

# Public Health and Welfare Services in Kanazawa-ku, Yokohama

April to October, 2011

Issued and translated by:  
Kanazawa International Lounge Volunteer Organization

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April.2011

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The public health and welfare services mentioned in this brochure are all offered in Japanese. If you are not confident using Japanese, ask for voluntary interpreting services at:

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**Kanazawa International Lounge**

Seagull Center of the YCU

Tel: 045-786-0531

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In cooperation with:

**Public Health and Welfare Center**

Tel.: 045-788-7878 (general information)

# 1. Vaccinations for Infants

Inquiries: 3<sup>rd</sup> floor, counter 3, *Kenko-Zukuri Kakari*, Tel. 045-788-7840

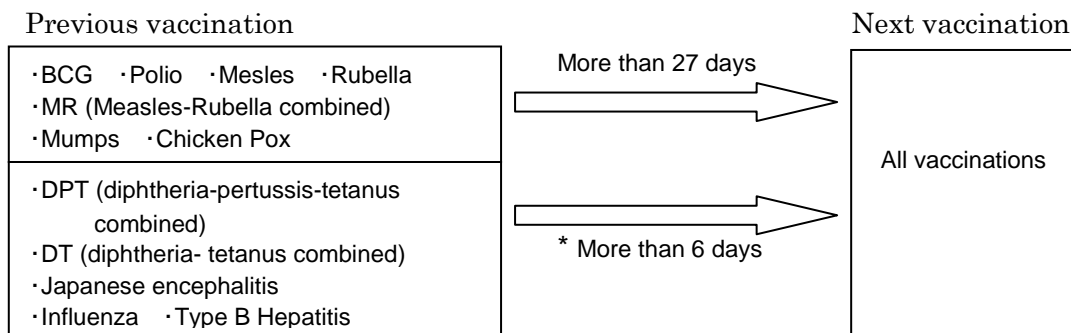
- ① Free vaccinations are provided in the following two ways:
- Polio: Provided at the Public Health and Welfare Center on a group basis (see p.2).
  - BCG, DPT (diphtheria-pertussis-tetanus combined), DT (diphtheria- tetanus combined), MR (Measles-Rubella combined), Japanese encephalitis: Provided at cooperating medical institutions on a personal basis (see P.3 to 5).

In each case, make sure to bring along your *boshi techo* (Maternal and child health book) and *yoshin-hyo* (vaccination coupons or questionnaire).

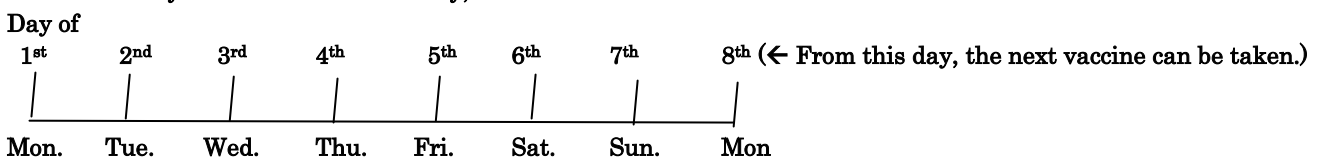
- If you do not have *yoshin-hyo* (vaccination coupons or questionnaire), please bring your *boshi techo* (Maternal and child health book) to the Public Health and Welfare Center, counter 11 on the 3<sup>rd</sup> floor of the Kanazawa ward office to get one.
- An English version of *Yoshin-hyo* (vaccination coupons or questionnaire) is available at the Public Health and Welfare Center.

- ② If your child is sick, the vaccination should be postponed until a future date. Vaccinations should be avoided if your child has:
- A fever, or is suffering from diarrhea or any acute diseases.
  - Recently recovered from measles, chicken pox, mumps or rubella (within the past 4 weeks).
  - Recently recovered from an acute rash or other illnesses with a high fever (within the past 2 weeks).
- ③ If your child feels sick after the vaccination, consult your doctor immediately and contact the Public Health and Welfare Center at 045-788-7840.

## Intervals between Vaccinations



\* e.g.) "More than 6 days" means: when you have your child vaccinated on Monday, the 1<sup>st</sup> of a month, the next vaccination day falls on the next Monday, the 8<sup>th</sup> of the month.



Note: When receiving the same type of vaccine, the next shot must be taken with a certain time period.  
For example, DPT must be taken at three-to-eight-week intervals.

# 1.1 Polio

## - Group Vaccinations

### (Available at the Public Health and Welfare Center)

Inquiries: 3<sup>rd</sup> floor, counter 3, *Kenko-Zukuri Kakari*, Tel. 045-788-7840

Polio vaccinations are offered free of charge at the Public Health and Welfare Center. An appointment is not necessary.

### Polio live vaccine

The age group for free vaccinations: 3 months to 7 years and 5 months (  indicates the age when you can receive the polio vaccination free of charge).

(It is best to receive the vaccination twice between the ages of 3 months and 18 months at intervals of 6 weeks or more.  ② indicates the recommended age period.)

| Vaccine \ Age | Age |    |    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |
|---------------|-----|----|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|
|               | 3M  | 6M | 9M | 1Y | 2Y | 3Y | 4Y | 5Y | 6Y | 7Y | 8Y | 9Y | 10Y | 11Y | 12Y | 13Y | 14Y | 15Y |
| Polio         | ②   |    |    |    |    |    |    |    |    |    |    |    |     |     |     |     |     |     |

Vaccinations are available only in April, September and October.

Hours: 1:00 p.m. to 2:30 p.m. Place: 4<sup>th</sup> floor of the Kanazawa ward office.

