

# Child Health

Koka City



2009 Fiscal Year

(April 2009 – March 2010)

## Medical Exam Calendar

### Contents

- When You Know You're Pregnant ..... 33
- When Your Child is Born ..... 33
  - Newborn Visit • Postnatal Classes ..... 33
  - Baby Food Class • Health Counseling ..... 32
  - Baby and Infant Health Exams ..... 31
- Child Immunization/Vaccination ..... 26
  - Immunization Types & Health Counseling ..... 26~25
  - Polio ..... 24
  - Measles & Rubella Mixed Vaccine (for 1<sup>st</sup> year Junior High and 3<sup>rd</sup> year High School Students) ..... 23
  - BCG • Diptheria • Pertussis • Tetanus  
Measles & Rubella Mixed Vaccine ( Designated Medical Facility Guide) ..... 21~22
- About Adult Health..... Recorded on P1-22

### 《Contact Information》

#### Minakuchi Regional Health Support Center

**Minakuchi Healthcare Center**..... **TEL (62)5336 FAX(63)4591**

5607 Minakuchi, Minakuchi-cho, Koka-shi, 528-0005

#### Tsuchiyama/Koka Regional Health Support Center (inside the Koka Health Center)

**Tsuchiyama Healthcare Center**..... **TEL(66)1105 FAX(66)1564**

1715 Kita-Tsuchiyama, Tsuchiyama-cho, Koka-shi, 528-0211

**Koka Healthcare Center**..... **TEL(88)6556 FAX(88)6557**

507-2 Okubo, Koka-cho, Koka-shi, 520-3414

#### Konan/Shigaraki Regional Health Support Center (inside the Konan Health Center)

**Konan Healthcare Center**..... **TEL(86)5934 FAX(86)5974**

977 Kazuraki, Konan-cho, Koka-shi, 520-3321

**Shigaraki Healthcare Center**..... **TEL(82)3113 FAX(82)3138**

473 Nagano, Shigaraki-cho, Koka-shi, 529-1851

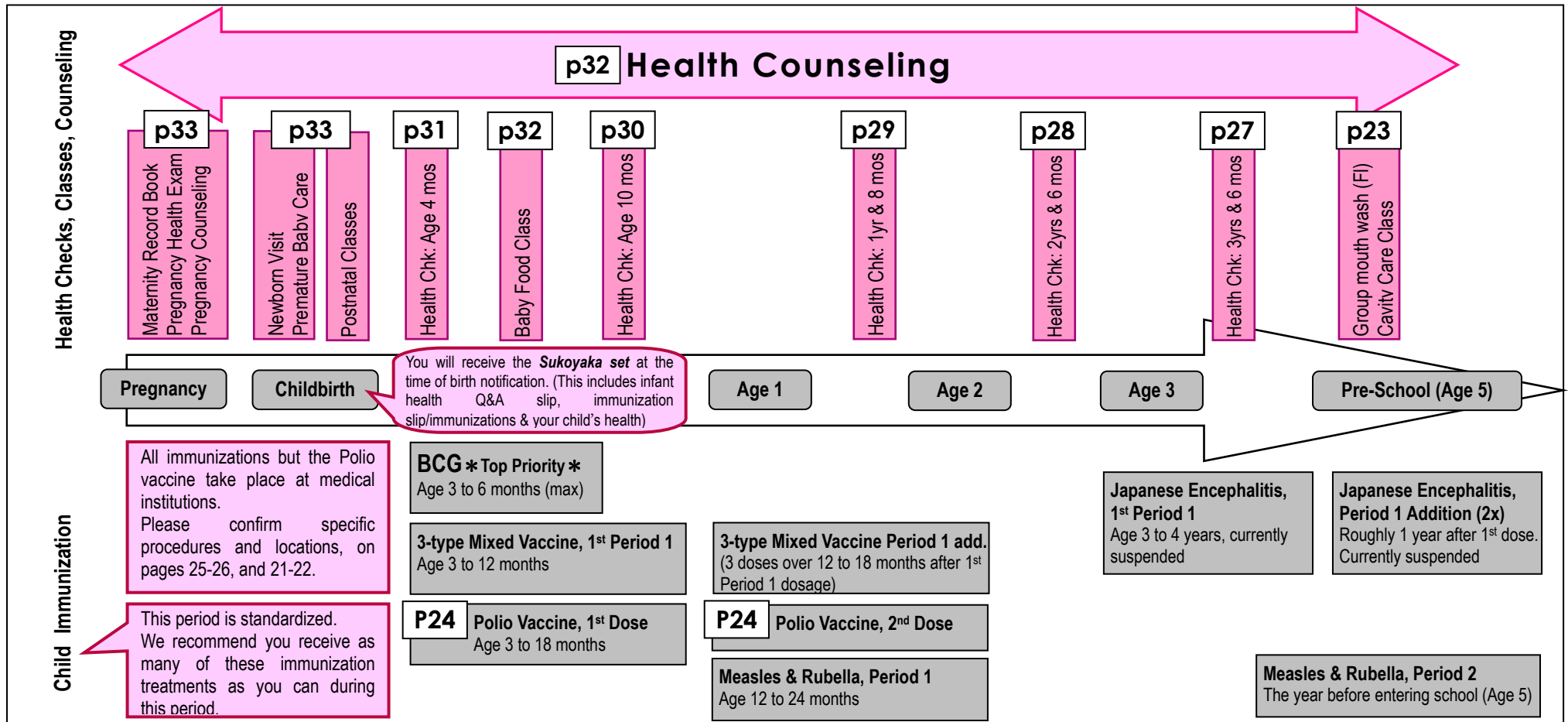
#### Koka Department of Healthcare **TEL(65)0703 FAX(63)4085**

(inside the Minakuchi Social Welfare Center)

5609 Minakuchi, Minakuchi-cho, Koka-shi, 528-0005

Editing • Distribution **Koka City Department of Healthcare**

TEL. 0748-65-0703 • Koka City Homepage: <http://www.city.koka.shiga.jp/>



## ◇When You Know You're Pregnant◇

### Delivery of Maternity Record Book (Boshi Kenko Techo)

The maternity record book is an important ledger for recording pregnancy health exams, child health exams, immunization records, etc. If you have become pregnant, please visit the Hoken Center.

