

To All International Students and Foreign Employee Residents in Japan:

## Follow these disease prevention guidelines to stay healthy at work and school!

### Risk of Infection in Group Settings

#### Respiratory Infections



#### Viral Gastroenteritis



- Seasonal Influenza
- Coronavirus
- Other related illnesses

#### Prevention Tips

- Ventilate room
- Wash hands
- Use hand sanitizer
- Use proper cough etiquette

- O157 EHEC Infection (Enterohemorrhagic E. coli)
- Norovirus
- Other related illnesses

#### Prevention Tips

- Wash hands and use hand sanitizer during food preparation, before meals, after using the restroom, etc.
- Use heat to thoroughly disinfect utensils.



#### Foreign Language Assistance



## Watch Out for TB!

It is still prevalent throughout Asia!

### What is TB?

This disease is caused by the tubercle bacillus germ which primarily inflames the lungs. Tuberculosis is an airborne illness that spreads through droplets when those who carry the live bacteria cough or sneeze, infecting people nearby. Common symptoms are cough, phlegm, and fever, but there may also be physical fatigue and loss of appetite. It's also possible there may be no symptoms at first.

You can learn more about TB through our easy-to-understand video!

"Stay Smart! Let's Learn About TB and Disease Prevention!"

Scan Here→



If cough, phlegm, fever, and fatigue last more than 2 weeks, see a doctor immediately!

### If you have TB...

#### Be sure to take **ALL** your medicine!

You can fully recover from TB if you take all your medication each day for the prescribed period without interruption.



Your work, school, and health providers will support your recovery.



Inquiries▶▶

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Healthy Lifestyle

To All International Students and Foreign Employee Residents in Japan:

## Follow these guidelines to promote a healthy lifestyle at work and school!

It is common to experience stress and physical exhaustion in an environment where language and lifestyle habits are unfamiliar. This can make you more susceptible to illness, so please take care of your health.

Get a health checkup at time of employment and at regular intervals.



- A checkup can detect illnesses early.
- **A chest X-ray examination** can diagnose Tuberculosis, so be sure to get one at least once a year.

**See a doctor immediately if your checkup results are abnormal or if you feel unwell.**



Feel free to contact us if you have any questions or concerns about TB, infectious diseases, or health management.

## Daily Health Management

### Proper Meals and Rest

Maintain a regular routine

#### A Balanced Diet



#### Adequate Sleep



#### Stress Management



Don't hesitate to contact us if:

- You don't know how to schedule a checkup with a healthcare provider.
- You have trouble with daily habits (food, hygiene, religion, etiquette, etc.)

**If you feel unwell, tell your boss or teacher.**

If you are mentally exhausted, you may not notice changes in your physical health.



**Let's also take care of our mental health!**



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**Disease Prevention**