

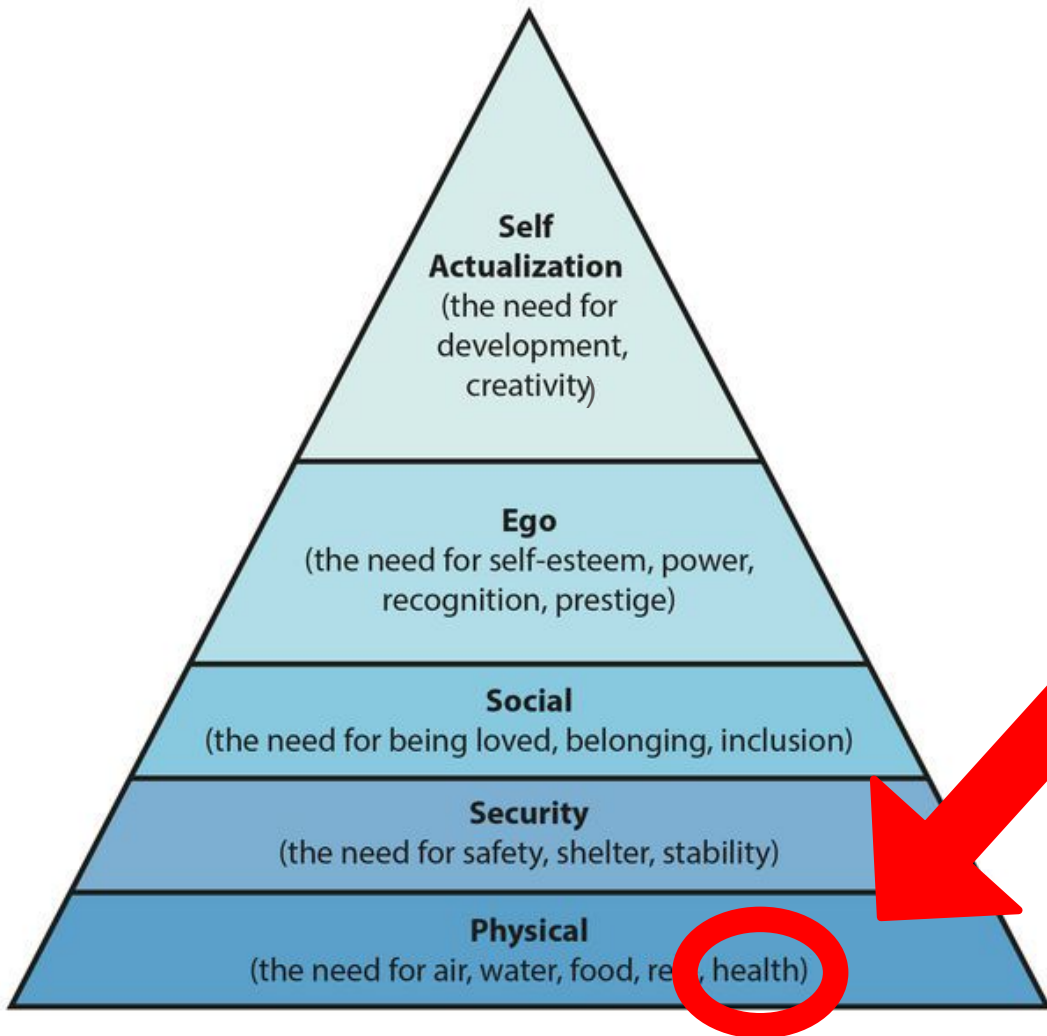


Health and Medicine

Karanvir Tiwana

Megumi Harris





QUIZ

Who is your contact at your Contracting Organization?

Think about it... see them in your mind...

If you don't know... now you have homework!



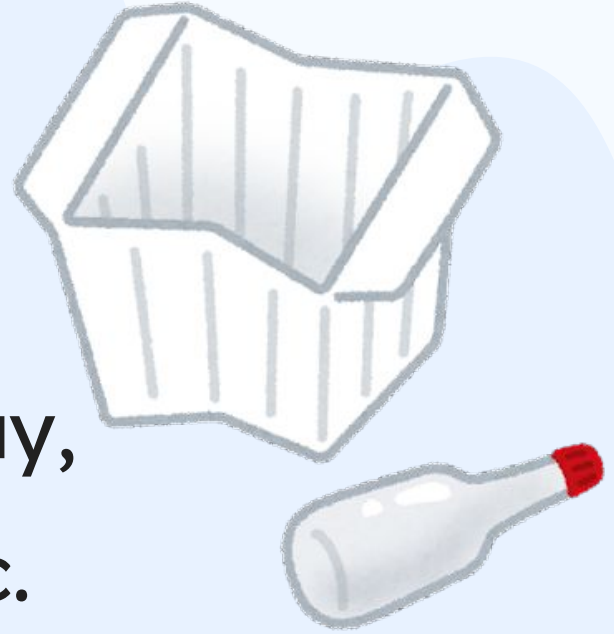
Yearly Health Check

- ✨ESID ✨

- Blood, urine, ECG, x-ray,
weight, survey, etc.