Distribution Location	Distribution Days (M,Tu,W,Th,F,Sa,Su)	Distribution Times
Minakuchi Hoken Center	MWF	9:00am ~ 4:00pm
Tsuchiyama Hoken Center	Fridays	
Koka Hoken Center	TuTh	
Konan Hoken Center	MTuW	
Shigaraki Hoken Center	Thursdays	

### Pregnancy Health Exam

At the time of receiving the maternity record book, we will provide a supplementary packet (attached to the pregnancy health exam visit slip). A portion of Pregnancy Health Exam fees are covered in the attached visit slip.

**In the event that you move outside of Koka City, you cannot use the Pregnancy Health Exam visit slip provided by Koka. Please contact the local government where you move for details about their Pregnancy Health Exam.**

### Pregnancy Counseling

Pregnancy counseling occurs on the same days as health counseling. For counseling dates, please refer to the schedule for health counseling on p. 32.

**Emergency Child Phone Counseling** Short Dial# 8000

Please use this number on evenings or holidays when your child is injured or overcome by sudden illness and you are unsure whether or not to take them to the hospital. A pediatric physician will provide advice.

**Target Group** Children age 15 (junior high) and under, their family, etc

**Dates** Saturday, Sunday, National Holidays, Year-end period (12/29 ~ 1/03)

**Hours** 6:00pm ~ 11:00pm

※Medical exams or treatment will not occur over this phone counseling.  
 ※This is for emergency-use only, so please avoid general health or childcare questions.

## ◇When Your Child is Born◇

### Newborn Visit

Please cut out, complete, and submit the "Newborn Visit Request Form (新生児訪問指導依頼書)" in the supplementary packet provided with the maternity record book at the time you register your childbirth. You can also forward it directly to each Hoken Center.

A public health nurse or obstetrician (midwife) will visit, take weight measurements, and provide counseling.

### Medical Care for Premature Births

Medical care will be subsidized for premature births where hospitalization is necessary. Please apply with the Healthcare Department (Hoken Kaigo-ka).

The application documents are available at the Hoken Kaigo-ka, and each Hoken Center. They can also be downloaded from the Koka City homepage. Please consult with the Hoken Kaigo-ka directly for more details.

### Postnatal Classes

2 to 3 months following childbirth, information sessions will be held for children and guardians regarding immunization, taking health exams, and timing. An exchange meeting for parents and guardians will also be held.

**Target Group** Infants age 2~3 months and their parents/guardians

**Dates** 10:00 ~ 11:30am (Reception Hours: 9:45 ~ 10:00am)

**Hours** Maternity record book, *Kenshin – Yobo-sesshu Calendar* (Health Exam & Immunization Calendar), bath towel, *Sukoyaka Set* (Health Set) (This is the envelope received at the time birth notification was sent)

	Date	Location (Hoken Ctr.)	Age		Date	Location (Hoken Ctr.)	Age
April	4/16 (Th)	Tsuchiyama	Born 2/2009	Oct	10/14 (W)	Koka	Born 8/2009
	4/17 (F)	Shigaraki			10/21 (W)	Shigaraki	
	4/27 (M)	Minakuchi			10/28 (W)	Minakuchi	
May	5/13 (W)	Minakuchi	Born 3/2009	Nov	11/13 (F)	Konan	Born 9/2009
	5/22 (F)	Konan			11/19 (Th)	Minakuchi	
June	6/10 (W)	Koka	Born 4/2009	Dec	12/09 (W)	Tsuchiyama	Born 10/2009
	6/12 (F)	Shigaraki			12/16 (W)	Minakuchi	
	6/22 (M)	Minakuchi			12/18 (F)	Shigaraki	
July	7/01 (W)	Minakuchi	Born 5/2009	Jan	1/15 (F)	Konan	Born 11/2009
	7/17 (F)	Konan			1/21 (Th)	Minakuchi	
August	8/19 (W)	Tsuchiyama	Born 6/2009	Feb	2/17 (W)	Koka	Born 12/2009
	8/20 (Th)	Minakuchi			2/18 (Th)	Minakuchi	
	8/21 (F)	Shigaraki			2/24 (W)	Shigaraki	
September	9/17 (Th)	Minakuchi	Born 7/2009	Mar	3/10 (W)	Minakuchi	Born 1/2010
	9/18 (F)	Konan			3/19 (F)	Konan	

## Baby Food Class

Explanations will be provided along with counseling on baby food and some simple cooking demonstrations. Reservation required in advance.

**Time** 10:00 ~ 11:30am  
(Reception Hours: 9:50 ~ 10:00am)

**Target Group** Parents or guardians with 4 to 6 m.o. child

**What to Bring** For those that have it, the pamphlets and materials distributed at the Health Check for 4 month-olds; writing utensil

**Capacity** 20 people per location

\*How to Apply: Reservations will be taken via phone. Please apply via telephone at least 3 days in advance of the class date. Phone reservations will no longer be taken if class reaches capacity.

Date	Location (Hoken Center)	Date	Location (Hoken Center)
4/15 (Wed)	Konan	10/15 (Thurs)	Konan
5/21 (Thurs)	Minakuchi	11/04 (Wed)	Minakuchi
6/17 (Wed)	Konan	12/09 (Wed)	Konan
7/15 (Wed)	Minakuchi	1/27 (Wed)	Minakuchi
8/05 (Wed)	Konan	2/10 (Wed)	Konan
9/09 (Wed)	Minakuchi	3/04 (Thurs)	Minakuchi

## Child Development Counseling

Development Counselors can provide counseling regarding your child's physical and speech motor development, temper management, social problems, and other things related to your child's development.

Many elements compose your child's growth. Please keep an eye on your child's development growth, and let us think together about what methods are available for raising your child.

Counseling is by appointment only. Please contact your nearest Hoken Center.

