

Newsletter from Nursing Office

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It is recommended that you learn how to “protect your health on your own” while in junior high school.



The new school year has started. A new grade, new classes, new classmates and new teachers... You are probably excited and nervous all at once but cherish how you are feeling now: say “ I’ll do my best!” Take it easy and take your time getting used to your new school life.

Health Office – Rules and manners for use

<p>Purpose</p> <p>First aid for injury</p>	<p>Purpose</p> <p>Not feeling well</p>	<p>Purpose</p> <p>Learn about your body and health</p>	<p>Purpose</p> <p>Consult about your concerns and worries</p>
<p>Caution</p> <p>We're here for emergencies so please take care of anything else at home</p>	<p>Rules for using the health office</p> <p>Please use the health office for its intended purposes and follow its rules so others can use it when they need to, as well.</p>		<p>Caution</p> <p>We are not allowed to provide oral medication</p>
<p>Rule</p> <p>Get your teacher's permission before coming to the office</p>	<p>Rule</p> <p>Greet when you enter/leave the office</p>	<p>Rule</p> <p>Be quiet in the office</p>	<p>Rule</p> <p>Do not use the equipment without permission</p>

The health office treats minor injuries you get on your commute or at school, as well as provides first aid if necessary before you go to the hospital.
***After that, please disinfect the injury and/or replace the band-aid/bandage at home.**

A rest in the health office is just a temporary treatment.
You are allowed to use the bed up to one hour only.

To measure your height/weight or consult about your worries, please come to the office during the lunch break or after school.

- *By law, we can't provide you with any oral drugs.** (i.e., drugs taken orally into your body → mouthwash: available, cough drops: not available)
- *If you need medicine, you have to bring it yourself.**
- *Ensure that you have sanitary goods, extra handkerchief and socks in your locker.**

How to use the health office:

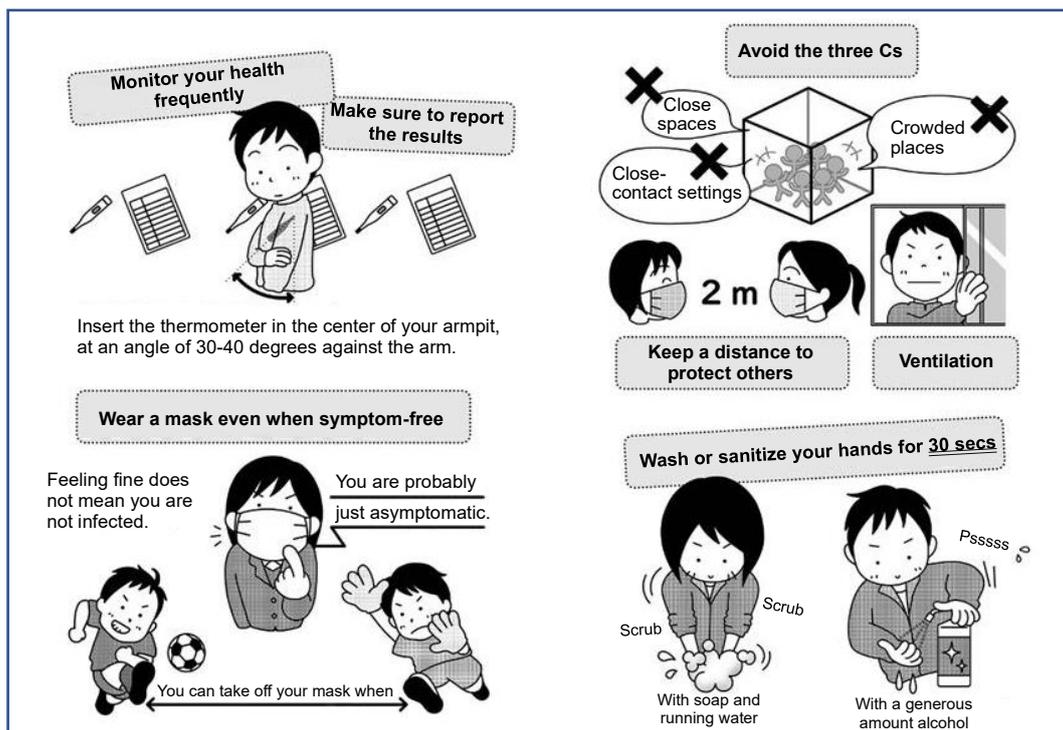


- (1) The health office is located on the first floor, near the library.
- (2) Before you come, tell a health committee member that you are going to the health office.
⇒ Come to the office by yourself unless you really need to be attended.
- (3) Explain your symptoms in detail by yourself: “since when,” “which part of your body,” “what’s going on,” etc.
- (4) Fill out the record form.
- (5) A “Health Office Utilization Report” will be issued. Hand it in to the class’s teacher.
 - * Return the items you borrowed from the health office (towels, underwear, etc.) as soon as you can.
 - * The room next door is the senior high school’s health office, where school nurses Ms. Kaoru Genda and Ms. Motoko Kidachi work.

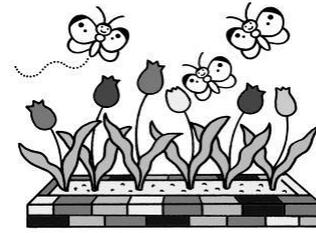
The new normal still continues.

Each and every one of us needs to continue taking measures against infectious diseases, without letting our guards down.

To increase your immunity, ensure you get enough sleep, do moderate exercise and have a well-balanced diet.



- * Closely monitor your health daily.
- * If you have a fever or some other symptoms, take care and stay home.
- * We contact your guardians when you are sick and need to leave school early. Make sure your contact information is up to date.
- * **When you or a family member who lives with you takes a PCR test, please make sure to report it to the school.**



● Monitor your health in the morning!

Make it a habit to check every morning if you:

- have a fever or feel sluggish have a headache or stomachache
- have a cough or sore throat have diarrhea or constipation
- have slept enough have an appetite are energetic and feel motivated

If you notice anything unusual about your health, consult your guardians at home to see what to do.

When you feel unwell, take a rest, partly in terms of controlling infectious diseases. If you are unsure about whether or not you should stay home, ask yourself if you will have difficulty commuting or with your learning or club activities.

✿ Spring ✿ ✿

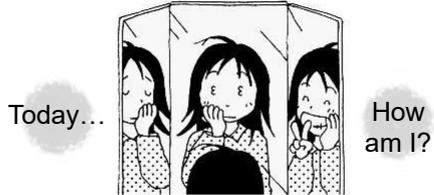




Congratulations

on your admission to the school

Check your physical
condition every morning!



Today...

How
am I?