

To Foreign Residents Working in Japan

Tuberculosis

(TB)

~Things you should know to stay healthy while
working~



Tuberculosis (TB) is a lung disease caused by the “mycobacterium tuberculosis” bacteria.



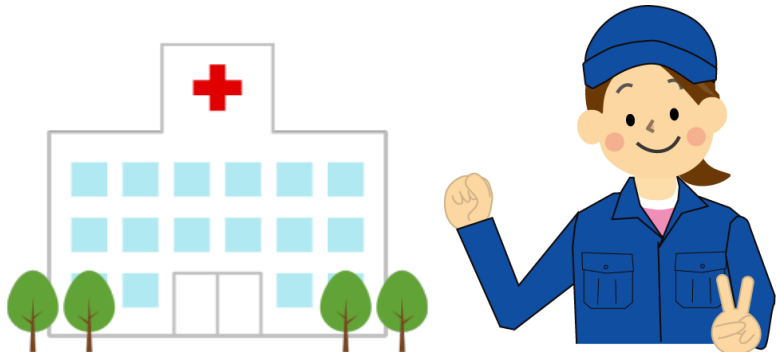
Tuberculosis is a very serious disease!



- It can spread to people around you.
- You will need to be hospitalized.

It is very important to detect tuberculosis early on.

If found early, you can continue to work while receiving treatment.



Are these symptoms of tuberculosis!?



Coughing and phlegm that last longer than 2 weeks



Slight fever



Loss of appetite



Feeling sluggish

In order to detect tuberculosis early, please see a doctor as soon as possible if you experience these symptoms.

Please be sure to also undergo your company's health exam once per year.

Please keep the following in mind to stay healthy while working



Maintain a healthy lifestyle

- Eat nutritious meals.
- Get enough sleep.



Undergo health exams and view your results

- Please undergo your company's health exam once per year
- If you don't understand your results, please ask someone at your company for help.



See a doctor if you feel unwell

- If you are worried about being able to speak Japanese, ask someone from your company or labor union, etc., to interpret for you.

Please look at your exam results carefully to detect tuberculosis as early as possible!

You can recover from tuberculosis if you receive proper medical treatment.



If you are worried about something, please first speak with someone at your company



The following website has more information on tuberculosis

URL : https://www.jatahq.org/about_tb/qa#foreigner

Foreign Resident Tuberculosis Consultation Hotline

TEL: 03-3292-1218 (Every Tuesday)

10:00~12:00 / 13:00~15:00

Toyohashi City Public Health Center (HOIPPU)

TEL : 0532 - 39 - 9104