## Health Counseling

Counseling for children and guardians is held at the Hoken Center.

**Description** Body measurements, health counseling, nutrition counseling, pregnancy counseling

**Reception Hours** 9:30 ~ 11:00am

**What to Bring** Maternity record book

	Minakuchi Hoken Center	Tsuehiam a Hoken Center	Koka Hoken Center	Konan Hoken Center	Shigaraki Hoken Center
	Tuesday	Friday	Friday	Tuesday	Thursday
<b>April</b>		● 4/24	4/03 ● 4/10	● 4/07 4/28	● 4/16
<b>May</b>		● 5/22	5/01 ● 5/15	● 5/12 5/26	● 5/21
<b>June</b>		● 6/26	6/05 ● 6/12	● 6/09 6/30	● 6/11
<b>July</b>	Every Tuesday (excluding the end of the year and holidays); Nutrition counseling held every 2 <sup>nd</sup> Tuesday of the month	● 7/31	7/03 ● 7/17	● 7/07 7/21	● 7/16
<b>August</b>		● 8/28	8/07 ● 8/21	● 8/04 8/25	● 8/20
<b>September</b>		● 9/25	9/04 ● 9/18	● 9/08 9/29	● 9/24
<b>October</b>		● 10/23	10/02 ● 10/16	● 10/06 10/27	● 10/15
<b>November</b>		● 11/27	11/06 ● 11/20	● 11/10 11/24	● 11/19
<b>December</b>		● 12/11	12/04 ● 12/18	● 12/08 12/22	● 12/17
<b>January</b>		● 1/29	1/08 ● 1/15	● 1/12 1/26	● 1/21
<b>February</b>		● 2/26	2/05 ● 2/19	● 2/09 2/23	● 2/18
<b>March</b>		● 3/12	3/05 ● 3/19	● 3/02 3/16	● 3/18

※ ● indicates nutrition counseling is available.

## Baby & Infant Health Exams \* No additional separate notices

**Exam Types** Health Exams for Ages 4 months • 10 months • 1 year & 8 months • 2 years & 6 months (counseling) • 3 years & 6 months]

- Taking the Exam**
- Please check and see which exams are appropriate for your child.
  - No reservation necessary. Please visit the exam site directly.
  - If you plan on taking an exam at a Hoken Center outside of your area, please contact your Hoken Center in advance.

### Important Info

- The exams for Age 4 months and Age 10 months are held at the same day at the Tsuchiyama, Koka, and Shigaraki Hoken Centers. Reception hours are different, so please confirm times before coming.
- The reception hours at the Tsuchiyama Hoken Center for counseling for age 2 years & 6 months is different from other Hoken Centers. Please confirm times before coming.
- If due to certain circumstances you cannot take an exam, please contact the Hoken Center in your area.

## Health Check-Up: Age 4 months

**Reception Hours** Minakuchi • Konan : 1:30 ~ 2:00pm  
 Tsuchiyama • Koka • Shigaraki : 2:00 ~ 2:15pm

**Description** Medical check, body measurements, healthcare counseling, nutrition counseling

**What to Bring** Maternity record book, questionnaire, bath towel, diapers, change of clothes, milk for nursing if necessary

Date		Location (Hoken Center)	Target Age Group (by birth month)
Apr	22 (Wed)	Tsuchiyama	11/2008 ~ 12/2008
	23 (Thurs)	Minakuchi	12/2008
May	14 (Thurs)	Koka	12/2008 ~ 1/2009
	25 (Mon)	Konan	
	27 (Wed)	Shigaraki	
	28 (Thurs)	Minakuchi	1/2009
Jun	24 (Wed)	Tsuchiyama	1/2009 ~ 2/2009
	25 (Thurs)	Minakuchi	2/2009
July	16 (Thurs)	Konan	2/2009 ~ 3/2009
	27 (Mon)	Koka	
	29 (Wed)	Shigaraki	
	30 (Thurs)	Minakuchi	3/2009
Aug	24 (Mon)	Tsuchiyama	3/2009 ~ 4/2009
	27 (Thurs)	Minakuchi	4/2009
Sept	17 (Thurs)	Konan	4/2009 ~ 5/2009
	24 (Thurs)	Minakuchi	5/2009
	28 (Mon)	Koka	4/2009 ~ 5/2009
	30 (Wed)	Shigaraki	

Date		Location (Hoken Center)	Target Birth Date
Oct	26 (Mon)	Tsuchiyama	5/2009 ~ 6/2009
	22 (Thurs)	Minakuchi	6/2009
November	18 (Wed)	Shigaraki	6/2009 ~ 7/2009
	25 (Wed)	Koka	
	26 (Thurs)	Minakuchi	7/2009
	30 (Mon)	Konan	6/2009 ~ 7/2009
Dec	10 (Thurs)	Tsuchiyama	7/2009 ~ 8/2009
	17 (Thurs)	Minakuchi	8/2009
Jan	20 (Wed)	Shigaraki	8/2009 ~ 9/2009
	21 (Thurs)	Koka	
	27 (Wed)	Konan	
	28 (Thurs)	Minakuchi	9/2009
Feb	22 (Mon)	Tsuchiyama	9/2009 ~ 10/2009
	25 (Thurs)	Minakuchi	10/2009
March	11 (Thurs)	Koka	10/2009 ~ 11/2009
	18 (Thurs)	Konan	
	24 (Wed)	Shigaraki	
	25 (Thurs)	Minakuchi	11/2009

## Health Check-Up: Age 10 months

**Reception Hours** Minakuchi • Konan : 1:30 ~ 2:00pm  
 Tsuchiyama • Koka • Shigaraki : 1:30 ~ 1:45pm

**Description** Medical check, body measurements, healthcare counseling, nutrition counseling, dental counseling

**What to Bring** Maternity record book, questionnaire, child's tooth brush, cup, towel, diapers, change of clothes, milk for nursing if necessary

