

Public Health and Welfare Services
in Kanazawa-ku,
Yokohama
January to March, 2010

金沢区福祉保健センターのお知らせ
平成22年1月～3月

英語版

Issued and translated by : Kanazawa International Lounge
Volunteer Organization

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Jan. 2010

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

Kanazawa International Lounge (045-786-0531)

2F Seagull Center of the Yokohama City University

(5 min. walk from Kanazawahakkei stn. on the Keikyu Line)

<Open> Tue, Thu to Sun: 9 a.m. to 5 p.m. / Wed: 9 a.m. to 9 p.m.

<Closed> Monday

YOKE Community Lounge Information Corner (045-222-1209)

Yokohama International Organizations Center 5F

(10min.walk from JR Sakuragi-cho stn/

5 min. walk from Minatomirai stn. on the Minatomirai Line)

<Open> Mon. to Fri.: 10:00-11:30 / 12:30-16:30.

4th Sat. of the month: 10:00-12:30

(except national holidays, year-end and new year's holidays)

Issued by: **Kanazawa International Lounge**
Seagull Center of the YCU
Tel: 045-786-0531
<http://www.kanazawalounge.org/>

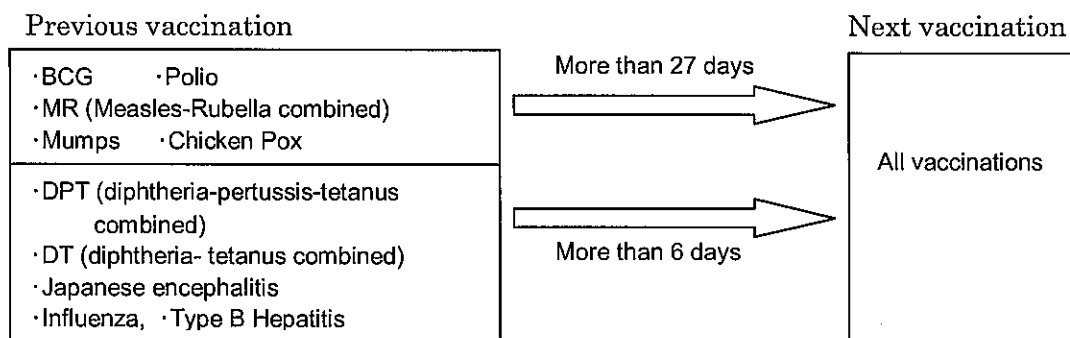
In cooperation with: **Public Health and Welfare Center**
Tel.: 045-788-7878 (general information)

Vaccinations for Infants

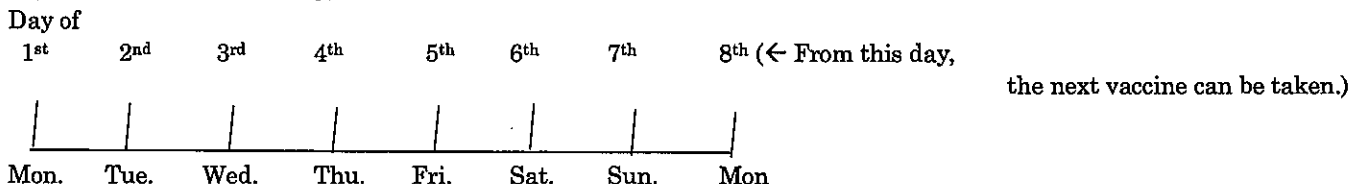
Inquiries: 3rd floor, counter 3, *Kenko-Zukuri Kakari*, Tel. 045-788-7840

- ① Free vaccinations are provided at the Public Health and Welfare Center (see P.3) for polio vaccinations on a group basis, and at cooperating medical institutions (P.5) for other vaccinations on a personal basis.
- ② 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* (questionnaire), please visit with your *boshi techo* (Maternal and child health book) at the Public Health and Welfare Center, counter 11 on the 3rd floor of the Kanazawa ward office so as to receive one.
 - An *English version of Yoshin-hyo* (questionnaire) is available at the Public Health and Welfare Center.
- ③ If your child is sick, vaccination must be put off until a later time. Vaccination must 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 acute rash or other illness with a high fever (within the past 2 weeks).
- ④ 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 1st of a month, the next vaccination day falls on the next Monday, the 8th of the month.



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

Vaccinations available at Medical Institutions

Inquiries: 3rd floor, counter ③ Kenko zukuri kakari Tel: 045-788-7840

Your child can receive free vaccinations against BCG (Bacillus Calmette-Guerin), DPT(Diphtheria, Whooping Cough and Tetanus), DT (diphtheria-tetanus), Measles, Rubella and Japanese Encephalitis at designated hospitals or clinics nearby (See page 5-6). Make sure to confirm details before you visit, and to bring along your *Boshitecho* (Maternal and Child Health book) and *Yoshinhyo* (vaccination coupons). (See page 2-②.)

