

Instructions to Applicants for Dokkyo University

1. 健康に関する自己申告書の記入について

Regarding the Completion of The Personal Medical Report

自己申告書（別紙 1）は、現在の健康状態で問題なく留学生活をおくれるかを把握するためのものです。志願者本人が記入してください。

The Personal Medical Report (Appendix 1) is intended to assess whether the applicant is able to study abroad without any issues related to their current health condition.

The report should be completed by the applicant themselves.

2.-現在治療中の方へ

For those currently receiving medical treatment

現在治療を受けている方、または現在服用中の方は、主治医による診療情報提供書（英語または日本語）を持参することや、薬の持ち込みに必要な手続きを忘れないようにしてください。

日本に持ち込めない薬、日本では入手できない薬も一部ありますので、入手できない場合は代替薬に変更してもらうなど、早めに主治医に相談してください。

【参考】薬を持ち込む手続きについて

厚生労働省

<http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>

関東信越厚生局 (Kanto-Shinetsu Regional Bureau of Health and Welfare)

<https://kouseikyoku.mhlw.go.jp/kantoshinetsu/iji/yakkanhp-kaishu-2016-3.html>

Those who are currently receiving medical treatment or taking medication should bring a medical information letter from their attending physician, written in either English or Japanese. Please also remember to complete any necessary procedures for bringing medication into Japan. Some medications may not be allowed in Japan, and others may not be available locally. If your medication falls into these categories, please consult your physician early about switching to alternative medication.

Reference: Procedures for Bringing Medication into Japan

Ministry of Health, Labor and Welfare

<http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>

Kanto-Shinetsu Regional Bureau of Health and Welfare

<https://kouseikyoku.mhlw.go.jp/kantoshinetsu/iji/yakkanhp-kaishu-2016-3.html>

3. 予防接種について

About vaccinations

麻疹・風疹・水痘・耳下腺炎については感染症の中でも特に感染力が強い疾患であり、罹患歴がない場合や予防接種歴が不確かな場合には抗体検査を実施し、抗体がなければ来日前に予防接種を受けてください。また、髄膜炎菌感染症については寮などの集団生活で感染リスクが高まるため、予防接種を推奨します。

以下の資料も参考にしてください。

【添付資料】: **渡航中の健康問題を防ぐために、あなたの予防接種歴を確認しましょう**

Measles, rubella, chickenpox, and mumps are highly contagious infectious diseases. If you have no history of infection or are unsure about your vaccination status, please undergo antibody testing. If antibodies are not detected, you must receive the appropriate vaccinations prior to your arrival in Japan. In addition, meningococcal infections pose a higher risk in communal living environments such as dormitories. Therefore, vaccination is strongly recommended.

Please refer to the materials below for further information.

Attachment: **Check your vaccination history to prevent health issue while traveling.**

4. 本学における健康診断について

Health Checkup at Dokkyo University

留学生も他の学生同様、入学時に、定期健康診断を受けてもらいます。健診項目は、胸部 X 線検査・心電図検査・血圧測定・身長・体重・尿検査・内科診察です。

日本では、入学年度に胸部レントゲン検査を受けることは、学校保健安全法や感染症法により義務づけられています。

Exchange students, like all other students, are required to undergo a regular health checkup upon enrollment. The examination includes a chest X-ray, electrocardiogram (ECG), blood pressure measurement, urinalysis, and. physical exam by a physician. In Japan, undergoing a chest X-ray during the year of enrollment is mandatory under the School Health and Safety Act and the Infectious Disease Control Law.