\* The date is assigned based on your address.

| First       | Second      | Your Address  |
|-------------|-------------|---|
| Apr. 4(Mon) | Sep.21(Wed) | Asahina-cho, Higashiasahina, Daido, Mutsu-ura, Kamariya-nishi                     |
| Apr. 8(Fri) | Sep.22(Thu) | Kamariya-higashi, Katabuki, Noukendai-dori, Areas not listed here                 |
| Apr.11(Mon) | Sep.29(Thu) | Noukendai, Noukendai-higashi  |
| Apr.13(Wed) | Sep.30(Fri) | Ookawa, Kamariya-minami, Takafune-dai   |
| Apr.15(Fri) | Oct. 5(Wed) | Seto, Deiki, Mutsu-ura-higashi, Mutsu-ura-minami, Yanagi-cho                      |
| Apr.18(Mon) | Oct. 7(Fri) | Kanazawa-cho, Shiba-cho, Teramae, Nagahama, Nishi-shiba, Yatsu-cho                |
| Apr.20(Wed) | Oct.13(Thu) | Tomioka-higashi, Tomioka-nishi, Horiguchi   |
| Apr.22(Fri) | Oct.17(Mon) | Umino-koen, Ottomo-cho, Suzaki-cho, Namiki, Nojima-cho, Hirakata-cho, Machiya-cho |

#### Notes

1. Do not give your child any food or drink for 30 minutes before and after administration.
2. When your child is suffering from mouth inflammation or diarrheal disease on your vaccination day, the shot must be postponed.
3. Your child's body temperature will be taken at the Center. Please be aware of his/her normal temperature beforehand.
4. The date of your visit is based on your address. If it is inconvenient for you, please visit on another day specified above.
5. Parking is limited. Visitors are encouraged to use public transportation.

# 1.2 BCG, DPT, DT, MR, Japanese Encephalitis - Available at Medical Institutions

Inquiries: 3<sup>rd</sup> floor, counter 3, *Kenko-Zukuri Kakari*, Tel. 045-788-7840

Your child can receive free vaccinations for BCG, DPT (diphtheria-pertussis-tetanus combined), DT (diphtheria- tetanus combined), MR (Measles-Rubella combined), and Japanese Encephalitis at designated hospitals or clinics nearby (See page 4 to 5). Make sure to confirm details before you visit, and to bring along your Boshitecho (Maternal and Child Health book) and Yoshinhyo (vaccination coupons or questionnaire). (See page 1-①.)

| Age   | Months  |   |   | Years |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
|---|---|---|---|-------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|
|   | 3   | 6 | 9 | 1     | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| <b>DPT</b><br>1 <sup>st</sup> period<br>booster                   | ③   |   |   | ①     |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| <b>DT</b> 2 <sup>nd</sup> period                                  |   |   |   |       |   |   |   |   |   |   |   |   |    | ①  |    |    |    |    |    |
| <b>MR</b><br>1 <sup>st</sup> period                               |   |   |   | ①     |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| 2 <sup>nd</sup> period  | Take a vaccine between Apr. 1 <sup>st</sup> the previous year to enter elementary school and Mar. 31 <sup>st</sup> the year to enter elementary |   |   |       |   |   |   |   |   |   |   |   |    | ①  |    |    |    |    |    |
| 3 <sup>rd</sup> period  |   |   |   |       |   |   |   |   |   |   |   |   |    | ①  |    |    |    |    |    |
| 4 <sup>th</sup> period  |   |   |   |       |   |   |   |   |   |   |   |   |    | ①  |    |    |    |    |    |
| <b>Japanese encephalitis</b><br>1 <sup>st</sup> period<br>booster |   |   |   | ②     |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| 2 <sup>nd</sup> period  |   |   |   | ①     |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |
| 3 <sup>rd</sup> period  |   |   |   |       |   |   |   |   |   |   |   |   |    | ①  |    |    |    |    |    |
| <b>BCG</b>  | ①   |   |   |       |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |

① indicates the standard vaccination ages, and the number in □ shows how many times you should take a vaccine.

■ indicates the age groups receiving free vaccinations.

\* For Japanese Encephalitis, Yokohama city announced a policy to withhold the vaccine upon an advisory issued by the Health, Labor and Welfare Ministry on May 30<sup>th</sup>, 2005. However, the vaccination is available for certain circumstances. Please contact the above number to see if your case qualifies.

Note: Children in □ age groups can receive free vaccines, but it is recommended they are vaccinated while in ■ age groups.

