

For new graduate students and students of Special Education Major Program

April 5, 2020

Health Service Center

Because of spread of novel coronavirus infection, COVID-19, this year, the planned health checkup

You can take chest x-ray after May. The schedule will be posted on the homepage, "Momiji" as soon as it is decided.

[Those who need chest X-ray]

- ◆ Those who have clinical and/or hospital trainings
- ◆ Those who have educational training
- ◆ Those who have care experiences
- ◆ First-year graduate students (Master's / Doctor's)

○About physical health management

●Physical health consultation

- ◆ Physicians and nurses provide consultation on physical conditions.

082-424-6192, shealth ★ hiroshima-u.ac.jp (please convert "★" to "@")

* For fever and cold symptoms, malaise, taste or olfactory disorders, etc., consult Public Health Center (below) or a medical institution. If unsure, consult the above.

【Public Health Center】

Higashi Hiroshima City: Seibu-Higashi Public Health Center, Hiroshima Pref.

(8:30~17:00)082-422-6911 (Holidays and Night time)082-513-2567

Minami Ward, Hiroshima City: Minami Public Health Center, Hiroshima City

(8:30~17:00)082-250-4108 (Holidays and Night time)082-241-4566

Naka Ward, Hiroshima City: Naka Public Health Center, Hiroshima City

(8:30~17:00)082-504-2528 (Holidays and Night time)082-241-4566

○About mental health management

The start of a new academic year is both encouraging and anxious. This year, the entrance ceremony and the start of classes have been in a special situation, and we think that many students are puzzled.

We think that various things related to the novel coronavirus, COVID-19, also make you worried. Having anxiety and worry is natural for everyone. We think that the situation difficult to foresee is also stressful.

Here are some solutions.

1) Keep in touch with family and friends

Sharing anxiety with someone is far better than having anxiety alone. Even small conversations can change your mood.

2) Cherish basic things like sleep, eating, and exercising

Establishing the body rhythm, feeding, and moving the body are the most basic. Light exercises that you can do at home are also introduced on the Internet and on TV.

3) Refresh your mood

Enjoying your hobbies can help relieve stress. Listening to music can be a good way to change your mood. Being interested in some new area stimulates your curiosity. This makes your body and mind healthier.

Please consult us if you still have anxiety and depression, even after taking such measures.

● Mental health consultation

- ◆ Mental health consultation including mental problems (psychiatrist)

082-424-6186 mental ★ hiroshima-u.ac.jp (please convert “★” to “@”)

- ◆ Consultation on various problems in student life (counselor)

082-424-6187 mental ★ hiroshima-u.ac.jp (please convert “★” to “@”)

- Information on medical institutions

[Emergency care in Hiroshima]

★ You can search for hospitals and clinics that can be treated at present or at a specified date and time.

★ You can search for emergency centers for holidays and nights.

- ◎ Click here for the Hiroshima Emergency Medical Information Network

<http://www.qq.pref.hiroshima.jp/qq34/qqport/kenmintop/>

[Information on Higashi-Hiroshima area]

- ◎ Click here for the emergency duty table of Higashi-Hiroshima area

<http://www.east-hiroshima-med.or.jp/kyukyu.htm> (Japanese only)

[Information on Hiroshima area]

◎ Click here for the Senda-machi Night Acute Disease Center, Hiroshima City Medical Association

<https://hiroshima-med-yakanqq.jp/> (Japanese only)