

What pregnant women and people who have given birth to children do


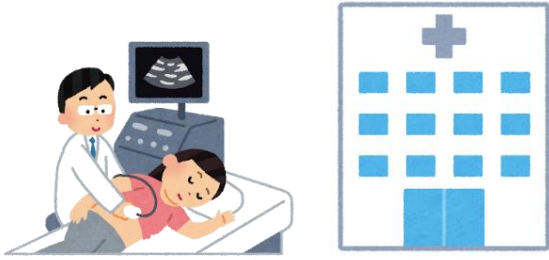



If you are pregnant or have given birth, do what it says on the next page at the City Hall and clinics or hospitals. Think about the health of you and your child first.






Consult with < the Health Support Section (*Kenkō Shien Ka*) > at the City Hall about anything.







- After you have a child, consult with them in the following order.

When	Where	What to do?	
<p>When you are pregnant</p> 	<p>Clinics or Hospitals</p>	<ul style="list-style-type: none"> • When you have a child, see a doctor with the <u>Obstetrics and Gynecology Department (San Fujin Ka)</u> to have your mother's health checked. 	
	<p>City Hall Health Support Section (Kenkō Shien Ka)</p>	<ul style="list-style-type: none"> • After seeing the doctor, go to the City Hall <the Health Support Section (Kenkō Shien Ka) > Submit a <u>“Pregnancy Report (Ninshin-Todoke)”</u>. • Pick up a <u>“Maternal and Child Health Handbook (Boshi Techō)”</u>. • If you <u>have an address</u> in Sammu City, receive a <u>“Pregnancy and Infant General Health Examination Checkup Form (Ninpu / Nyūji Ippan Kenkō Shinsa Jushin Hyō)”</u> 	

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<p>When you gave birth</p> <p>(As soon as a child is born.)</p>	<p>City Hall Health Support Section (<i>Kenkō Shien Ka</i>)</p>	<p>Submit a "<u>Baby Visit Notice /Birth Notice (Akachan Hōmon Renraku Hyō / Shusshō Tsūchi Sho)</u>".</p>	
	<p>City Hall National health insurance & pension section (<i>Kokuho Nenkin Ka</i>)</p>	<ul style="list-style-type: none"> • In case that you are covered by company insurance, consult with your company staff. • Enroll your child in the "<u>National Health Insurance (Kokumin Kenkō Hoken)</u>". 	<p> P.29 ~ P.32</p>
<p>No later than 14 days after your child's birth.</p>	<p>City Hall Citizen Section (<i>Shimin Ka</i>)</p>	<ul style="list-style-type: none"> • Submit a "<u>Birth Registration Form (Shusshō Todoke)</u>". 	
<p>By the 15th day after your child's birth.</p>	<p>City Hall Child Rearing Support Section (<i>Kosodate Shien Ka</i>)</p>	<ul style="list-style-type: none"> • Apply for a "<u>Child Allowance (Jidō Teate)</u>". 	<p> P.84 ~ P.85</p>
<p>Within 30 days of your child's birth.</p>	<p>City Hall Child Rearing Support Section (<i>Kosodate Shien Ka</i>)</p>	<ul style="list-style-type: none"> • After you have enrolled your child in health insurance, apply for a "<u>Child Medical Expense Subsidy (Kodomo Iryōhi Josei)</u>". 	<p> P.84 ~ P.85</p>

<p>After 60 days of your child's birth.</p>	<p>Clinics or Hospitals</p>	<ul style="list-style-type: none"> • Get "vaccinations" (<i>Yobō Sesshu</i>) • Consult with City Hall < the Health Support Section (<i>Kenkō Shien Ka</i>) > before getting vaccinated. 	<p> P.81 ~ P.83</p>
<p>After 90 days of your child's birth.</p>	<p>City Hall Health Center (<i>Hoken Center</i>)</p>	<ul style="list-style-type: none"> • Take an "Infant Health Examination (<i>Nyūyōji Kenkō Shinsa</i>)". • Consult with < the Health Support Section (<i>Kenkō Shien Ka</i>) >. 	<p> P.79</p>

What to do after you are pregnant

(1) See a doctor.