# List of Cooperating Medical Institutions for Vaccinations and Infant Health Checkups

| Area                        | Cooperating Medical Institution  | Tel.                         | DPT<br>DT | Measles | Rubella | MR | JP<br>Enceph<br>alitis | BCG | Health<br>Checkup |
|-----------------------------|----------------------------------|------------------------------|-----------|---------|---------|----|------------------------|-----|-------------------|
| 大川<br>Okawa                 | かなざわ<br>金沢あおぞらクリニック              | Kanazawa Aozora Clinic       | 787-3331  | ●       | ●       | ●  | ●                      |     |                   |
|                             | ふじもとしょうに<br>小児クリニック              | Fujimoto Shoni Clinic        | 791-7211  | ●       | ●       | ●  | ●                      | ●   | ●                 |
| 釜利谷西<br>Kamariya<br>nishi   | えのもといん<br>榎本医院                   | Enomoto Iin                  | 781-3188  | ●       |         |    | ●                      |     |                   |
| 釜利谷東<br>Kamariya<br>higashi | いとうファミリークリニック                    | Ito Family Clinic            | 783-5769  | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | かなざわぶんこびょういん<br>金沢文庫病院           | Kanazawa Bunko Byoin         | 785-3311  | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | かわもと<br>河本クリニック                  | Kawamoto Clinic              | 788-6603  | ●       |         |    | ●                      |     |                   |
|                             | あさい<br>浅井こどもクリニック                | Asai Kodomo Clinic           | 785-1152  | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | しょうじないか こきゅうきか<br>庄司内科・呼吸器科クリニック | Shoji Naika/Kokyukika Clinic | 790-3220  | ●       | ●       | ●  | ●                      |     |                   |
|                             | てづかじびいんこうか<br>てづか耳鼻咽喉科           | Tezuka Jibiinkoka            | 783-8780  | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | かなざわしらゆり<br>金沢白百合クリニック           | Kanazawa Shirayuri Clinic    | 791-5570  | ●       | ●       | ●  | ●                      |     | ●                 |
| 柴町<br>Shibacho              | しおいりないかいいん<br>塩入内科医院             | Shioiri Naika Iin            | 783-2111  | ●       | ●       | ●  | ●                      |     | ●                 |
|                             | こたに<br>小谷クリニック                   | Kotani Clinic                | 781-7889  | ●       | ●       | ●  | ●                      | ●   | ●                 |
| 州崎町<br>Suzakicho            | いけがわいいん<br>いげがわ医院                | Ikegawa Iin                  | 782-8235  | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | おのいいん<br>小野医院                    | Ono Iin                      | 701-8771  | ●       |         |    |                        |     |                   |
| 瀬戸<br>Seto                  | すぎもと<br>杉本クリニック                  | Sugimoto Clinic              | 701-9462  | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | ちばないか しょうかきか<br>千葉内科・消化器科        | Chiba Naika/Shokakika        | 787-3300  | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | おざわいいん<br>小澤医院                   | Ozawa Iin                    | 701-9960  | ●       | ●       | ●  | ●                      |     |                   |
| 大道<br>Daido                 | いけがわ<br>池川クリニック                  | Ikegawa Clinic               | 786-1122  | ●       | ●       | ●  | ●                      | ●   | ●                 |
| 泥亀<br>Deiki                 | もり<br>森クリニック                     | Mori Clinic                  | 785-2235  | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | たかはしいん<br>高橋医院                   | Takahashi Iin                | 781-9341  | ●       | ●       | ●  | ●                      |     |                   |
|                             | もりいいん<br>森医院                     | Mori Iin                     | 785-3337  | ●       |         |    | ●                      |     |                   |
|                             | おかざわ<br>岡澤クリニック                  | Okazawa Clinic               | 785-1555  | ●       | ●       | ●  | ●                      | ●   | ●                 |
| 寺前<br>Teramae               | かわなこどもクリニック                      | Kawana Kodomo Clinic         | 350-6277  | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | おおたいいんないか<br>大田医院内科              | Ota Iin Naika                | 781-7733  | ●       | ●       | ●  |                        |     |                   |
|                             | よこいん<br>横井医院                     | Yokoi Iin                    | 701-9867  | ●       | ●       | ●  | ●                      |     |                   |
| 富岡西<br>Tomioka<br>nishi     | つばきがおかいん<br>椿ヶ丘医院                | Tsubakigaoka Iin             | 771-7613  | ●       | ●       | ●  | ●                      |     |                   |
|                             | みとみいいん<br>三冨医院                   | Mitomi Iin                   | 772-3357  | ●       | ●       | ●  |                        |     |                   |
|                             | ふじわらしょうにか<br>小児科                 | Fujiwara Shonika             | 773-6333  | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | たかさきないか<br>内科                    | Takasaki Naika               | 773-8001  | ●       | ●       | ●  | ●                      | ●   |                   |
|                             | いしまるいいん<br>石丸医院                  | Ishimaru Iin                 | 772-3267  | ●       | ●       | ●  | ●                      |     | ●                 |
|                             | せきもと<br>関本クリニック                  | Sekimoto Clinic              | 772-2705  |         |         |    |                        | ●   |                   |
|                             | まつせいいいん<br>松瀬医院                  | Matsuse Iin                  | 773-0397  | ●       |         |    | ●                      | ●   | ●                 |
|                             | かげやまいん<br>影山医院                   | Kageyama Iin                 | 774-9389  |         |         |    | ●                      |     |                   |
|                             | とみおかにし<br>富岡西クリニック               | Tomiokanishi Clinic          | 778-2201  |         |         | ●  | ●                      |     |                   |
|                             | かみおかいん<br>上岡医院                   | Kamioka Iin                  | 775-3737  | ●       | ●       | ●  | ●                      |     | ●                 |
|                             | しらいし<br>白石クリニック                  | Shiraishi Clinic             | 774-7725  | ●       | ●       | ●  | ●                      |     |                   |