	Date	Location (Hoken Center)	Target Age Group (by birth month)
April	8 (Wed)	Minakuchi	5/2008
	22 (Wed)	Tsuchiyama	5/2008 ~ 6/2008
	23 (Thurs)	Konan	
May	14 (Thurs)	Koka	6/2008 ~ 7/2008
	20 (Wed)	Minakuchi	6/2008
	27 (Wed)	Shigaraki	6/2008 ~ 7/2008
June	17 (Wed)	Minakuchi	7/2008
	24 (Wed)	Tsuchiyama	7/2008 ~ 8/2008
	29 (Mon)	Konan	
July	9 (Thurs)	Minakuchi	8/2008
	27 (Mon)	Koka	8/2008 ~ 9/2008
	29 (Wed)	Shigaraki	
August	19 (Wed)	Minakuchi	9/2008
	24 (Mon)	Tsuchiyama	9/2008 ~ 10/2008
	31 (Mon)	Konan	
Sept	17 (Thurs)	Minakuchi	10/2008
	28 (Mon)	Koka	10/2008 ~ 11/2008
	30 (Wed)	Shigaraki	

	Date	Location (Hoken Center)	Target Birth Date
October	21 (Wed)	Minakuchi	11/2008
	26 (Mon)	Tsuchiyama	11/2008 ~ 12/2008
	29 (Thurs)	Konan	
Nov	11 (Wed)	Minakuchi	12/2008
	18 (Wed)	Shigaraki	12/2008 ~ 1/2009
	25 (Wed)	Koka	
Dec	9 (Wed)	Minakuchi	1/2009
	10 (Thurs)	Tsuchiyama	1/2009 ~ 2/2009
	17 (Thurs)	Konan	
January	13 (Wed)	Minakuchi	2/2009
	20 (Wed)	Shigaraki	2/2009 ~ 3/2009
	21 (Thurs)	Koka	
February	17 (Wed)	Minakuchi	3/2009
	18 (Thurs)	Konan	3/2009 ~ 4/2009
	22 (Mon)	Tsuchiyama	
March	11 (Thurs)	Koka	4/2009 ~ 5/2009
	17 (Wed)	Minakuchi	4/2009
	24 (Wed)	Shigaraki	4/2009 ~ 5/2009

## Health Check-up: Age 1 year & 8 months

**Reception Hours** 1:30-2:00pm

**Description** Medical check, dental check, body measurements, healthcare counseling, dental consultation, playground

**What to Bring** Maternity record book, questionnaire, child's tooth brush, cup, towel

	Date	Location (Hoken Center)	Target Age Group (by birth month)
April	14 (Tues)	Konan	8/2007 ~ 9/2007
	16 (Thurs)	Minakuchi	8/1/2007 ~ 8/15/2007
	22 (Wed)	Shigaraki	7/2007 ~ 9/2007
	28 (Tues)	Minakuchi	8/16/2007 ~ 8/31/2007
May	7 (Thurs)	Minakuchi	9/2007
	19 (Tues)	Tsuchiyama	8/2007 ~ 10/2007
June	22 (Mon)	Minakuchi	10/2007
	23 (Tues)	Konan	10/2007 ~ 11/2007
	26 (Fri)	Koka	9/2007 ~ 11/2007
July	2 (Thurs)	Minakuchi	11/2007
	8 (Wed)	Shigaraki	10/2007 ~ 12/2007
August	3 (Mon)	Minakuchi	12/2007
	18 (Tues)	Konan	12/2007 ~ 1/2008
	21 (Fri)	Tsuchiyama	11/2007 ~ 1/2008
Sept	2 (Wed)	Minakuchi	1/2008
	25 (Fri)	Koka	12/2007 ~ 2/2008

	Date	Location (Hoken Center)	Target Birth Date
October	5 (Mon)	Minakuchi	2/2008
	14 (Wed)	Shigaraki	1/2008 ~ 3/2008
	23 (Fri)	Konan	2/2008 ~ 3/2008
Nov	9 (Mon)	Minakuchi	3/2008
	17 (Tues)	Tsuchiyama	2/2008 ~ 4/2008
Dec	14 (Mon)	Minakuchi	4/2008
	15 (Tues)	Konan	4/2008 ~ 5/2008
	18 (Fri)	Koka	3/2008 ~ 5/2008
Jan	13 (Wed)	Shigaraki	4/2008 ~ 6/2008
	25 (Mon)	Minakuchi	5/2008
February	8 (Mon)	Minakuchi	6/2008
	24 (Wed)	Konan	6/2008 ~ 7/2008
	26 (Fri)	Tsuchiyama	5/2008 ~ 7/2008
March	3 (Wed)	Minakuchi	7/01/2008 ~ 7/17/2008
	8 (Mon)	Minakuchi	7/18/2008 ~ 7/31/2008
	10 (Wed)	Koka	6/2008 ~ 8/2008

## Counseling Session: Age 2 years & 6 months

※Though there is no direct examination by physician, this period is an important turning point in your child's development. Please attend this session.

**Reception Hours** Minakuchi • Konan • Koka • Shigaraki : 9:15 ~ 9:45am  
Tsuchiyama : 1:10 ~ 1:20pm

**Description** Body measurements, healthcare counseling, nutrition counseling, dental counseling

**What to Bring** Maternity record book, questionnaire, child's tooth brush, cup, towel

	Date	Location (Hoken Center)	Target Age Group (by birth month)
April	10 (Fri)	Konan	9/2006 ~ 10/2006
	22 (Wed)	Minakuchi	9/2006
	24 (Fri)	Tsuchiyama	8/2006 ~ 11/2006
May	14 (Thurs)	Koka	9/2006 ~ 11/2006
	27 (Wed)	Minakuchi	10/2006
June	3 (Wed)	Shigaraki	9/2006 ~ 11/2006
	5 (Fri)	Konan	11/2006 ~ 12/2006
	24 (Wed)	Minakuchi	11/2006
July	8 (Wed)	Minakuchi	12/2006
August	5 (Wed)	Minakuchi	1/2007
	6 (Thurs)	Koka	12/2006 ~ 2/2007
	7 (Fri)	Konan	1/2007 ~ 2/2007
	21 (Fri)	Tsuchiyama	12/2006 ~ 2/2007
Sept	2 (Wed)	Shigaraki	12/2006 ~ 2/2007
	3 (Thurs)	Minakuchi	2/2007