After you are pregnant, see a doctor.



(2) Come to < the Health Support Section (*Kenkō Shien Ka*) > at the City Hall.

After seeing the doctor, go to the City Hall < the Health Support Section (*Kenkō Shien Ka*) > and do the following

- ① Fill out a "**Pregnancy Report Form (*Ninshin Todoke*)**".
- ② Receive a "**Maternal and Child Health Handbook (*Boshi Kenkō Techō*)**" and a "**Baby Visit Notice / Birth Notice (*Akachan Hōmon Renraku Hyō / Shusshō Tsūchi Sho*)**".

- ③ If you have an address in Sammu City, receive a "General Health Examination for Pregnant Women and Infants form (*Ninpu/Nyūji Ippan Kenkō Shinsa Jushin Hyō*)".

● the Maternal and Child Health Handbook (*Boshi Kenkō Techō*)

This is a very important item. Take it with you when you see a doctor.



< Bring the following to the City Hall >

- ① Resident Card (*Zairyū Card*) or Special Permanent Resident Certificate (*Tokubetsu Eijūsha Shōmei Sho*)
- ② Insurance Card (National Health Insurance Card or Social Insurance Card)
- ③ Passport

Contact

- Happiness (*Hapinesu*) ●
【Sammu City Child-rearing Generation Comprehensive Support Center (*Sammu Shi Kosodate Sedai Hōkatsu Shien Center*)】 **0475-80-1381**



© The Difficult Words on pages 72 through 75 ©

※Obstetrics and Gynecology Department (*San Fujin Ka*): A clinic that examines the health of a baby and where you give birth.

※Pregnancy Notification (*Ninshin Todoke*): A notification to be submitted to the City Hall after finding out that you are pregnant.

※Maternal and Child Health Handbook (*Boshi Kenkō Techō*): This book is given to you when you submit a Pregnancy Notification (*Ninshin Todoke*). You will use it until your child is born and grows up.

※General Health Examination Form for Pregnant Women and Infants (*Ninpu/Nyūji Ippan Kenkō Shinsa Jushin Hyō*): This is a form to submit when seeing a doctor after having a child. It will save you money.

※Baby Visit Contact Form (*Akachan Hōmon Renraku Hyō*): A form that comes with the Maternal and Child Health Handbook

※Birth Notification (*Shusshō Todoke*): A document to be reported to the City Hall when a child is born.

※Child Allowance (*Jidō Teate*): Money given to children until they are 15 years old. This is money to raise children in good health. Refer to page 84.

※Child Medical Expense Subsidy (*Kodomo Iryō Josei Hi*): A system that allows children to pay no medical expenses until they are 15 years old. Refer to pages 63 to 65.

※Vaccinations (*Yobō Sesshu*): Injections to prevent children from getting sick. It is determined by law.

※Infant Health Checkup (*Nyūyōji Kenkō Shinsa*): Checking the health of a newborn child at clinics or health centers.

※Health and Welfare Centers (*Hoken Center*): There are two health and welfare centers, “the Naruto Health and Welfare Center (*Naruto Hoken Fukushi Center*)” and “the Matsuo IT Health and Welfare Center (*Matsuo IT Hoken Fukushi Center*)”.

※You have an address in Sammu City (*Jusho ga Aru Hito*): Those have reported to the City Hall that they have moved in (*Tennyū*) (live in Sammu City).

When you give birth



(What to do as soon as a child is born)



(1) Come to City Hall.

After your child is born, do the following at the City Hall.

- ① Submit a form called "**Baby Visit Contact Form / Birth Certificate (Akachan Hōmon Renraku Hyō / Shusshō Tsūchi Sho)**" (It will be given together with the Maternal and Child Health Handbook (*Boshi Kenkō Techō*).)
- ② Go to < the National Health Insurance and Pension Section (*Kokuho Nenkin Ka*) > and enroll your child in the "**National Health Insurance program (Kokumin Kenkō Hoken)**".