| Area                        | Cooperating Medical Institution |                              | Tel.     | DPT<br>DT | Measles | Rubella | MR | JP<br>Enceph<br>alitis | BCG | Health<br>Checkup |
|-----------------------------|---------------------------------|------------------------------|----------|-----------|---------|---------|----|------------------------|-----|-------------------|
| 富岡東<br>Tomioka<br>higashi   | くろさわ<br>黒沢クリニック                 | Kurosawa Clinic              | 773-3237 | ●         | ●       | ●       | ●  | ●                      |     | ●                 |
|                             | たかはし<br>高橋こどもクリニック              | Takahashi Kodomo Clinic      | 775-3111 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | ないか<br>いとう内科クリニック               | Ito Naika Clinic             | 771-2277 | ●         |         |         |    | ●                      |     |                   |
|                             | しんりょうじょ<br>とみおか診療所              | Tomioka Shinryojo            | 773-7213 | ●         | ●       | ●       | ●  | ●                      |     |                   |
| 鳥浜町<br>Toriham<br>cho       | さえきしんりょうじょ<br>佐伯診療所             | Saeki Shinryojo              | 779-2526 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
| 並木<br>Namiki                | えはらしょうにかいいん<br>江原小児科医院          | Ehara Shonika Iin            | 773-8533 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | とみおかないか<br>富岡内科クリニック            | Tomioka Naika Clinic         | 773-6600 | ●         |         |         |    |                        |     |                   |
|                             | ながくら<br>長倉医院                    | Nagakura Iin                 | 771-2500 | ●         | ●       | ●       | ●  | ●                      |     | ●                 |
|                             | はやしながんか<br>林内科眼科クリニック           | Hayashi Naika Ganka Clinic   | 785-2000 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | しのだいいん<br>篠田医院                  | Shinoda Iin                  | 781-7777 | ●         | ●       | ●       | ●  | ●                      |     |                   |
| 西柴<br>Nishishiba            | うしにないかいいん<br>牛尼内科医院             | Ushini Naika Iin             | 782-0644 | ●         | ●       | ●       | ●  | ●                      |     |                   |
| 能見台<br>Nokendai             | こたにいん<br>小谷医院                   | Kotani Iin                   | 773-5551 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | たむら<br>田村クリニック                  | Tamura Clinic                | 784-2252 | ●         |         |         | ●  | ●                      | ●   |                   |
| 能見台通<br>Nokendai<br>dori    | ないか<br>くぼき内科クリニック               | Kuboki Naika Clinic          | 782-1113 | ●         | ●       | ●       | ●  |                        |     |                   |
|                             | のうけんたい<br>能見台こどもクリニック           | Nokendai Kodomo Clinic       | 786-2055 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | おかもとさんふじんかいいん<br>岡本産婦人科医院       | Okamoto Sanfujinka Iin       | 784-1703 | ●         | ●       | ●       | ●  |                        | ●   | ●                 |
|                             | しょうにか<br>あい小児科アレルギー科            | Ai Shonika Allergyka Clinic  | 787-3005 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
| 能見台東<br>Nokendai<br>higashi | しんりょうじょ<br>パトリア診療所              | Patoria Shinryojo            | 790-5731 | ●         | ●       | ●       | ●  | ●                      |     | ●                 |
| 東朝比奈<br>Higashi<br>asahina  | あさひな<br>あさひな太田クリニック             | Asahina Ota Clinic           | 785-3222 | ●         | ●       | ●       | ●  | ●                      | ●   |                   |
| 町屋町<br>Machiya<br>cho       | まつもとないかいいん<br>松本内科医院            | Matsumoto Naika Iin          | 701-8668 | ●         | ●       | ●       | ●  | ●                      |     | ●                 |
|                             | いわもとさんふじんかいいん<br>岩本産婦人科医院       | Iwamoto Sanfujinka Iin       | 701-0555 | ●         | ●       | ●       | ●  | ●                      |     | ●                 |
|                             | つじむらいん<br>辻村医院                  | Tsujimura Iin                | 781-8854 | ●         |         |         |    |                        |     |                   |
| 六浦<br>Mutsura               | はまさかいいん<br>浜坂医院                 | Hamasaka Iin                 | 701-4114 | ●         |         |         |    |                        |     |                   |
|                             | かなざわちゅうおうびょういん<br>金沢中央病院        | Kanazawa Chuo Byoin          | 783-7931 | ●         | ●       | ●       | ●  | ●                      | ●   |                   |
|                             | くりすいん<br>栗栖医院                   | Kurusu Iin                   | 701-9557 | ●         | ●       | ●       | ●  | ●                      |     |                   |
|                             | むつらないか<br>六浦内科クリニック             | Mutsura Naika Clinic         | 783-6763 | ●         | ●       | ●       | ●  | ●                      |     |                   |
|                             | しょうなん<br>湘南むつら眼科                | Shonan Mutsura Ganka         | 782-8457 | ●         |         |         |    | ●                      |     |                   |
| 六浦東<br>Mutsura<br>higashi   | よこはまみなみきょうさいびょういん<br>横浜南共済病院    | Yokohama Minami Kyosai Byoin | 782-2101 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | はらだ<br>原田クリニック                  | Harada Clinic                | 787-0776 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | はじりペインクリニック                     | Hajiri Pain Clinic           | 790-3335 | ●         | ●       | ●       | ●  | ●                      |     |                   |
| 六浦南<br>Mutsura<br>minami    | むつらしんりょうじょ<br>六浦診療所             | Mutsura Shinryojo            | 701-9917 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | あおき<br>青木こどもクリニック               | Aoki Kodomo Clinic           | 788-8181 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | おおくほいん<br>大久保医院                 | Okubo Iin                    | 788-6565 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
| 谷津町<br>Yazucho              | すがの<br>すがの内科クリニック               | Sugano Naika Clinic          | 788-3636 |           | ●       |         |    |                        |     |                   |
|                             | かたぎり<br>片桐レディースクリニック            | Katagiri Ladies Clinic       | 780-5513 | ●         | ●       | ●       | ●  | ●                      |     |                   |
|                             | かわばたないか<br>川畑内科クリニック            | Kawabata Naika Clinic        | 791-3337 | ●         | ●       | ●       | ●  | ●                      | ●   | ●                 |
|                             | さとういん<br>佐藤医院                   | Sato Iin                     | 701-9375 |           |         |         |    | ●                      |     |                   |

## 2. Medical Checkups for Infants

Inquiries: 3<sup>rd</sup> floor, counter 11, *Kodomo-katei Kakari*, Tel. 045-788-7785-7787

Free medical checkups are offered at the Public Health and Welfare Center for children aged 4 months, 18 months, and 3 years. Date and time (1:00–1:50 p.m.) are assigned and notified by the Center, but if you cannot come on the designated day, you may come on the next checkup day.

### For 4-month-old infants

**Services:** measurements, medical exams, consultation on child care and baby food.

**Bring along:** *boshi techō* (Maternal and child health book), questionnaire, bath towel

| Birth month<br>Birthday            | 2010<br>Nov.    | 2010<br>Dec.    | 2011<br>Jan.    | 2011<br>Feb.    | 2011<br>Mar.    | 2011<br>Apr.    | 2011<br>May     |
|------------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1 <sup>st</sup> –15 <sup>th</sup>  |                 | Apr.26<br>(Tue) | May.25<br>(Tue) | Jun.28<br>(Tue) | Jul.26<br>(Tue) | Aug.30<br>(Tue) | Sep.27<br>(Tue) |
| 16 <sup>th</sup> –31 <sup>st</sup> | Apr.12<br>(Tue) | May.13<br>(Fri) | Jun.14<br>(Tue) | Jul.12<br>(Wed) | Aug. 9<br>(Tue) | Sep.13<br>(Tue) | Oct.11<br>(Tue) |

### For 18-month-old infants

**Services:** measurements, medical and dental exams, advice on child discipline and diet.

**Bring along:** *boshi techō*, questionnaire, your child's toothbrush.

| Birth month<br>Birthday            | 2009<br>Sep.    | 2009<br>Oct.     | 2009<br>Nov.    | 2009<br>Dec.    | 2010<br>Jan.    | 2010<br>Feb.    | 2010<br>Mar.    |
|------------------------------------|-----------------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1 <sup>st</sup> –15 <sup>th</sup>  |                 | Apr. 19<br>(Tue) | May.17<br>(Tue) | Jun.21<br>(Tue) | Jul.19<br>(Tue) | Aug.23<br>(Tue) | Sep.20<br>(Tue) |
| 16 <sup>th</sup> –31 <sup>st</sup> | Apr. 5<br>(Tue) | May.10<br>(Tue)  | Jun. 7<br>(Tue) | Jul. 5<br>(Tue) | Aug. 2<br>(Tue) | Sep. 6<br>(Tue) | Oct. 4<br>(Tue) |