	Date	Location (Hoken Center)	Target Birth Date
Oct	2 (Fri)	Konan	3/2007 ~ 4/2007
	7 (Wed)	Minakuchi	3/2007
Nov	5 (Thurs)	Minakuchi	4/2007
	18 (Wed)	Koka	3/2007 ~ 5/2007
December	2 (Wed)	Shigaraki	3/2007 ~ 5/2007
	3 (Thurs)	Minakuchi	5/2007
	4 (Fri)	Konan	5/2007 ~ 6/2007
	16 (Wed)	Tsuchiyama	3/2007 ~ 7/2007
Jan	20 (Wed)	Minakuchi	6/2007
February	3 (Wed)	Minakuchi	7/2007
	5 (Fri)	Konan	7/2007 ~ 8/2007
	23 (Tues)	Koka	6/2007 ~ 8/2007
March	1 (Mon)	Minakuchi	8/1/2007 ~ 8/15/2007
	10 (Wed)	Shigaraki	6/2007 ~ 8/2007
	18 (Thurs)	Minakuchi	8/16/2007 ~ 8/31/2007



## Health Check-up: Age 3 years & 6 months

**Reception Hours** 1:30-2:00pm

**Description** Medical check, dental check, body measurements, healthcare counseling, dental consultation, urine test, eye test

**What to Bring** Maternity record book, questionnaire, child's tooth brush, cup, towel  
 ※There is an eye test, so please read the description attached to the questionnaire before coming.

	Date	Location (Hoken Center)	Target Age Group (by birth month)
April	13 (Mon)	Minakuchi	9/2005
	17 (Fri)	Koka	7/2005~9/2005
May	11 (Mon)	Konan	9/2005~10/2005
	13 (Wed)	Shigaraki	8/2005~10/2005
	18 (Mon)	Minakuchi	10/2005
June	8 (Mon)	Minakuchi	11/2005
	15 (Mon)	Tsuchiyama	9/2005 ~11/2005
July	10 (Fri)	Konan	11/2005 ~12/2005
	13 (Mon)	Minakuchi	12/2005
	17 (Fri)	Koka	10/2005 ~12/2005
Aug	5 (Wed)	Shigaraki	11/2005~1/2006
	17 (Mon)	Minakuchi	1/2006
Sept	4 (Fri)	Konan	1/2006 ~ 2/2006
	8 (Tues)	Tsuchiyama	12/2005 ~ 2/2006
	14 (Mon)	Minakuchi	2/2006

	Date	Location (Hoken Center)	Target Birth Date
Oct	19 (Mon)	Minakuchi	3/2006
	30 (Fri)	Koka	1/2006 ~ 3/2006
Nov	6 (Fri)	Konan	3/2006 ~ 4/2006
	16 (Mon)	Minakuchi	4/2006
	25 (Wed)	Shigaraki	2/2006 ~ 4/2006
Dec	7 (Mon)	Minakuchi	5/2006
	16 (Wed)	Tsuchiyama	3/2006 ~ 5/2006
January	8 (Fri)	Konan	5/2006 ~ 6/2006
	15 (Fri)	Koka	4/2006 ~ 6/2006
	18 (Mon)	Minakuchi	6/2006
Feb	3 (Wed)	Shigaraki	5/2006 ~ 7/2006
	15 (Mon)	Minakuchi	7/2006
March	5 (Fri)	Tsuchiyama	6/2006 ~ 8/2006
	12 (Fri)	Konan	7/2006 ~8/2006
	15 (Mon)	Minakuchi	8/2006

# Child Immunizations

~Types & How to Take Them~

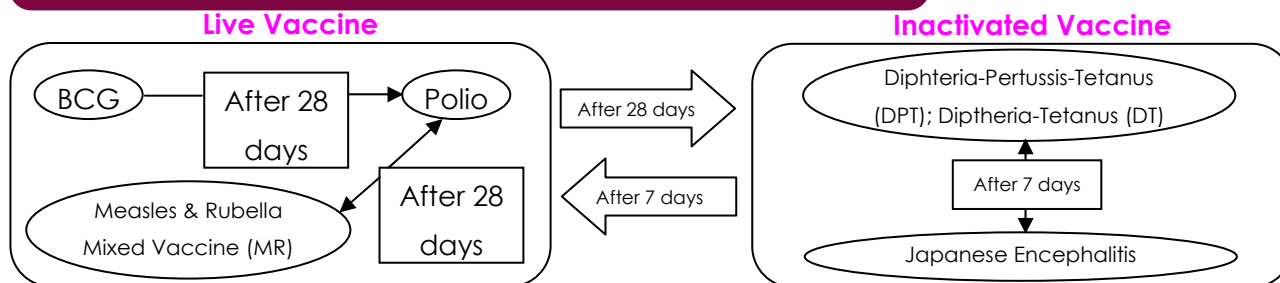
- Please read and confirm the cautionary items on page 24 before being immunized/vaccinated.
- As a general rule, no immunizations can be taken if your maternity record book (boshi kenko techo) is forgotten, so please bring it with you.