- When, where, and how?

Check with your CO.



Health Insurance

My Number Card

- Apply for it at city hall
- Carry it with you
 - If you forget it, it's ok!



*Insurance generally covers **70% of:**

- Medical, Dental, and Prescription costs

JET Programme Accident Insurance Policy Guide

<https://jetprogramme.org/en/current/support/insurance-taxes/jpai/>



Sick Leave・病休・びょうきゅう

- Limits and requirements in contract.
- Who to contact to use sick leave?

Check with your CO.

If you have senpai ALTs in your CO, ask them first

- Request a shindansho
(doctors note) (¥¥¥)



- Consider your privacy needs.



So, you're sick...



Clinic Vocabulary

Naika (内科) - Internal Medicine Clinic

-cold symptoms, fever, stomach symptoms, minor injuries

Jibika (耳鼻科) - Ears, Nose, and Throat Clinic

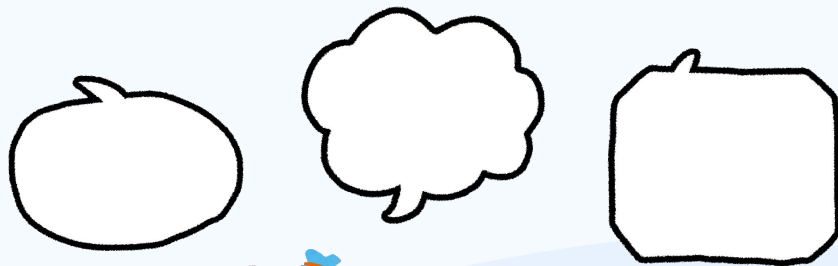
-runny nose, ear infection, sore throat

Byouin (病院) - Hospital (Clinic/Doctor's office)

-emergencies, serious illnesses, hospitalization

*If you go to work with sniffles and they tell you go to the “byouin”, they don't actually mean urgent care.

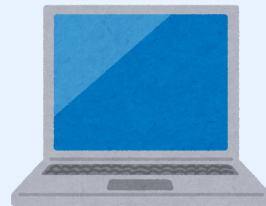
A full list is available on the Nagasaki JET website!



How to Make an Appointment



1. To *find* a clinic nearby, ask your friends, coworkers, or look for resources on the Nagasaki JET website or online.
2. *Check* clinic websites for hours, access, and treatments offered (may have an English site)
3. *Make* appointment (usually by phone) based on what the specified website



- [Japan National Tourism Organization: Guide for when you are feeling ill](#) (link)

- [Phrases for making an appointment](#) (link)



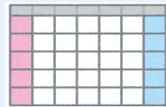
Visiting the clinic

- For most things you will visit a , or internal medicine clinic:
- First visit: fill out intake form
 - Receive patient card
- Check in: purpose of your visit
- Check out: pay bill, book follow-up



Wear a mask when visiting a clinic

You may require a doctor's note for sick leave



Clinics tend to keep the same hours as schools

Be sure to advocate for clear communication



Don't hesitate to get a second opinion!



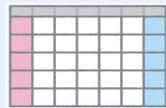
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Going to the pharmacy*

-bring your...

1. My Number Card
2. Prescription (shohousen)
3. (Optional) Prescription Medicine Handbook (okusuri techo)

Just hand off the documents and let them do the rest!

*pharmacies are usually conveniently located near clinics



Oh, no! An emergency!!



QUIZ

What is the emergency number in Japan?



Tell your neighbor!



00:15

Emergency Care



- If you have an emergency, please call an ambulance
- Japan's emergency number is ■■■
- Urgent care clinics may have more limited hours than you are used to
- Be prepared and familiarize yourself with the nearest hospital