### For 3-year-old children

**Services:** measurements, medical and dental exams, urine test, advice on childcare.

**Bring along:** *boshi techō*, questionnaire, your child's toothbrush

| Birth month<br>Birthday            | 2008<br>Mar.    | 2008<br>Apr.    | 2008<br>May     | 2008<br>Jun.    | 2008<br>Jul.    | 2008<br>Aug.    | 2008<br>Sep.    |
|------------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1 <sup>st</sup> –15 <sup>th</sup>  |                 | Apr.27<br>(Wed) | May.25<br>(Wed) | Jun.22<br>(Wed) | Jul.27<br>(Wed) | Aug.24<br>(Wed) | Sep.28<br>(Wed) |
| 16 <sup>th</sup> –31 <sup>st</sup> | Apr. 6<br>(Wed) | May.11<br>(Wed) | Jun. 8<br>(Wed) | Jul.13<br>(Wed) | Aug. 3<br>(Wed) | Sep.14<br>(Wed) | Oct.12<br>(Wed) |



### 3. Health Consultation for Mother and Child

Inquiries: 3<sup>rd</sup> floor, counter 11, *Kodomo-katei Shien Tanto*, Tel. 045-788-7787

#### Health consultation for women

- Time: Mondays 9:00-10:30 a.m. ■ Place: 4<sup>th</sup> Floor of the Kanazawa ward office
- Services: Consultation on menstruation, birth control, sterility, adolescence and menopause

#### Consultation on breast-feeding (Appointment needed: Tel. 045-788-7786)

- Hours: 13:15-15:30 \*9:00-10:30 ■ Place: 4<sup>th</sup> Floor of the Kanazawa ward office
- Services: Advice on breast-feeding, weaning, childcare, and other.

| Month          | Apr.      | May      | Jun.     | Jul.     | Aug.     | Sep.      | Oct.      |
|----------------|-----------|----------|----------|----------|----------|-----------|-----------|
| Breast-feeding | *12 (Tue) | 2 (Tue)  | 13 (Mon) | 11 (Mon) | 8 (Tue)  | 12 (Mon)  | *11 (Tue) |
| Weaning        | 25 (Mon)  | 23 (Tue) | 27 (Mon) | 25 (Mon) | 22 (Mon) | *27 (Tue) | 24 (Mon)  |

#### Health consultation for expectant and nursing mothers (Appointment 045-788-7785~7787)

- Hours: 9:00-10:00 a.m. ■ Place: 4<sup>th</sup> Floor of the Kanazawa ward office
- Services: Medical checkups, advice on health and diet.
- Bring *boshi techō* (*Maternal and child health book*).

| Month | Apr.     | May      | Jun.     | Jul.     | Aug.     | Sep.     | Oct.     |
|-------|----------|----------|----------|----------|----------|----------|----------|
| Date  | 6 (Wed)  | 11 (Wed) | 8 (Wed)  | 13 (Wed) | 3 (Wed)  | 14 (Wed) | 12 (Wed) |
|       | 27 (Wed) | 25 (Wed) | 22 (Wed) | 27 (Wed) | 24 (Wed) | 28 (Wed) | 26 (Wed) |

#### **Classes for Future Parents** (Appointment necessary: Tel. 045-788-7785~7787)

You can take a course for successful pregnancy and preparation for childbirth if you are 6 months pregnant or more. Your husband is also welcome, especially to classes 3 and 4.

- Hours: 1:15-3:30 p.m. (Sat. 10:00-11:45 a.m.) ■ Place: 4<sup>th</sup> Floor of the Kanazawa ward office

| Class | Apr.     | May      | Jun.     | Jul.     | Aug.     | Sep.     | Topics   |
|-------|----------|----------|----------|----------|----------|----------|--|
| 1     | 1 (Fri)  | 6 (Fri)  | 3 (Fri)  | 1 (Fri)  | 5 (Fri)  | 2 (Fri)  | Health care during pregnancy, breast massage & nipple manipulation       |
| 2     | 7 (Thu)  | 12 (Thu) | 10 (Fri) | 8 (Fri)  | 12 (Fri) | 9 (Fri)  | Nutrition during pregnancy, maternit exercises, breathing while in labor |
| 3     | 14 (Thu) | 20 (Fri) | 17 (Fri) | 15 (Fri) | 19 (Fri) | 16 (Fri) | Preparations for labor and delivery, daily life after childbirth         |
| 4     | 21 (Thu) | 28 (Sat) | 24 (Fri) | 23 (Sat) | 26 (Fri) | 24 (Sat) | Hands-on baby care (bathing, etc.)                                       |

**Hello Baby Visit Service:** Your local social worker will visit every family who has a baby /babies up to 4 months, to provide information on post-baby services and local child support. Expect to receive a call for visit after sending in the Birth Notification Card.

**Home-Visit Service:** Upon request, a midwife, public health nurse, and/or social worker will visit you for consultation about child care.

**Child care Classes:** Held in your local area about child care for parents who are raising their first infant under 1 year old.

## 4. Cancer Screening Test

Inquiries: 3<sup>rd</sup> floor, counter 3, *Kenkō-Zukuri Kakari*, Tel. 045-788-7840

### (1) A group Cancer Screening Test

Public Health and Welfare Center offers exams for stomach and lung cancers.