Type	Target Age Range	Number of Vaccinations/ Procedure	Immunization Site	
BCG (Tuberculosis)	3 to 6 months postnatal	1-time vaccination before 5 months of age	After making reservation, immunization at designated immunization site	
Polio	3 to 90 months (7 years and a half) post natal	2-time vaccination (allow 41-day interval between 1 <sup>st</sup> & 2 <sup>nd</sup> vaccination)	Hoken Center or other designated location.	
Diphtheria Pertussis Tetanus (3 type mixed vaccine)	DPT 3 to 90 months (7 years and a half) post natal	1 <sup>st</sup> Period 1: 3 times at 20 ~ 56-day intervals ※If the interval between the 1 <sup>st</sup> and 2 <sup>nd</sup> dose, or 2 <sup>nd</sup> and 3 <sup>rd</sup> dose exceeds 56 days this vaccine becomes arbitrary. However, in the event of poor physical health this is a fixed-term vaccination. Period 1 Addition: After completing the 3 <sup>rd</sup> dose of period 1 vaccinations (allowing an interval of 6 months or more), 1-time vaccination after about a year.	After making reservation, immunization at designated immunization site	
		DT Period 2: 6 <sup>th</sup> grade		1-time vaccination during 6 <sup>th</sup> grade elementary school year
Measles & Rubella Mixed Vaccine (MR)	Period 1: 12-24 mos. postnatal	1-time vaccination after child reaches age 1		After making reservation, immunization at designated immunization site
	Period 2: Age 5-7, the year before entering elementary school	1-time vaccination		
	Period 3: 1 <sup>st</sup> year junior high school student or age equivalent			
Japanese Encephalitis	Period 1: 3 to 90 months (7 years and a half) post natal	1 <sup>st</sup> Period 1: After reaching age 3, 2-time vaccination at 6-28 day intervals. ※ If the interval between the 1 <sup>st</sup> and 2 <sup>nd</sup> dose, or 2 <sup>nd</sup> and 3 <sup>rd</sup> dose exceeds 56 days this vaccine becomes arbitrary. However, in the event of poor physical health this is a fixed-term vaccination. Period 1 Addition: 1-time vaccination approx. 1 year after 1 <sup>st</sup> Period 1.	* Currently suspended.	
	Period 2: 4 <sup>th</sup> grade	1-time vaccination during 4 <sup>th</sup> grade elementary school year.		

※Those who receive vaccinations that do not follow the prescribed age groups, vaccination number, or procedure are subject to paying for costs in full.

## Intervals Between Taking Different Immunizations

Be sure to get immunized after confirming the interval between shots!!



Because intervals between vaccine dosages is set, please be sure to double check interval lengths in advance of your immunization if you plan on taking several vaccines of the same type (see left).

## 2009~2010 Immunization Target Age Groups

(Please use this as a reference in scheduling your vaccinations.)

Immunization Type Month	BCG (Tuberculosis)	Polio	Diphtheria • Pertussis • Tetanus (DPT, 3 type mixed vaccine)				Measles & Rubella Vaccine (MR)				
			1 <sup>st</sup> Period 1 (DPT)			Period 1 Addition (DPT)	Period 2 (DT)	Period 1	Period 2	Period 3	Period 4
			1 <sup>st</sup> Vaccination	2 <sup>nd</sup> Vaccination	3 <sup>rd</sup> Vaccination						
<b>April</b>	Born 12/2008	Confirm the interval with other immunizations	Born 11/2008	Born 10/2008	Born 9/2008	12 to 18 months after the 1 <sup>st</sup> Period 1 (3 <sup>rd</sup> Vaccination)	Receive vaccination once during the 6 <sup>th</sup> Grade Elementary School Year (Those born between 4/02/1997 and 4/01/1998)	Born 3/2008	Receive vaccination once during the year before entering Elementary School (Those born between 4/02/2003 and 4/01/2004)	Receive vaccination once during the year corresponding with 1 <sup>st</sup> year Junior High School (Those born between 4/02/1996 and 4/01/1997)	Receive vaccination once during the year corresponding with 3 <sup>rd</sup> year High School (Those born between 4/02/1991 and 4/01/1992)
<b>May</b>	Born 1/2009		Born 12/2008	Born 11/2008	Born 10/2008			Born 4/2008			
<b>June</b>	Born 2/2009	Born 1/2009	Born 12/2008	Born 11/2008	Born 5/2008						
<b>July</b>	Born 3/2009	Born 2/2009	Born 1/2009	Born 12/2008	Born 6/2008						
<b>Aug</b>	Born 4/2009	Born 3/2009	Born 2/2009	Born 1/2009	Born 7/2008						
<b>Sept</b>	Born 5/2009	Confirm the interval with other immunizations	Born 4/2009	Born 3/2009	Born 2/2009			Born 8/2008			
<b>Oct</b>	Born 6/2009		Born 5/2009	Born 4/2009	Born 3/2009			Born 9/2008			
<b>Nov</b>	Born 7/2009	Born 6/2009	Born 5/2009	Born 4/2009	Born 10/2008						
<b>Dec</b>	Born 8/2008	Born 7/2009	Born 6/2009	Born 5/2009	Born 11/2008						
<sup>2010</sup> <b>Jan</b>	Born 9/2009	Born 8/2008	Born 7/2009	Born 6/2009	Born 12/2008						
<b>Feb</b>	Born 10/2009	Born 9/2009	Born 8/2008	Born 7/2009	Born 1/2009						
<b>Mar</b>	Born 11/2009	Born 10/2009	Born 9/2009	Born 8/2008	Born 2/2009						

### Making a Reservation

#### Locations

Refer to the "Medical Institution Guide" on pages 21 & 22.

Caution that reservation methods vary by hospital/clinic.

#### What to Bring

Maternity record book, immunization questionnaire, health insurance card (or something to verify identity)

### 《Reserving with the City》

**Immunization Reservation Hotline \*65-0732**

**Reservation Days**  
Every month, 5<sup>th</sup> ~ 25<sup>th</sup>  
(excludes weekends, holidays)

**Reception Hours**  
9am ~ 5pm  
(No reservations after hours)  
※ Reservations can be made 1~3 months in advance

## Polio

**Reception Hours** 1:30~2:30pm

**How to Apply** Receive immunization 2 times, between age 3 months and 90 months (7 years 6 months)  
(Vaccination once in the spring and fall is typical)

Polio Pre-Vaccination Questionnaire · Maternity Record Book  
**(As a general rule, those who forget their maternity record books cannot take the vaccine)**

