

# Newsletter from Nursing Office

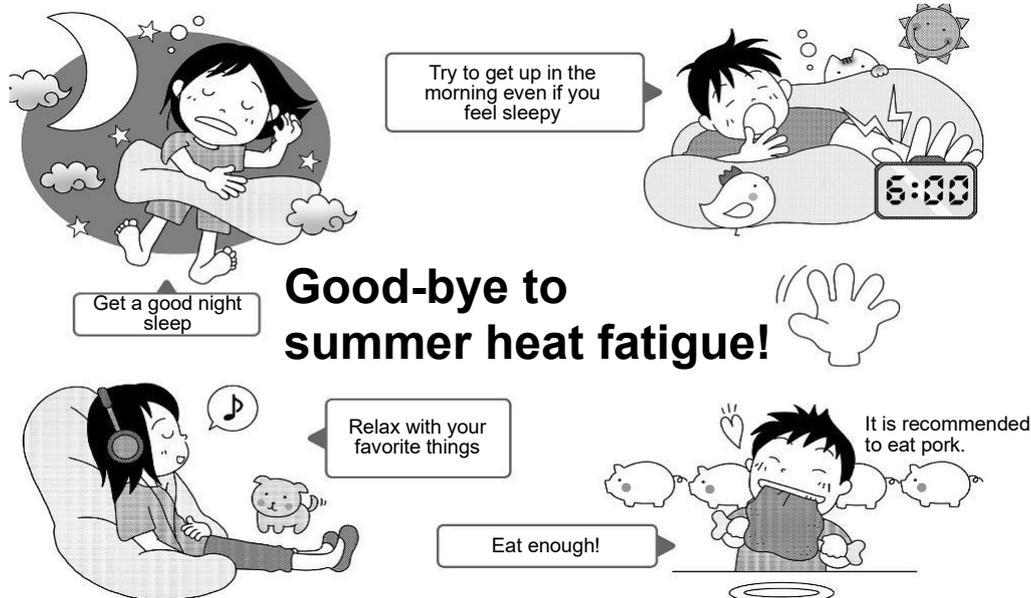
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## The latter half of school year has begun!



## Do your shoes fit you properly?

When you put on your shoes after a long interval, don't you feel that your shoes have become tighter than before? In September every year, the nursing office gets crowded with many students who want to check their height. The junior high school students are in the midst of the period of growing up. Please check whether "there is sufficient room around your toes and you can move your toes freely". Wear shoes that are comfortable and appropriate for the size of your feet.



## Please let me know if you fall under any of the following items.

Did you have any illness or injury during the summer vacation? If you got injured during school club activities or during the way to and from school and went to hospital, please report to the nursing office. I will carry out any necessary procedure for medical billing (insurance).



## Did you fix a cavity?



As a result of the health examinations, I think that there are some students who were found to have cavities or who were required to get further test or detailed examination at the hospital. Did you have additional medical examination? If you need to receive medical treatment, do not quit your treatment prematurely, but continue your treatment until full recovery. If you have any concerns in your school life, do not hesitate to contact the nursing office.

## In the Time of COVID-19

The number of people infected with the novel coronavirus is increasing rapidly. "To protect the lives of yourself and your loved ones", please check the anti-infectious disease measures again.

### [You should be sensitive to your physical conditions!]



- You are required to measure your temperature every morning and send a health check in a designated form before going to school.
- If you are in bad physical conditions, you should stay away school!  
If you have any symptoms such as fever or cold, you should refrain from attending school and see a doctor.

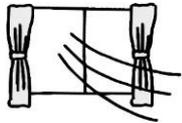
### [Wash your hands at the right times]

After going to school or returning home, after going to the toilet, and after touching the places that many people touch, such as doorknobs and handrails;

- Wash your hands with running water and soap.
  - \* There is no need to disinfect your hands after washing your hands. (based on the report from the Ministry of Health, Labor and Welfare)
  - If you cannot wash your hands immediately, disinfect your hands.
  - \* Change your handkerchiefs and towels every day and carry clean handkerchiefs and towels with you.
  - Do not share your handkerchiefs and towels with your friends.



### [Ventilation at any time]



- Since air conditioning only circulates air, it is necessary to intentionally ventilate the classrooms. Keep the classroom windows open as much as possible.

### [You must pay attention to the following matters to each other]

- Eat your lunch at your desk with the faces forward and quickly finish your lunch without talking to each other.
- When using a classroom for selective courses, disinfect the desks and chairs that you used.
  - \* Disinfect the places that your fingers touch, such as surface of the desks, back of the chairs, or back of surface of the chairs.
- Wearing a mask is essential, but there is a risk of heatstroke.
  - \* If you are 2 meters away from the person next to you outdoors, you may remove the mask! (The same applies to the physical education classes.)
- Go home immediately after school.



### [Please observe the following rules]



- Avoid non-essential and non-urgent outings after returning home or on the days when you do not go to school.
- If you have a fever or a cold, you cannot rest in the nursing office. Make sure that I can get in touch with you at any time.
- If you or your family members who are living with you had a PCR test, be sure to notify me to that effect.