Emergency Care

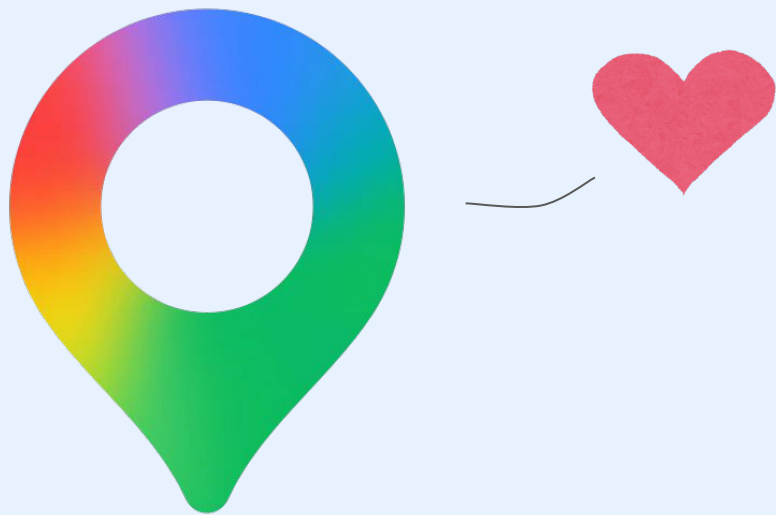
119番



- If you have an emergency, please call an ambulance
- Japan's emergency number is 119
- Urgent care clinics may have more limited hours than you are used to
- Be prepared and familiarize yourself with the nearest hospital

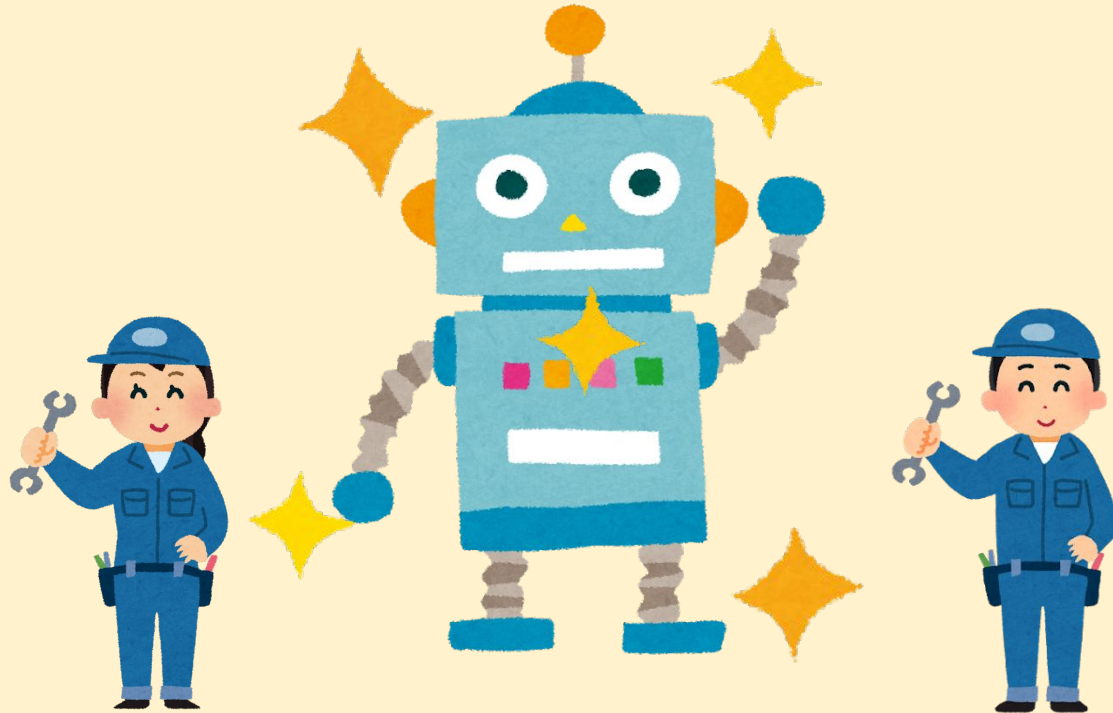


**No, really.
Familiarize yourself with the nearest hospital.**

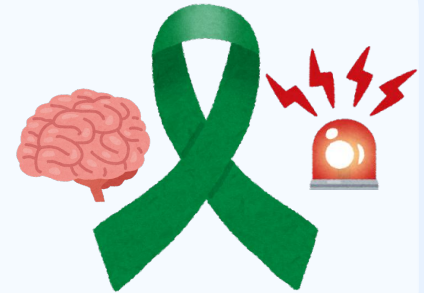
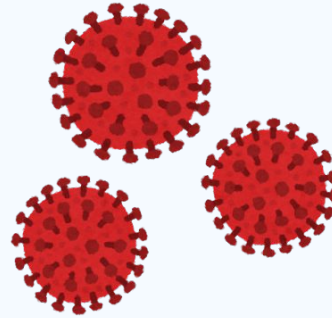
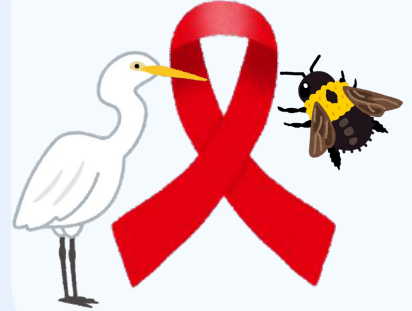


02:00

Maintenance...