	Vaccination Date	Location	Target Age Group
April	10 (Fri)	Tsuchiyama Hoken Center	Born 10/12/2001 ~ 1/11/2009
	20 (Mon)	Konan Hoken Center	Born 10/22/2001 ~ 1/21/2009
	21 (Tues)	Minakuchi Shakai Fukushi Center	Born 10/23/2001 ~ 1/22/2009
	30 (Thurs)	Shigaraki Hoken Center	Born 11/02/2001 ~ 2/01/2009
May	13 (Wed)	Minakuchi Shakai Fukushi Center	Born 11/15/2001 ~ 2/14/2009
	21 (Thurs)	Minakuchi Shakai Fukushi Center	Born 11/23/2001 ~ 2/22/2009
	26 (Tues)	Minakuchi Shakai Fukushi Center	Born 11/28/2001 ~ 2/27/2009
	27 (Wed)	Koka Hoken Center	Born 11/29/2001 ~ 2/28/2009
Jun	1 (Mon)	Konan Hoken Center	Born 12/03/2001 ~ 3/02/2009
Sept	3 (Thurs)	Konan Hoken Center	Born 3/05/2002 ~ 6/04/2009
	9 (Wed)	Koka Hoken Center	Born 3/11/2002 ~ 6/10/2009
	18 (Fri)	Tsuchiyama Hoken Center	Born 3/20/2002 ~ 6/19/2009
	30 (Wed)	Minakuchi Shakai Fukushi Center	Born 4/02/2002 ~ 7/01/2009
October	1 (Thurs)	Konan Hoken Center	Born 4/03/2002 ~ 7/02/2009
	2 (Fri)	Shigaraki Hoken Center	Born 4/04/2002 ~ 7/03/2009
	8 (Thurs)	Minakuchi Shakai Fukushi Center	Born 4/10/2002 ~ 7/09/2009
	15 (Thurs)	Minakuchi Shakai Fukushi Center	Born 4/17/2002 ~ 7/16/2009
	27 (Tues)	Minakuchi Shakai Fukushi Center	Born 4/29/2002 ~ 7/28/2009
	28 (Wed)	Konan Hoken Center	Born 4/30/2002 ~ 7/29/2009

Please read the following items carefully before having your child vaccinated:

### 《Precautionary Items》

※ **Target persons for vaccinations are registered residents of Koka City. In the event you are not a registered resident, the City bears no responsibility whatsoever regarding immunization and vaccination. Furthermore, vaccination costs must be paid in full.**

#### ● Before Vaccination...

- \* Please make sure you read and understand the importance of and reactions to vaccinations in the “**Immunization and Child Health (Yobosesshu to Kodomo no Kenko)**.”
- \* The pre-vaccination questionnaire (*yoshin-hyo*) is extremely important for the physician handling immunizations. Please be responsible and complete it in advance of coming
- \* **You must bring your maternity record book. (As a general rule, in the event you forget to bring it, you cannot be vaccinated)**
- \* On the day of vaccination, please observe your child make sure his/her condition is not atypical from usual. Even if you have made a reservation for vaccination, if you feel your child is in poor physical condition, please consult with the immunization physician to decide whether or not he/she should take the vaccination.
- \* **Please have a parent or guardian that is very familiar with your child's health condition bring him/her in for vaccination. If the child cannot be accompanied, please provide “authorization.” Forms for authorization are available at the Hoken Center. You can also download the form from the Koka City webpage. (Because parental authority is required, an authorization form is even required from grandparents living in the same residence.)**
- \* If for unavoidable reasons (illness, etc.) your child exceeds the age range for immunization, please consult with the Hoken Center or Department of Healthcare (*Hoken Kaigo-ka*).

For inquiries regarding vaccination please contact the Hoken Center or Department of Healthcare (*Hoken Kaigo-ka*).

#### ~ Greater Area Immunization ~

If for unavoidable circumstances you seek vaccination/immunization at a designated medical institution outside of Koka **you must complete some procedures in advance.** Please contact the Hoken Center OR Department of Healthcare (*Hoken Kaigo-ka*) **in advance.**

**For 1st year Junior High and 3rd year High School Students  
Measles & Rubella Mixed Vaccine**

A legal amendment developed for measles prevention through the enforcement of the Measles & Rubella Mixed (MR) Vaccine (2<sup>nd</sup> immunization) for a period of 5 years beginning in 2008 (until 2012). These progressive steps are intended for those corresponding to 1<sup>st</sup> year junior high and 3<sup>rd</sup> year high school students. Those falling within this group, please do not avoid this opportunity.

This is an important vaccination to prevent measles infection. Even if immunized during childhood you are still subject to taking this vaccine.

**Target Group** Those born 4/02/1996 ~ 4/01/1997 (corresponding with 1<sup>st</sup>-yr jhs)  
Those born 4/02/1991 ~ 4/01/1992 (corresponding with 3<sup>rd</sup>-yr hs)

**Location** Please refer to pages 21 & 22.

**Cost** Free

« Target Age Groups & Vaccination Periods, until 2012 »

2009 School Year	Measles & Rubella (MR) Vaccination Period	2009 School Year	Measles & Rubella (MR) Vaccination Period
1 <sup>st</sup> year Junior High School	4/01/2009 ~ 3/31/2010	3 <sup>rd</sup> year High School Age	4/01/2009 ~ 3/31/2010
6 <sup>th</sup> grade Elementary School	4/01/2010 ~ 3/31/2011	2 <sup>nd</sup> year High School Age	4/01/2010 ~ 3/31/2011
5 <sup>th</sup> grade Elementary School	4/01/2011 ~ 3/31/2012	1 <sup>st</sup> year High School Age	4/01/2011 ~ 3/31/2012
4 <sup>th</sup> grade Elementary School	4/01/2012 ~ 3/31/2013	3 <sup>rd</sup> year Junior High School	4/01/2012 ~ 3/31/2013

**Fluoride Oral Care • Cavity Prevention Class**

Fluorine strengthens the quality of your teeth and weakens the spread of the acids created by cavity-inducing germs. Brushing and being careful of snacks, along with daily fluoride oral care, help with the prevention of tooth decay.

Starting this year, group classes on fluoride oral care and cavity prevention will be held at each kindergarten and preschool within city limits, with 5 year-olds as the target age group. Also starting this year, domestic fluoridation visits will not take place.

