



令和5年1月10日
川口市立高等学校
定時制保健室

A new year has begun. This year's Chinese zodiac sign is the rabbit.
The rabbit's leaping, leaping appearance is associated with the meaning of "leap forward."

Let's make this year a year of "leaps and bounds" so that everyone can continue to work vigorously without serious injury or illness.

We look forward to working with you again this year.



Requests from the Health Office

◎About New Coronavirus Infections

○Physical Condition

If you are not feeling well in any way, please refrain from coming to school. If you have a cold or other symptoms, seek medical attention as soon as possible.

Symptoms of cold, etc. : Fever, cough, fatigue, general lethargy, sore throat, headache, diarrhea, stuffy nose, sneezing, etc.
diarrhea, runny nose, stuffy nose, sneezing, etc.

○Measurement of body temperature

Before coming to school each morning, please take your body temperature and make sure that you are in good health.

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.



Early to bed, early to rise

Adequate Sleep



Since the new semester has started !!!

Let's live a healthy life!



well-balanced diet



moderate exercise