Takahashi)



Health Service Center Matsue Website



- Topics related to latest health news are shown on top page.
- Go to “健康診断” to check the health check-up dates and notice.

保健管理センター松江
Shimane University, Matsue campus
心身ともに健康な生活が送れるよう専門的立場から支援するサービス部門

国立大学法人 島根大学
一人ひとりに地域とともに

心身ともに健康な生活が送れるよう...
それぞれの専門家が対応しています。

Top Search Contact RSS1.0 RSS2.0

重要 2020.03.05
新型コロナウイルスの感染拡大防止に関する対応について (その3、その4)

重要 2020.03.05
新型コロナウイルスの感染拡大にかかるところの健康について

2020.03.09
新型コロナウイルス感染症に関する物品、部屋の消毒方法

2020.03.05
要確認** 令和2年度学生定期健康診断について**

2020.03.05
教職員向け 学外のメンタルヘルス相談機関の設置のお知らせ

2020.03.05
総理工学部知能情報デザイン学科 坂野先生が禁煙に成功されました!

2020.02.26
「学生定期健康診断」に関するお知らせ

センター紹介 →
保健管理部門 →
学生相談部門 →
健康診断 →
健康情報 →

About COVID-19

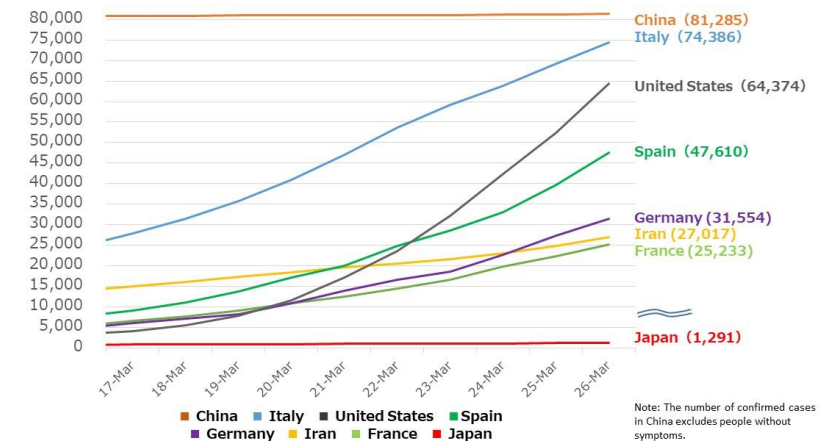
- The outbreak of COVID-19 has been declared to be a pandemic within a few months.
- The younger generation, including students, may not pay much attention, as these people are less likely to be seriously ill. However, we need to act now to reduce and to prevent an surge in the number of infections.
- An "overshoot" of coronavirus infections, which may result in a lack of medical treatment, is of great concern.
- An overshoot should lead to lockdown, which will affect you greatly.

国別の累積感染者数の推移



Cumulative Confirmed Cases of COVID-19 by Country - 1

As of March 26, 2020



Source: Government sources

Note: The number of confirmed cases in China excludes people without symptoms.

MOFA website

Every citizen, students included, must act properly to prevent further infections

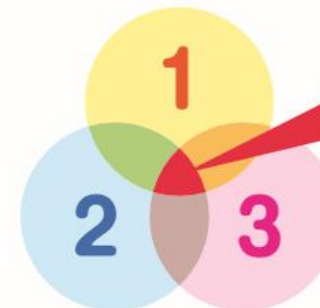
How people get infected

- (1) **Droplet infection** : Viral infection spreads by airborne droplets released when an infected person sneezes or coughs.
- (2) **Contact infection** : Infection through an infected person touching objects after coughing or sneezing.

Places where outbreaks occur tend to be:
poorly ventilated; spaces where people gather closely together; places where an unspecified number of people are likely to come into contact.



新型コロナウイルスへの対策として、クラスター(集団)の発生を防止することが重要です。
イベントや集会で3つの「密」が重ならないよう工夫しましょう。



3つの条件がそろう場所が
クラスター(集団)発生の
リスクが高い!

※3つの条件のほか、**共同で使う物品**には
消毒などを行ってください。

IMPORTANT

Requests to prevent the infectious disease

- ① Get enough sleep and eat regular meals.
- ② Avoid crowds whenever possible, keep enough distance between each other when staying indoors. Wear a face mask whenever possible to prevent contact with respiratory secretions in a close conversation.
- ③ Thoroughly wash your hands with soap or disinfect with an alcohol-based disinfectant when you return home and before eating.
- ④ **Refrain from attending classes or going out, and stay at your home if you have any symptoms such as a fever and/or coughing. (These are considerations for not being able to attend classes.)**

If you have cold symptoms as follows, please contact Health Service Center by email or phone. Consultation with doctors, PHN and counselors are available.

Possible symptoms

- Fever of 37.5°C or higher
- Coughing, difficulty in breathing, running nose, sore throat
- Diarrhea, nausea
- Headache, strong drowsiness



Be Aware of your Mental Health

You may be anxious in a new environment.

You may be worried when hearing only negative news on COVID-19.

If you want help, please feel free to consult with the Health Service Center by email or phone.