# Vaccination • Special Health Exam • Other Health Exams

# Medical Institution Guide

	Medical Institution	Address	Phone	Vaccination/Immunization (age 0-18)								Seniors (Age 65+) Influenza	Special Health Check <i>Tokutei Kenshin</i>	Tuber-culosis Test <i>Kekkaku Kenshin</i>	Hepatitis Check <i>Kanen Uirusu Check</i>	Prostate Cancer <i>Zenritsusen Gan Kenshin</i>	
				How to Reserve	BCG	DPT (3type Mixed Vaccine)	DT (Diphtheria Tetanus)	MR (Measles & Rubella Mixed Vaccine)									
								Age 1-2	Born: 4/02/2003 ~ 4/01/2004	Born: 4/02/1996 ~ 4/01/1997	Born: 4/02/1991 ~ 4/01/1992						
Minakuchi	An Byoin	119-1 Chuo Mushono	65-6884	×	×	×	×	×	×	×	×	×	Visit Directly	×	×	×	○
	Iwaya Byoin	2-10 Nakayashiki	62-0053	Reserve @ Hospital	○	○	○	○	○	○	○	○	Reserve @ Hospital	○	○	○	○
	Ota Byoin	81-2 Chuo Mushono	63-3553	Visit Directly (No appt.)	Tu/W/Th/Fr mornings Tu/Fr 1:00~2:00pm		○	During Tues/Fri Exam Hours				○	○	○	○		
	Kimura Byoin	1017-7 Mushono	62-2143	Reserve @ City	×	○	○	○	○	○	○	○	Reserve @ Hospital	○	○	○	○
	Koritsu Koka Byoin	3-39 Rokushin	62-0234	Reserve @ Hospital	○	○	○	○	○	×	○	○	Reserve @ Hospital	○	○	○	○
	Kondo Byoin	696 Shinjo	63-0530	Reserve @ City	○	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Tashiro Geka Byoin	1254 Izumi	62-0635	×	×	×	×	×	×	×	×	×	Visit Directly	×	×	×	×
	Tanaka Shoni Byoin	2-3 Akatsuki	65-0121	Reserve @ City	○	○	○	○	○	×	×	×	×	×	×	×	×
	Nakagawa Naika Byoin	5546-4 Minakuchi	65-5410	Reserve @ City	○	○	○	○	○	○	○	○	Reserve @ Hospital	○	○	○	○
	Hayami Byoin	128 1-chome Kita Izumi	65-3211	Reserve @ Hospital	○	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Hirakawa Clinic	184-2 Higashi Nasaka	63-6373	Reserve @ Hospital	○	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Fukai Clinic	3802 Bannaka Yama	65-4100	Reserve @ Hospital	×	○	○	○	○	○	○	○	Reserve @ Hospital	○	○	○	○
	Minakuchi Iryo Center	293 Kibukawa	62-3346	Reserve @ Hospital	10am-12pm, No Vaccinations								Reserve @ Hospital	○	○	○	○
	Minakuchi Byoin	2-43 2-chome Honmachi	62-1212	×	×	×	×	×	×	×	×	×	Reserve @ Hospital	○	○	○	○

	Murakami Seikei Geka Clinic	1095-4 Mushono	63-7751	×	×	×	×	×	×	×	×	Visit Directly	○	○	○	○
	Yamada Geka Byoin	2-29 Yasaka	62-0893	×	×	×	×	×	×	×	×	Reserve @ Hospital	○	○	○	○
Tsuchiya	Uda Byoin	1684-1 Kita Tsuchiyama	66-1050	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Kawabata Byoin	451 Tokuhara	67-0018	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Kariyushi Clinic	401 Ono	67-0155	Reserve @ Hospital	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Tazaki Byoin	955-1 Kurokawa	68-0139	Reserve @ City	×	○	○	○	○	○	○	Reserve @ Hospital	○	○	○	○
	Nakanishi Byoin	1433-2 Kita Tsuchiyama	66-0712	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
Koka	Oki Byoin	2089 Oki	88-4072	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Oki-iin Oharanaka Shuccho-sho	467 Oharanaka	88-5390	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	×	○	○
	Koka Chuo Shinsatsu-sho	916-4 Tadono	88-5106	Reserve @ City	○	○	○	○	○	○	○	Reserve @ City	○	○	○	○
	Furunishi-iin	833-141 Haisaka	88-5575	Reserve @ Hospital	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
Konan	Imamura Byoin	2201 Fukawa	86-2119	Reserve @ City	×	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Konan Shinsatsu-sho	233-6 Nogawa	86-2552	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	×	○	○
	Konan Byoin	958 Kazuragi	86-3131	Reserve @ City	×	○	×	○	○	×	×	Visit Directly	○	○	○	○
	Takeuchi Seikei Geka	7 7-1 Nojiri	86-8205	×	×	×	×	×	×	×	×	Reserve @ Hospital	○	○	○	○
	Terai-iin	857-81 6-chome Honmachi Kibogaoka	86-1112	Reserve @ City	○	○	○	○	○	○	○	Visit Directly	○	○	○	○
	Furu Clinic	1098 Terasho	86-3135	Reserve @ City	×	○	○	○	○	○	○	Visit Directly	○	○	○	○
Shigaraki	Imanishi-iin	855-1 Nagano	82-0029	×	×	×	×	×	×	×	×	Reserve @ Hospital	○	○	○	○
	Shigaraki Chuo Byoin	473 Nagano	82-0249	Reserve @ City	mid-October ~ December, no vaccinations (only BCG possible)							Reserve @ Hospital	○	○	○	○
	Dokuritsu Gyosei Hojin Kokuritsu Byoin Kiko Shigaraki Byoin	997 Maki	83-0101	Reserve @ Hospital	○	○	○	○	○	○	×	Reserve @ Hospital	○	○	○	○
	Nozaki-iin	1335 Nagano	82-7887	Reserve @ City	×	×	○	×	×	○	○	Reserve @ Hospital	○	○	○	○
													Summer Vacation Period, Only during the end of March			

※Please refer to page 25 for "Reserve@City" designated vaccines (age 0~18).