Place: 4<sup>th</sup> Floor of the Kanazawa ward office

|   | Appointment   | Services          | Date  | Fee           | Contents  |
|---|---|-------------------|---|---------------|---|
| <b>Lung Cancer</b><br><br>For people<br><b>Aged 40 and over</b>                     | Kenkō-<br>Zukuri-ka<br>788-7840<br><br>The quota 50<br>each time  | Once<br>a<br>year | <b>May 9 (Mon)</b>                            | <b>¥680</b>   | <ul style="list-style-type: none"> <li>• Only X-ray</li> </ul>  |
|   |   |                   | <b>Jul.14 (Thu)</b><br><br><b>Sep.8 (Thu)</b> | <b>¥1,350</b> | <ul style="list-style-type: none"> <li>• X-ray and examination of your sputum.</li> <li>• Take sputa for 3 days at home and send them by mail.</li> <li>• The postage is 140 yen at your own expenses.</li> </ul>               |
| <b>Stomach Cancer</b><br><br>For people<br><b>Aged 40 and over</b>                  | .Kekkaku<br>yoboukai<br>Kanagawasibu<br>251-2363<br>.The quota 40<br>each time<br>.Acceptance<br>-After April | Once<br>a<br>year | <b>May23 (Mon)</b>                            | <b>¥1,570</b> | <ul style="list-style-type: none"> <li>• Checkup with Barium</li> </ul> * The person who had an operation for the esophagus or the stomach can't take this examination.<br>* Do not eat or drink after 8 p.m. the previous day. |
|   |   |                   | <b>Jun.27 (Mon)</b>                           |               |   |
|   |   |                   | <b>Aug.22 (Mon)</b>                           |               |   |
|   |   |                   | <b>Sep.12 (Mon)</b>                           |               |   |
|   |   |                   | <b>Sep.26 (Mon)</b>                           |               |   |
| <p style="color: red;">Be aware that Kenkō-Zukuri-ka is not the contact number.</p> |   |                   |   |               |   |

Note: People aged 70 and over are free. Please bring ID for verification.

### (2) Personal Cancer Screening Test

(Offered by cooperating medical institutions listed on next page.) See page 9 to 10

|                        | For people             | Services          | Fees             | Contents  |
|------------------------|------------------------|-------------------|------------------|---|
| <b>Stomach Cancer</b>  | aged 40 and over       | Once a year       | ¥3,140           | X-ray with Barium   |
| <b>Uterine Cancer</b>  | women aged 20 and over | Once in two years | ¥1,380<br>¥2,620 | Cytodiagnosis   |
| <b>Breast Cancer</b>   | women aged 40 and over | Once in two years | ¥1,370           | Palpation<br>Mammography  |
| <b>Colon Cancer</b>    | aged 40 and over       | Once a year       | ¥600             | The check up for<br>Occult blood  |
| <b>Prostate Cancer</b> | men aged 50 and over   | Once a year       | ¥1,000           | A blood test<br>Inquiries: Kenkoh Fukushi<br>kyoku Hoken Jigyouka,<br>Tel. 045-671-2453 |

## List of Cooperating Medical Institutions for Medical Checkup and Cancer Screening Test

| Area                        | Medical Institution   | Tel.     | Stomach | Uterus | Breast | Colon |
|-----------------------------|---|----------|---------|--------|--------|-------|
| 大川<br>Okawa                 | かなざわ<br>金沢あおぞらクリニック<br>Kanazawa Aozora Clinic                   | 787-3331 |         |        | ○      | ○     |
| 釜利谷西<br>Kamariya<br>nishi   | なつやましんりょじょ<br>夏山診療所<br>Natsuyama Shinryojo                      | 782-6918 |         |        |        | ○     |
|                             | えのもといいん<br>榎本医院<br>Enomoto Iin                                  | 781-3188 |         |        |        | ○     |
| 釜利谷東<br>Kamariya<br>higashi | いとうファミリークリニック<br>Ito Family Clinic                              | 783-5769 |         |        | ○      | ○     |
|                             | かなざわぶんこびょういん<br>金沢文庫病院<br>Kanazawa Bunko Byoin                  | 785-3311 | ○       |        | ◎      | ○     |
|                             | かわもと<br>河本クリニック<br>Kawamoto Clinic                              | 788-6603 |         |        |        | ○     |
|                             | しょうじないか ききゅうか<br>庄司内科・呼吸器科クリニック<br>Shoji Naika/Kokyukika Clinic | 790-3220 | ○       |        |        | ○     |
|                             | さこたさんふじんか<br>迫田産婦人科<br>Sakota Sanfujinka                        | 783-2200 |         | ○      |        |       |
|                             | みやざきないかいいん<br>宮崎内科医院<br>Miyazaki Naika Iin                      | 783-5210 |         |        |        | ○     |
|                             | かなざわしらゆり<br>金沢白百合クリニック<br>Kanazawa Shirayuri Clinic             | 791-5570 |         |        |        | ○     |
| 柴町<br>Shibacho              | こたに<br>小谷クリニック<br>Kotani Clinic                                 | 781-7889 | ○       |        |        | ○     |
| 州崎町<br>Suzakicho            | いけがわいいん<br>池ヶわ医院<br>Ikegawa Iin                                 | 782-8235 | ○       | ○      | ○      | ○     |
|                             | あおきいいん<br>青木医院<br>Aoki Iin                                      | 701-9052 | ○       |        |        | ○     |
| 瀬戸<br>Seto                  | すぎもと<br>杉本クリニック<br>Sugimoto Clinic                              | 701-9462 |         |        |        | ○     |
|                             | ちばないか しょうか<br>千葉内科・消化器科<br>Chiba Naika/Shokakika                | 787-3300 | ○       |        |        | ○     |
|                             | おざわいいん<br>小澤医院<br>Ozawa Iin                                     | 701-9960 |         |        |        | ○     |
| 大道<br>Daido                 | わたなべないかいいん<br>渡部内科医院<br>Watanabe Naika Iin                      | 701-3666 | ○       |        |        | ○     |
|                             | いけがわ<br>池川クリニック<br>Ikegawa Clinic                               | 786-1122 |         | ○      |        | ○     |
| 泥亀<br>Deiki                 | もり<br>森クリニック<br>Mori Clinic                                     | 785-2235 |         |        |        | ○     |
|                             | もりいいん<br>森医院<br>Mori Iin  | 785-3337 | ○       |        |        | ○     |
|                             | かなざわけんしん<br>金沢健診クリニック<br>Kanazawa Kenshin Clinic                | 786-0915 | ○       |        | ◎      | ○     |
| 富岡西<br>Tomioka<br>nishi     | つばきがおかいん<br>椿ヶ丘医院<br>Tsubakigaoka Iin                           | 771-7613 | ○       |        | ○      | ○     |
|                             | みとみいいん<br>三富医院<br>Mitomi Iin                                    | 772-3357 | ○       | ○      | ○      | ○     |
|                             | とみおかいちょうか こうもんか<br>富岡胃腸科肛門科<br>Tomioka Ichoka Komonka           | 774-3120 |         |        |        | ○     |
|                             | たかさきないか<br>たかさき内科<br>Takasaki Naika                             | 773-8001 |         |        |        | ○     |
|                             | いしまるいいん<br>石丸医院<br>Ishimaru Iin                                 | 772-3267 |         |        |        | ○     |
|                             | せきもと<br>関本クリニック<br>Sekimoto Clinic                              | 772-2705 |         | ○      | ○      | ○     |
|                             | かげやまいん<br>影山医院<br>Kageyama Iin                                  | 774-9389 |         |        |        | ○     |
|                             | とみおかにし<br>富岡西クリニック<br>Tomiokanishi Clinic                       | 778-2201 | ○       |        | ○      | ○     |
|                             | かみおかいん<br>上岡医院<br>Kamioka Iin                                   | 775-3737 |         |        |        | ○     |
|                             | しらいし<br>白石クリニック<br>Shiraishi Clinic                             | 774-7725 |         |        |        | ○     |