Symptoms when you are mentally ill,

- Depression, high anxiety
- Get annoyed easily
- Difficulty sleeping
- Difficulty eating



Walking and stretching are recommended



How to manage your mental health

- Keep a regular lifestyle and implement ways to relax.
- Connect with others through phone calls and social media.
- Obtain correct information. Excessive information can create anxiety.



Shimane University Measures to Prevent the Infectious Spread of Novel Coronavirus

Check out Shimane University official website or the Health Service Center website for more details.

Prevention, Consultation and Medical Examination for the Novel Coronavirus

(March 4, 2020)

The Japan Ministry of Health, Labor and Welfare issued the advice on prevention, and the criteria for consultation and medical examination on February 20, 2020.

- If you have cold symptoms, such as a fever of 37.5°C or above, refrain from attending class and/or work at the university and stay at home.
- While staying at home, keep a close eye on your health while recording your body temperature.

Call or email the relevant division



Please contact the consultation center if you fall under the following conditions.

- Cold symptoms and/or a fever of 37.5°C or above for four consecutive days or more
- Strong drowsiness (malaise) or difficulty breathing (dyspnea)

The following people are more likely to become seriously ill. If you are one of the following, please follow the procedure if conditions persist for two days:

- Senior citizen
- Patient with diabetes, heart failure, respiratory disease or who are on dialysis
- Those who use immunosuppressant or anticancer drugs
- Pregnant woman

Contact the consultation center* and receive a medical examination at the specified medical institution.

Call or email the above relevant divisions in the case you have been diagnosed with the infectious disease or diagnosed to be suspected to have contracted the infection

Call or email the Health Service Center on your campus after recovery



Persons who Domestically have had Close Contact with People Diagnosed with the Novel Coronavirus or Diagnosed Suspected to be Infected

(Mar. 4, 2020)

From February 1, 2020, the novel coronavirus has been labeled as a designated infectious disease. **Those diagnosed with the infectious disease or diagnosed to be suspected to have the infection will be suspended from attending classes and/or work ("Work Ban") until they have recovered.** Please follow the instructions below in order to thoroughly carry out infectious disease control within the university. **These instructions may change on future changes in the situation.**

Students, faculty and staff members who domestically have had close contact with people diagnosed with the infectious disease or diagnosed to be suspected to be infected should immediately call or email relevant department, regardless of your overseas travel history.

* What is "close contact"?

- Living with or spending long periods of time with someone suspected of contracting the novel coronavirus (includes being in a car together or on the same flight).
- Medical examination, care or nursing care of patient suspected of contracting the novel coronavirus who is not following appropriate infection protection.
- High probability of having directly come into contact with contaminants such as respiratory secretions and bodily fluids of a person suspected of contracting the novel coronavirus.
- Directly contacting a case of COVID-19 without any protection, or being within approximately 2 meters of a case of COVID-19 → This applies in the case where your work place had a COVID-19 case



Have a fever/coughing within 2 weeks after having close contact

- Keep a close eye on your health while recording body temperature on the Self-Health Checklist for 2 weeks after having close contact
- Refrain from going out and stay at home

Have a fever/coughing within 2 weeks having close contact

No symptoms appear for 2 weeks

Contact the consultation center* and receive a medical examination at the specified medical institution.

Report to the Health Service Center on your campus

Follow-up period ends

- If you are diagnosed with the coronavirus infectious disease or are suspected of having contracted the virus, call or email the Health Service Center on your campus
- Health Service Center Matsue Campus
TEL : 0852-32-6568 (Ext. :2801)
E-mail : health@soc.shimane-u.ac.jp
 - Health Service Center Izumo Campus
TEL : 0853-20-2099
E-mail : satoezoe@med.shimane-u.ac.jp
 - Reasonable arrangements in study/work
 - Report to the Health Service Center after recovery

Students, Faculty and Staff Entering Japan from a Level 2 or Higher Infected Region, and Persons who have had Close Contact with Above Person Ver. 4.0

(Mar. 4, 2020)

From February 1, 2020, the novel coronavirus has been labeled as a designated infectious disease. **Those diagnosed with the infectious disease or diagnosed to be suspected to have the infection will be suspended from attending classes and/or work ("Work Ban") until they have recovered.** Please follow the instructions below in order to thoroughly carry out infectious disease control within the university. **These instructions may change on future changes in the situation.**

① Students, faculty and staff members entering Japan from a Level 2 or Higher Infected Region => At the time of entry to Japan (including those who had a transit in that region)

② Persons who have had close contact with above person => At the time of contact

Please immediately call or email relevant department



If you have a fever higher than 37.5°C and/or respiratory symptoms when returning to or entering Japan, be sure to declare this to an airport quarantine officer.

Have a fever/coughing within 2 weeks after entering Japan

No symptoms upon entering Japan

- Keep a close eye on your health while recording body temperature on the Self-Health Checklist for 2 weeks after entering Japan or having close contact
- Refrain from going out and stay at home

Have a fever/coughing within 2 weeks after entering Japan or having close contact

No symptoms appear for 2 weeks

Contact the consultation center* and receive a medical examination at the specified medical institution.