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- ③ Apply for a "**Child Allowance (Jidō Teate)**" at < the Child Rearing Support Section (*Kosodate Shien Ka*) >.

(page 84)

- ④ Apply for a "**Child Medical Expense Subsidy (Kodomo Iryōhi Josei)**" at < the Child Care Support Section (*Kosodate Shien Ka*) >.

(pages 84 and 85)

● A public health nurse see a person who has just had a child.

A midwife (*Josan Shi*) or public health nurse (*Hoken Shi*) will see a person who has had a baby to check on the child.

They check the size of the child.

They find out if the mother and child are living in good health.

Ask for an advice on childcare.

It is free of charge.





Have a health checkup to your child

Take a health checkup to your child (Infant Health Checkup (Nyūyōji Kenkō Shinsa)).

It is free. Consult with us about your child.

- Take the three health examinations in the following order.



When	Where	What to do
<p><u>Infant Health Checkup (Nyūji Kenkō Shinsa)</u></p> <p>When your child is 3 to 4 months old.</p>	<p>Sammu Medical Center (Sammu Iryō Center)</p>	<ul style="list-style-type: none"> • A <u>doctor (Ishi)</u> will examine your child's health. • They check the size of your child's body. • Talk with a public health nurse (<i>Hoken Shi</i>) about your concerns. • Talk with a <u>nutritionist (Eiyō Shi)</u> about your child's <u>diet (Shokuji)</u>. • Talk with a <u>dental hygienist (Shika Eisei Shi)</u> about your child's teeth. • You will get a picture book.
<p>Health checkup for children 1 year and 6 months old (<i>Issai Rokkagetsu Kenshin</i>)</p> <p>When your child is 1 year and 6 months old to 2 years old</p>	<p>Health Center (<i>Hoken Center</i>)</p>	<ul style="list-style-type: none"> • A <u>doctor (Ishi)</u> will examine your child's health. <p>(↪ Only the Health checkup for children 1 year and 6 months old)</p> <ul style="list-style-type: none"> • A <u>dentist (Shika Ishi)</u> will examine your child's dental health. • They check the size of your child's body. • Talk with a public health nurse (<i>Hoken Shi</i>) about your concerns. • Talk with a <u>nutritionist (Eiyō Shi)</u> about your child's <u>diet (Shokuji)</u>. • Talk with a dental hygienist (<i>Shika Eisei Shi</i>) about your child's teeth.
<p>Dental Health checkup for children 2 years and 6 months old (<i>Nisai Rokkagetsu Shika Kenkou Shinsa</i>)</p> <p>When your child is 2 years and 6 months old to 3 years old.</p>		

<p>Health checkup for 3-year-old children (<i>Sansaiji Kenkō Shinsa</i>)</p> <p>When your child is 3 years and 6 months to 4 years old.</p>	<p>Health Center (<i>Hoken Center</i>)</p>	<ul style="list-style-type: none"> • A <u>doctor</u> (<i>Ishi</i>) will examine your child's health. • A <u>dentist</u> (<i>Shika Ishi</i>) will examine your child's dental health. • They check the size of your child's body. • Test your child's urine. • Test your child's eyesight. • Test your child's hearing. • Talk with a public health nurse (<i>Hoken Shi</i>) about your concerns. • Talk with a <u>nutritionist</u> (<i>Eiyōshi</i>) about your child's <u>diet</u> (<i>Shokuji</i>). • Talk with a dental hygienist (<i>Shika Eiseishi</i>) about your child's teeth.
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Get your children vaccinated.

In order to prevent your child from getting sick, get vaccinated (*Yobō Sesshu*).

There is no cost.

There are many different types of vaccinations (*Yobō Sesshu*).

If you have a child, consult with <the Health Support Section (*Kenkō Shien Ka*) > of the City Hall before seeing a doctor.



< Bring the followings >

- ① The Maternal and Child Health Handbook (*Boshi Techō*)
- ② Proof of previous vaccinations (*Yobō Sesshu*).

Get a form for free vaccinations by consulting with < the Health Support Section (*Kenkō Shien Ka*) > and also get one when your child is born. The form will be used by a doctor. (It is called a Preliminary Examination Form (*Yoshin Hyō*).)