Age	months			years															
	3	6	9	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Vaccines																			
DPT																			
1 st period		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
booster					■														
DT 2 nd period																			
6 th grade of elementary school																			
Measles/Rubella																			
1 st period							■												
2 nd period																			
3 rd period																			
3 rd grade in junior high school																			
4 th period																			
3 rd grade in junior high school																			
①																			
Japanese encephalitis																			
1 st period																			
booster																			
2 nd period																			
3 rd period																			
4 th grade of elementary school																			
✳️ Polio																			
BCG																			

✳️ Available at Welfare and Health Center

① Standard vaccination ages; the number shows how many times you should take a vaccine..

□ Age groups receiving free vaccinations

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

Cooperating Medical Institution List for Vaccinations and Infant Health Checkups

Area	Cooperating Medical Institution	Tel.	DPT DT	Measles	Rubella	MR	JP Enceph alitis	BCG	Health Checkup
大川 Okawa	かなざわ 金沢あおぞらクリニック	Kanazawa Aozora Clinic	787-3331	●	●	●	●		
	ふじもとしょうに ふじもと小児クリニック	Fujimoto Shoni Clinic	791-7211	●	●	●	●	●	●
釜利谷西 Kamariya nishi	えのもといん 榎本医院	Enomoto Iin	781-3188	●			●		
釜利谷東 Kamariya 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 金沢文庫病院	Kanazawa Bunko Byoin	785-3311	●	●	●	●	●	●
	かわもと 河本クリニック	Kawamoto Clinic	788-6603	●			●		
	あさい 浅井こどもクリニック	Asai Kodomo Clinic	785-1152	●	●	●	●	●	●
	しやじないか 三好内科・呼吸器科クリニック	Sheji Naika/Kokyukika Clinic	790-3220	●	●	●	●		
	てづか てづか耳鼻咽喉科	Tezuka Jibiinkoka	783-8780	●	●	●	●	●	●
柴町 Shibacho	しおりのないか 塩入内科医院	Shioiri Naika Iin	783-2111	●	●	●	●		●
	こたに 小谷クリニック	Kotani Clinic	781-7889	●	●	●	●	●	●
州崎町 Suzakicho	いけがわ いけがわ医院	Ikegawa Iin	782-8235	●	●	●	●	●	●
	おの 小野医院	Ono Iin	701-8771	●					
瀬戸 Seto	すぎもと 杉本クリニック	Sugimoto Clinic	701-9462	●	●	●	●	●	●
	ちばないか 千葉内科・消化器科	Chiba Naika/Shokakika	787-3300	●	●	●	●	●	●
	おざわ 小澤医院	Ozawa Iin	701-9960	●	●	●	●		
大道 Daido	いけがわ 池川クリニック	Ikegawa Clinic	786-1122	●	●	●	●	●	●
泥亀 Deiki	もり 森クリニック	Mori Clinic	785-2235	●	●	●	●	●	●
	たかはしいん 高橋医院	Takahashi Iin	781-9341	●	●	●	●	●	
	もりの 森医院	Mori Iin	785-3337	●			●		
	おかざわ 岡澤クリニック	Okazawa Clinic	785-1555	●	●	●	●	●	●
寺前 Teramae	かわなこどもクリニック	Kawana Kodomo Clinic	350-6277	●	●	●	●	●	●
	おおたいんないか 大田医院内科	Ota Iin Naika	781-7733	●	●	●			
	よこい 横井医院	Yokoi Iin	701-9867	●	●	●	●		
富岡西 Tomioka nishi	つばきがおか 種ヶ丘医院	Tsubakigaoka Iin	771-7613	●	●	●	●		
	みとみ 三富医院	Mitomi Iin	772-3357	●	●	●			
	ふじわらしょうに ふじわら小児科	Fujiwara Shonika	773-6333	●	●	●	●	●	●
	たかさき たかさき内科	Takasaki Naika	773-8001	●	●	●	●	●	
	いしまる 石丸医院	Ishimaru Iin	772-3267	●	●	●	●		●
	せきもと 関本クリニック	Sekimoto Clinic	772-2705					●	
	まつせ 松瀬医院	Matsuse Iin	773-0397	●			●		●
	かげやま 影山医院	Kageyama Iin	774-9389				●		
	とみおかし 富岡西クリニック	Tomiokanishi Clinic	778-2201			●			
	かみおかし 上岡医院	Kamioka Iin	775-3737	●	●	●	●		●
しらishi 白石クリニック	Shiraishi Clinic	774-7725	●	●	●	●			

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

Medical Checkups for Infants

Inquiries: 3rd floor, counter 11, *Kodomo-katei Kakari*, Tel. 045-788-7785

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, 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 Birthday	2009 Aug.	2009. Sep.	2009 Oct.	2009 Nov.
1 st –15 th	Dec. 18	Jun. 26	Feb. 23	Mar. 23
16 th –31 st	Jan. 8	Feb. 9	Mar. 9	

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 B i r t h d a y	2008 Jun.	2008 Jan.	2008 Aug.	2008 Sep.
1 st –15 th	Dec. 15	Jan. 19	Feb. 16	Mar. 16
16 th –31 st	Jan. 12	Feb. 2	Mar. 2	-

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 B i r t h d a y	2006 Dec.	2007 Jan.	2007 Feb.	2007 Mar.
1 st –15 th	Dec. 16	Jan. 27	Feb. 24	Mar. 24
16 th –31 st	Jan. 13	Feb. 10	Mar. 10	-

Health Consultation for Mother and Child

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

Health consultation for women

- Time: Mondays 9:00-10:30 a.m. ■ Place: Public Health and Welfare Center (4F).
- 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 ■ Place: Public Health and Welfare Center (4F).
- Services: Advice on breast-feeding, weaning, childcare, and other.

