



令和4年9月5日
川口市立高等学校
定時制保健室

Summer vacation is over and the second semester has begun. I hope everyone had an enjoyable summer vacation. I am sure that many of you are feeling confused and anxious at the beginning of the second semester. If you have any concerns or worries, please do not keep them to yourself, but talk to your friends, family members, or teachers. Sometimes you can find relief by expressing your feelings of anxiety. To calm your mind, it is important to adjust your daily rhythm. Diet, sleep, and moderate exercise are keys to establishing a good rhythm of life. For those whose life rhythm has been disrupted during the summer vacation, let's gradually adjust it, change your mind, and be healthy in the second semester without being defeated by viruses.

Good sleep has these effects!

(1) Give your brain a break.

(2) Improve immunity

(3) Establish and organize



(4) Restore, grow and develop the body

(5) Stabilize the spirit

(6) Control your appetite

**Requests
from
the Health
Office**

◎New Coronavirus Infections

○Physical Condition

If you are not feeling well or have any symptoms of a cold or other illness, please do not come to school.

Symptoms of a cold: fever, cough, fatigue, general lethargy, sore throat, headache, diarrhea, runny nose, nasal discharge, and nausea.

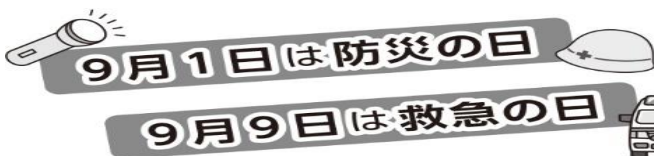
Diarrhea, runny or stuffy nose, sneezing, etc.

○Taking body temperature

Please take your student's body temperature every morning before going to school to make sure that he/she is in good health before going to school.

After arriving at school, record "body temperature" and "presence or absence of cold symptoms" in the health observation book.

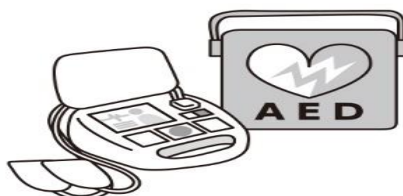
We appreciate your cooperation in preventing the spread of coronavirus infection.



Where is this?



非常口



AED



公衆電話