SELF CARE SPEED ROUND



Mental Health

Factors like:

- Culture shock
- Workplace stress
- Grief
- Mental health conditions

can drastically affect your quality of life if left unaddressed

Ongoing care:

Psychologists - counselling

Psychiatrists - prescribing medication for

Crisis:

Ambulance: Call **119**

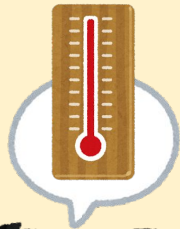
Police: Call **110**

TELL Lifeline - 080-0300-835

<https://talkme.jp/>

QUIZ

What is the weather today – in CELSIUS?

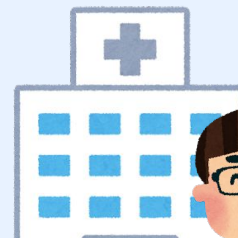
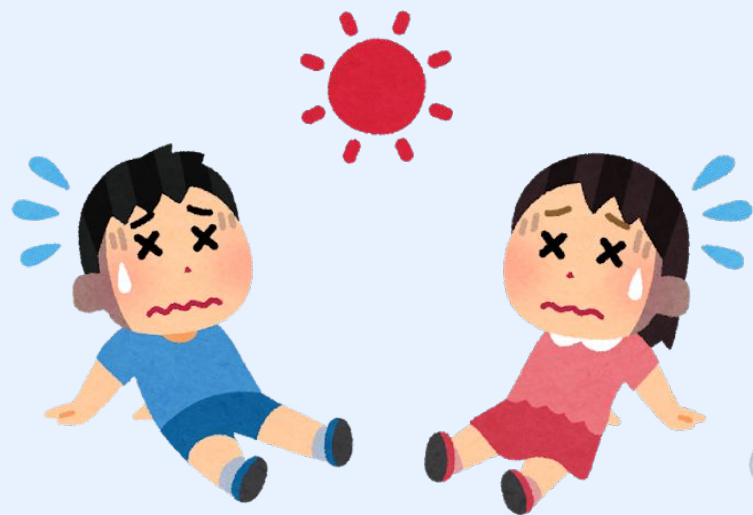


Tell your neighbor!

*Bonus points
for humidity level!*



Heat Stroke





最強自動開閉 折りたたみ傘



カラーの
選択可



遮光率
100%

UVカット率
100%

晴雨
兼用





Salt and Hydration



LET'S PRACTICE!

Sure, you've heard about it.



*Now to put imaginary boots on the
metaphorical ground.*



Let's Practice! (SAMPLE)



[Something that
actually happened
to someone 🐮]

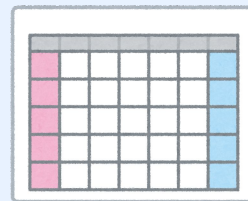
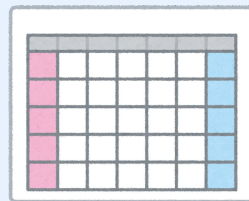
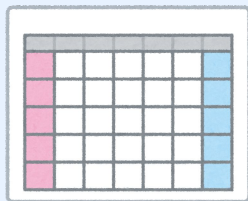
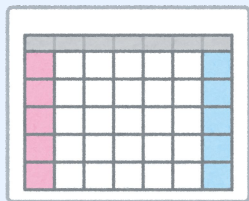
Let's Practice! (1)



Let's Practice! (2)



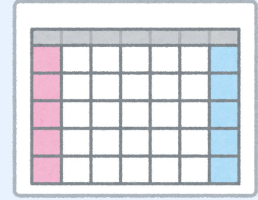
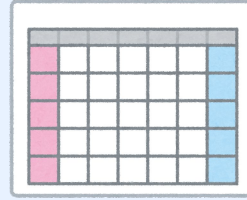
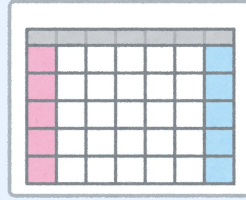
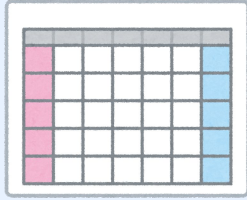
Let's Practice! (3)



Let's Practice! (4)



Let's Practice! (5)



Thank you very much!
Stay healthy!