

埼玉大学

保健センター

SAITAMA UNIVERSITY HEALTH SERVICE CENTER

Student

- Health Service Center of Saitama University is to help you with your total health care. **なんでも健康の相談に乗ってくれます。**
- Available for first-aid (headache, stomachache, cuts and fever etc.) (9:00 to 17:00). **簡単な治療は無料です。**
- The Center also offers counseling services for your mental and physical wellness. **精神的に疲れた、眠れない、そんな相談は保健センターへ。**
- **Phone: 048-854-5356**

Map (保健センター) Health Service Center



- ローソンのある大学会館と生協の間にあります。The center is located between the university hall and the coop.

Illnesses 病気

- **Sleep well and eat well よく寝て、よく食べる**
- 在留カードと国民健康保険証は常に持ち歩いてください。
- Always be ready with your prescription information if you have chronic illnesses 慢性病がある場合は、処方箋を。
- AMDA: AMDA International Medical Information Center: 多言語医療情報
- AMDA



A microscopic image showing several spherical virus particles with a textured surface, set against a warm, orange and yellow background. The particles are arranged in a cluster, with some appearing more prominent than others.

One Last Time for your
review

風邪？ インフル？ 新型コロナ？
Flue? Cold? Or COVID-19?

危機管理は一番最悪の状況に備えることです。
そして、最初が肝心！