Report to the Health Service Center on your campus

Follow-up period ends

- If you are diagnosed with the coronavirus or are suspected of having contracted the virus, call or email the Health Service Center on your campus
- Health Service Center Matsue Campus
TEL : 0852-32-6568 (Ext. :2801)
E-mail : health@soc.shimane-u.ac.jp
 - Health Service Center Izumo Campus
TEL : 0853-20-2099
E-mail : satoezoe@med.shimane-u.ac.jp
 - Reasonable arrangements in study/work
 - Report to the Health Service Center after recovery

Consultation



- **Shimane University Health Service Center Matsue
(General consultation on health)**

Business Hours : 8:30 am to 6:00pm weekdays

Phone: 0852-32-6568 Fax: 0852-32-6497

Email : health@soc.shimane-u.ac.jp

- **Consultation Centers in Shimane (Consultation on possible COVID-19 case)**

Hours of Operation (Mon.-Fri., 8:30am-5:15pm) (24-hour emergency line)

Phone : 0852-33-7673

- **Matsue City, Matsue Public Health Center
established jointly with Shimane Prefecture (General consultation)**

Hours of Operation (Mon.-Fri., 8:30am-5:15pm)

Phone : 0852-33-7638

AY2020 First Semester Classes



- Currently, COVID-19 cases are being confirmed in various parts in Japan. **The most important step now is to control the spread of further infections.**
- New students arriving in Matsue, as well as students and staff members who traveled in and outside Japan, may have been infected through their travel and may become the source of a cluster in the university.
- **In order to prevent a cluster emergence in university**, Shimane University acts as follows:

- AY2020 First Semester classes begin on April 14, postponed by one week from its original schedule.
- Avoid unessential going out for 2 weeks from April 1 to 13. During this period, keep a close eye on your health while recording your body condition with Self-Health Checklist provided by the Health Service Center.
- If you have a fever or respiratory symptoms within this period, consult with the Health Service Center by email attaching your Self-Health Checklist. Include your student ID number and your name in your email title.
- If you have fever or respiratory symptoms on April 14, you are not allowed to attend class and/or work
- For more details, check out the Shimane University website or Health Service Center website.

【Self-Health Checklist】 (PDF)

Download from Health Service Center website.

https://shimane-u.health.wdeco.jp/_/files/medias/2020/HealthChecklistEng.pdf

Self-Health Checklist

Student ID no./ Employee ID no. () Faculty/Department () Name () Age () Sex (Male - Female)

※ If you have fever (≥ 37.5 degrees) and respiratory symptoms (cough, sputum, shortness of breath, etc), Please contact Health Service Center.

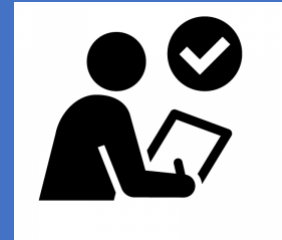
Matsumoto: Tel:0852-32-6568 (Extension 2801), Mail: health@soc.shimane-u.ac.jp
 Izumo : Tel:0853-20-2099, Mail:satoezoe@med.shimane-u.ac.jp

Date: Jan 23rd Fri--1/23(Fri)

Date	/ ()	/ ()	/ ()	/ ()	/ ()	/ ()	/ ()
am	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()
pm	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()
date	/ ()	/ ()	/ ()	/ ()	/ ()	/ ()	/ ()
am	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()
pm	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()	Body temperature (°C) Congestion/sneezing (yes/no) Coughings (yes/no) Phlegm (yes/no) Shortness of breath (yes/no) Rales (yes/no) etc. ()

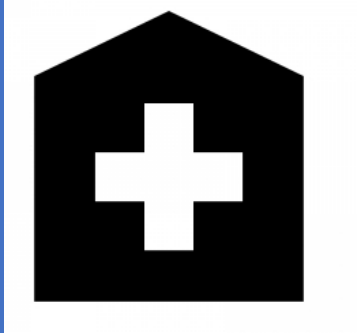
*** If you develop fever or have respiratory symptoms, contact the Health Service Center by email health@soc.shimane-u.ac.jp attaching the above self-health checklist. Include your student ID number and name in your mail title**

AY2020 Health Check-up



- AY2020 Health Check-up will conduct only two items: **1. Chest X-ray for all new students, 2. Medical examination (only for those where a doctor has judged it necessary, after checking your health record card which you submitted before enrollment).** You will be notified either by phone or email if you are required to go through a medical examination
- **Confirm the latest check-up dates on the Health Service Center website.** Be sure to come to the venue on the designated time so as to not create congestion.
- **If you have fever or respiratory symptoms on your check-up date, refrain from coming to the check-up.** Contact the Health Service Center by phone or email. You will be notified of make-up dates.
- **Wear a face mask** when coming to the check-up. **Keep a distance of at least 1 m from other people and refrain from talking** while you are in line.
- For the chest X-ray, **wear a plain T-shirt** without any decorations. Do not wear accessories or underwear with metal materials. Leave these items at home.

NOTES



**Health Service Center Matsue is
always willing to assist you!**

Feel free to visit us.