| Area                        | Medical Institution                           | Tel.                         | Stomach               | Uterus            | Breast | Colon |
|-----------------------------|---|------------------------------|-----------------------|-------------------|--------|-------|
| 富岡東<br>Tomioka<br>higashi   | いとう内科クリニック<br><small>ないか</small>              | Ito Naika Clinic             | 771-2277              | ○                 |        | ○     |
|                             | とみおか診療所<br><small>しんりょうじょ</small>             | Tomioka Shinryojo            | 773-7213              |                   |        | ○     |
| 並木<br>Namiki                | ながくらいん<br>長倉医院                                | Nagakura Iin                 | 771-2500              |                   |        | ○     |
|                             | なみき<br>並木クリニック                                | Namiki Clinic                | 788-0888              |                   |        | ○     |
|                             | しのだいいん<br>篠田医院                                | Shinoda Iin                  | 781-7777              | ○                 |        | ○     |
| 西柴<br>Nishishiba            | うしにないかいいん<br>牛尼内科医院                           | Ushini Naika Iin             | 782-0644              |                   |        | ○     |
| 能見台<br>Nokendai             | うちこし<br>打越メディカルクリニック                          | Uchikoshi Medical Clinic     | 770-6868              |                   |        | ○     |
|                             | たむら<br>田村クリニック                                | Tamura Clinic                | 784-2252              | ○                 |        | ○     |
| 能見台通<br>Nokendai<br>dori    | くぼき内科クリニック<br><small>ないか</small>              | Kuboki Naika Clinic          | 782-1113              |                   |        | ○     |
|                             | せきざわ<br>関沢クリニック                               | Sekizawa Clinic              | 786-8852              | ○                 | ○      | ○     |
|                             | おかもとさんふじんかいいん<br>岡本産婦人科医院                     | Okamoto Sanfujinka Iin       | 784-1703              |                   | ○      | ○     |
| 能見台東<br>Nokendai<br>higashi | せんぷく<br>泉福レディースクリニック                          | Sempuku Ladies Clinic        | 790-1330              |                   | ○      | ○     |
|                             | パトリア診療所<br><small>しんりょうじょ</small>             | Patoria Shinryojo            | 790-5731              |                   |        | ○     |
| 東朝比奈<br>Higashi<br>asahina  | あさひな太田クリニック<br><small>おおた</small>             | Asahina Ota Clinic           | 785-3222              |                   |        | ○     |
| 平潟町<br>Hiragata<br>cho      | わかくさびょういん<br>若草病院                             | Wakakusa Byoin               | 781-8811              | ○                 | ○      | ◎     |
| 町屋町<br>Machiya<br>cho       | まつもとないかいいん<br>松本内科医院                          | Matsumoto Naika Iin          | 701-8668              |                   |        | ○     |
|                             | いわもとさんふじんかいいん<br>岩本産婦人科医院                     | Iwamoto Sanfujinka Iin       | 701-0555              |                   | ○      | ○     |
| 六浦<br>Mutsura               | とみやま内科クリニック<br><small>ないか</small>             | Tomiya Naika Clinic          | 790-1380              |                   |        | ○     |
|                             | はまさかいいん<br>浜坂医院                               | Hamasaka Iin                 | 701-4114              |                   |        | ○     |
|                             | かなざわちゅうおうびょういん<br>金沢中央病院                      | Kanazawa Chuo Byoin          | 783-7931              |                   |        | ○     |
|                             | みやいいん<br>宮井医院                                 | Miyai Iin                    | 701-9398              |                   | ○      | ○     |
|                             | くりすいいん<br>栗栖医院                                | Kurusu Iin                   | 701-9557              | ○                 |        | ○     |
|                             | むつうらないか<br>六浦内科クリニック                          | Mutsura Naika Clinic         | 783-6763              |                   |        | ○     |
|                             | くわはらないか<br>桑原内科クリニック                          | Kuwahara Naika Clinic        | 791-5751              |                   |        | ○     |
|                             | よこはまみなみきょうさいびょういん<br>横浜南共済病院                  | Yokohama Minami Kyosai Byoin | 782-2101              |                   | ○      |       |
| 六浦東<br>Mutsura<br>higashi   | はらだ<br>原田クリニック                                | Harada Clinic                | 787-0776              |                   |        | ○     |
|                             | むつうらしんりょうじょ<br>六浦診療所                          | Mutsura Shinryojo            | 701-9917              | ○                 |        | ○     |
| 六浦南<br>Mutsura<br>minami    | おおくほいいん<br>大久保医院                              | Okubo Iin                    | 788-6565              |                   |        | ○     |
|                             | すがの内科クリニック<br><small>ないか</small>              | Sugano Naika Clinic          | 788-3636              |                   |        | ○     |
| 谷津町<br>Yazucho              | かたぎり<br>片桐レディースクリニック                          | Katagiri Ladies Clinic       | 780-5513              |                   | ○      | ○     |
|                             | かなざわないか<br>金沢内科クリニック                          | Kanazawa Naika Clinic        | 787-0221              |                   |        | ○     |
|                             | さとういいん<br>佐藤医院                                | Sato Iin                     | 701-9375              | ○                 |        | ○     |
|                             | グッドハートクリニック                                   | Good Heart Clinic            | 788-4970              |                   |        | ○     |
|                             | 横須賀市<br>追浜本町<br>Oppama<br>honcho,<br>Yokosuka | しょうなけんしん<br>湘南健診クリニック        | Shonan Kenshin Clinic | (046)<br>867-2877 | ○      | ○     |

