

Newsletter from Nursing Office

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Keiko Hatto

Nursing Teacher

Bunkyo Gakuin University Girls Junior High School

The state of emergency declaration has been lifted and our school hours have returned to normal, but the Coronavirus has not gone away. In other words, it doesn't mean that "we feel completely secure and we can behave normally".

The number of new infections which is announced every day is also showing a sign of rebound. It is necessary for you to lead a daily life while thinking about various things for yourselves so that you will not be infected without awareness. Please be more conscious about your behavior and take every action necessary to prevent the 3Cs (closed spaces, crowded places, close-contact settings).

[Are you completely practicing the following 10 behaviors?]



(1) Measuring your body temperature when you wake up in the morning	(6) Always washing your hands before lunch
(2) Sending in the temperature measurement form before going to school	(7) Eating lunch at your desk quietly, facing forward
(3) Going to school quietly without talking to the extent possible	(8) Disinfecting the desks and chairs that you used for yourself
(4) Washing your hands immediately after arriving at school	(9) Washing your hands after cleaning
(5) Attending class quietly, facing forward	(10) Keeping your hands off your eyes, nose and mouth whenever possible

We are used to wearing and living with masks, but we have to be careful about "heatstroke"!!



Wearing a mask and covering the lower half of the face with a mask makes our body keep the heat inside the mask. That's why you feel hot and sweaty!

The inside of a mask is humidified by your exhaled breath, making it harder to feel thirsty or water shortage.

If you feel hot and it's hard to wear a mask, keep a sufficient distance from the people around you, remove a mask, and take a break for a while.

Even if you don't feel thirsty or dry in the mouth, drink water or other fluids frequently.

* Please open the windows to ventilate a room while turning on an air-conditioner.
An air-conditioner has only a cooling effect.



Notice



Only the water cooler near the nursing office can be used.

The water coolers setting on each floor cannot be used.

You can use only the water cooler near the nursing office at any time.

So, if water in the water bottles that you bring to school becomes empty, please refill your empty bottle here.

However, do not drink water directly from the tap of the water cooler.

—The number of the people who are in bad physical conditions is conspicuously increasing—
The term-end examination is coming soon!! Regulate the life rhythms and go through this difficult time.

The following two points are very important!!

● “Reset” in the morning

To awaken your body and concentrate on your morning activities.

(1) Soak in the morning sun!

The body's internal clock is reset when exposed to the sunlight.

(2) Eat breakfast!



● “Relax” at night

Relax, get a good night sleep, and wear off fatigue.

(1) Improve blood circulation by taking a bath.

(2) Do not look at the screen of your smartphone before going to bed!

You cannot get a good night sleep due to the effect of blue light.



* The body's internal clock exists in the brain and controls the physical rhythms of your activity and rest all day long. The periodicity of the body's internal clock is not an exact 24-hour cycle but it is a little longer. Therefore, if you do not reset it every morning, the rhythms of your daily life will be out of sync more and more with the time, and you will easily get sick. So, you need to consciously regulate your life rhythms.

Improve blood circulation by taking a bath at night!

Are you taking a bath every day? In the summer, many people may just take a shower, but bathing in a bathtub warms the entire body, improves blood circulation, and removes any factor causing fatigue or stiffness. You can expect the recovery from physical exhaustion rather than just taking a shower.

Soak in a tepid bath at 38-40°C for at least 10 minutes 1-2 hours before going to bed. People get sleepy when their body temperature begins to decline. You can fall asleep comfortably.

It is also good to enjoy the bath time with bath salts of your favorite color and scent.



Be prepared and have no regrets!

Be sure to keep some menstrual sanitary products in your locker in case that you suddenly undergo menstruation. Never forget to replenish the stock after using the products.

You also feel secure if you keep spare socks, folding umbrellas, towels, etc. in your locker.

You are required to use every effort to make your school life comfortable and enjoyable.