◎ The Difficult Words on pages 79 and 80. ◎

※Infant Health Checkup (*Nyūyōji Kenkō Shinsa*): A checkup of the health of a newborn child at a hospital or health center. There are three types of health checkups: infant health checkup (*Nyūji Kenkō Shinsa*), one-year and six-month health checkup(*Issai Rokkagetsu Kenkō Shinsa*), and three-year health checkup (*Sansaiji Kenkō Shinsa*).

※Doctor (*Ishi*): A person who works in a clinic or hospital. A person who cures diseases and injuries.

※Nutritionist (*Eiyōshi*): A person who advise on diet.

※Dental Hygienist (*Shika Eiseishi*): A person to whom you consult about a dental health.

※Dentist (*Shika Ishi*): A person who fix a cavity.

※Diet (*Shokuji*): Food

Types of vaccinations for children and when they get them

When	Types	How many times
2 months after birth.	Rotavirus (<i>Rota</i>) Hib (<i>Hibu</i>) Streptococcus pneumoniae (<i>Haien Kyūkin</i>) Hepatitis B (<i>Bīgata Haien</i>)	1st time 1st time 1st time 1st time
3 months after birth.	Rotavirus (<i>Rota</i>) Hib (<i>Hibu</i>) Streptococcus pneumoniae (<i>Haien Kyūkin</i>) Hepatitis B (<i>Bīgata Haien</i>) DPT-IPV (<i>Yonshu Kongō</i>)	2nd time 2nd time 2nd time 2nd time 1st time
4 months after birth.	Rotavirus (In case of Rotatec) Hib (<i>Hibu</i>) Streptococcus pneumoniae (<i>Haien Kyūkin</i>) DPT-IPV (<i>Yonshu Kongō</i>)	3rd time 3rd time 3rd time 2nd time
5 months after birth.	BCG DPT-IPV (<i>Yonshu Kongō</i>)	3rd time
6 to 11 months after birth	Japanese encephalitis (<i>Nihon Nōen</i>) Hepatitis B (<i>Bīgata Haien</i>)	1st time, 2nd time 3rd time
At the age of one	MR Stage 1 Chicken Pox (<i>Suitō</i>) Hib (<i>Hibu</i>) Streptococcus pneumoniae (<i>Haien Kyūkin</i>)	MR's 1st time 1st time 4th time 4th time
At the age of one and a half	DPT-IPV (<i>Yonshu Kongō</i>) Chicken Pox (<i>Suitō</i>) Japanese encephalitis (<i>Nihon Nōen</i>)	4th time 2nd time 3rd time
The year before starting elementary school	MR Stage 2	MR's 2nd time

Types of vaccinations for children and when they get them

When	Types	How many times
By turning 7 years and 6 months old.	Japanese encephalitis (<i>Nihon Nōen</i>) and DPT-IPV (<i>Yonshu Kongō</i>) that you have not yet received.	
Between the ages of 9 and 12.	Japanese encephalitis stage 2 (<i>Nihon Nōen</i>)	Japanese encephalitis's 4th time
Between the ages of 11 and 12.	DT (<i>Nishu Kongō</i>)	
Between the ages of 12 and 15.	Cervical Cancer (<i>Shikyū Kei Gan</i>)	3 times

* Call a clinic or hospital to sign up.

Take the Maternal and Child Health Handbook (*Boshi Kenkō Techō*) and a Preliminary Medical Checkup Sheet (*Yoshin Hyō*) (a form to receive free vaccinations) with you.

If there is a delay or you are not sure when your child get vaccinated, consult with < the Health Support Section (*Kenkō Shien Ka*) >

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Contact	Address	Phone Number
Health Support Section (<i>Kenko Shien Ka</i>)	296 Tonodai Sammu City	☎0475-80-1172

< Reception Hours > Monday through Friday 8:30 a.m. to 5:00 p.m.

※The office is closed on Saturdays, Sundays, National Holidays, and from December 29 to January 3.