## 5. Welfare Services

### ■ Medical expense subsidies for children

- For children with medical insurance, medical treatment is subsidized prior to their entry into elementary school.
- For children with medical insurance, medical treatment during hospitalization is subsidized from the first day of elementary school until graduation from junior high.
- For children from 1 year and up, there is a limitation on parents' annual income in order to receive subsidies for medical treatment.

Application: 2<sup>nd</sup> floor, counter 11, *Hoken Kyufu Tanto*, Tel. 045-788-7837~7838

### ■ Medical allowances for children

For children having a particularly debilitating disease specially covered by the National Health Insurance, or a disability or babies born weighing under 2500g, medical treatment is subsidized. There are some services you partly pay at your own expense, according to your annual income.

Application: 3<sup>rd</sup> floor, counter 11, *Kodomo Katei Shien Gakari*, Tel 045- 788-7785

### ■ Child allowance

- Eligibility: Any person bringing up children in 6<sup>th</sup> grade of the elementary school or under (until the first Mar. 31 after the child's 12<sup>th</sup> birthday) and under, who meets the conditions related to income.
- Amount of allowance: Child less than 3 years old: ¥10,000 per month  
Child aged 3 and over  
    1<sup>st</sup> and 2<sup>nd</sup> child: ¥ 5,000 per month  
    from 3<sup>rd</sup> child: ¥10,000 per month
- Period of payment: Until first March after the child's 12<sup>th</sup> birthday
- Necessary documents: 1. Your savings account bankbook  
2. Certificate of Alien Registration (Gaikokujin Torokuzumi Shomeisho)  
3. A copy of your health insurance card or certificate of enrollment in employee's pension insurance  
4. Seal (inkan) or signature

(Note) There are some restrictions to receive the allowance, such as the limit of annual income. To receive the allowance you need to apply to the following section.

Application: 3<sup>rd</sup> floor, counter 11, *Kodomo-katei Shien gakari*, Tel. 045-788-7785

### ■ Welfare consultation for women

You can consult about problems like family break-up, needy circumstances, and domestic violence, which is a serious human rights abuse against women.

Inquiries: 3<sup>rd</sup> floor, counter 9, *Kodomo-katei Shien Tanto*, Tel. 045-788-7772

## 6. Holiday/Night Medical Emergencies

### 休日・夜間に急病のとき

|                   | 診療科目・診療時間   | 電話番号・所在地                                      |
|-------------------|---|---|
| 金沢区休日救急診療所        | 【内科・小児科・歯科】<br>日曜・祝日・年末年始(12/30～1/3)<br>10:00～16:00                                     | Tel: 782-8785<br>金沢区金沢町 48                    |
| 横浜市夜間急病センター       | 【内科・小児科】 毎夜間 18:00～0:00   | 中区桜木町 1-1 Tel: 212-3535                       |
|                   | 0:00～翌朝 6:00  | 横浜南共済病院 Tel:782-2101                          |
| 横浜市<br>歯科保健医療センター | 【眼科・耳鼻咽喉科】<br>毎夜間 20:00～24:00   | 中区桜木町 1-1 Tel:212-3535                        |
|                   | 【休日救急診療】<br>日曜・祝日・年末年始(12/29～1/4)<br>10:00～16:00<br>【夜間救急診療】<br>年中無休<br>毎夜間 19:00～23:00 | Tel:201-7737<br>中区相生町 6-107<br>(JR関内または桜木町下車) |
| 横浜市<br>救急医療情報センター | ・急病などで困った時、病院を紹介<br>(日本語のみ)<br>・年中無休、24 時間  | Tel:201-1199                                  |

|   | Available Treatment / Days & Hours<br>Open   | Tel. No. & Address   |
|---|--|--|
| Kanazawa Holiday<br>Emergency Clinic                | <u>Internal Medicine・Pediatrics・Dentistry</u><br>Sundays, national holidays, year-end<br>&<br>New Year holidays (Dec.30–Jan.3)<br>10:00 a.m. –4:00 p.m.  | Tel. 045-782-8785<br>48 Kanazawa-cho,<br>Kanazawa-ku   |
| Yokohama Nighttime<br>Medical Emergency<br>Center   | <u>Internal Medicine・Pediatrics</u><br>Nightly 6:00 p.m.–12:00   | Tel. 045-212-3535<br>1-1 Sakuragi-cho, Naka-ku<br>(JRSakuragi-cho Station)                       |
|   | 0.00 a.m.- 6:00 a.m. (next day)  | Tel. 045-782-2101<br>Yokohama Minami-Kyosai<br>Hospital  |
|   | <u>Ophthalmology (eye)・Ear/Nose/Throat</u><br>Every night 8:00 p.m. – midnight   | Tel. 045-212-3535<br>1-1 Sakuragi-cho, Naka-ku   |
| Yokohama Dental<br>Health and Medical<br>Center     | <u>Emergency Treatment on Holidays</u><br>Sundays, national holidays, year-end<br>&<br>New Year holidays (Dec.29–Jan.4)<br>10:00 a.m. – 4:00 p.m. (reception 9:30<br>–)<br><u>Emergency Treatment at Night</u><br>Every night 7:00 p.m. – 11:00 p.m. | Tel. 045-201-7737<br>6-107, Aioi-cho, Naka-ku<br>(close to JR Kannai or<br>Sakuragi-cho Station) |
| Yokohama Emergency<br>Medical Information<br>Center | Referral to hospital in case of emer-<br>gency (interpretation not available)<br>All year round, 24-hour service   | Tel. 045-201-1199  |