Jan.	Feb.	Mar.
6 (Wed) 25 (Mon)	8 (Mon) 22 (Mon)	8 (Mon) 15 (Mon)

Health consultation for expectant and nursing mothers

- Hours: 9:00-10:00 a.m. ■ Place: Public Health and Welfare Center (4F). ■ Services: Medical checkups, advice on health and diet. ■ Bring *boshi techō* (*Maternal and child health book*).

Jan.	Feb.	Mar.
13, 27 (Wed)	10, 24 (Wed)	10, 24 (Wed)

Classes for Future Parents (Appointment needed: Tel. 045-788-7786)

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: Public Health and Welfare Center. (4F)

Class	Jan.	Feb.	Mar.	Topics
1	7 (Thu.)	5 (Fri.)	5 (Fri.)	Health care during pregnancy, breast massage & nipple manipulation
2	15 (Fri.)	12 (Fri.)	12 (Fri.)	Nutrition during pregnancy, maternity exercises, breathing while in labor
3	22 (Fri.)	19 (Fri.)	19 (Fri.)	Preparations for labor and delivery, daily life after childbirth
4	30 (Sat.)	26 (Fri.)	27 (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 upon sending in the Birth Notification Card.

Home-Visit Service: If necessary, 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.

Cancer Screening Test

Inquiries: 3rd 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.

(Appointment needed: Tel. 045-788-7840).

	Date		Reception hours & place
	Stomach Cancer ■ For people aged 40 and over ■ Fee is ¥1,570	Dec.	24 (Thu.)
Jan.		14 (Thu.)	- Kanazawa Ward Office, 4th floor
Feb.		18 (Thu.)	- Appointment needed.
Mar.		11 (Thu.)	- Checkup with Barium
			* Do not eat or drink after 8 p.m. the previous day.
Lung Cancer ■ For people aged 40 and over ■ Fees: ¥680 (X-ray only) ¥1,350 (X-ray and sputum tests)	Dec.	10 (Thu.)	- 9:00-9:45 a.m.
	Jan.	14 (Thu.)	- Kanazawa Ward Office, 4th floor
	Feb.	18 (Thu.)	- Appointment needed
	Mar.	11 (Thu.)	- Take sputa for 3 days at home and send them by mail.
			The postage is 140 yen at your own expenses.

Note 1: People aged 65 and over are free. Please bring ID for verification.

Note 2: You can take Stomach and Lung Cancer Screening Test on the same day in Jan., Feb., and Mar.

(2) Personal Cancer Screening Test

(Offered by cooperating medical institutions listed on next page.)

		Services	Fees	Contents
Stomach Cancer	For people aged 40 and over	Once a year	¥3,140	X-ray with Barium
Uterine Cancer	For women aged 20 and over	Once in two years	¥1,380 ¥2,620	Cytodiagnosis
Breast Cancer	For women aged 40 and over	Once in two years	¥1,370	Palpation Mammography
Cancer of the large intestine	For people aged 30 and over	Once a year	¥600	The check up for Occult blood
Prostate Cancer	For men aged 50 and over	Once a year	¥1,000	A blood test
			Inquiries: Kenkoh Fukushi kyoku Hoken Jigyouka, Tel. 045-671-2453	

(3) Free Screening Test for Cervical Canal and Breast Cancer

(Offered until March 31, 2010)

The exams for cancers specific to women are offered for free. Municipal government conducts the exams for women of the ages listed bellow:

Cervical canal . . . Age: 20 / 25 / 30 / 35 / 40

Breast cancer . . . Age: 40 / 45 / 50 / 55 / 60

Cooperating Medical Institution List for Cancer Screening Test

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

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

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 in a hospital is subsidized from the first day of elementary school until graduation from Junior high.
- For children from 1 year up, there is a limitation on parents' annual income in order to receive subsidies for medical treatment.

Application: 2nd floor, counter 11, *Hoken Kyufu Tanto*, Tel. 045-788-7837

■ Medical allowances for children

For children having a particularly debilitating disease specially covered by the National Health Insurance, or a handicap 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: 3rd floor, counter 11, *Kodomo Katei Shien Gakari*, Tel 045- 788-7785

■ Child allowance

- Eligibility: Any person bringing up children in 6th grade of the elementary school or under (until the first Mar. 31 after the child's 12th 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
1st and 2nd child: ¥ 5,000 per month
from 3rd child: ¥10,000 per month
- Period of payment: Until first March after the child's 12th birthday
- Necessary documents: 1. Your savings account bankbook
2. Proof of Residence Registration (Gaikokujin Torokuzumi Shomeisho)
3. 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: 3rd 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: 3rd floor, counter 9, *Kodomo-katei Shien Tanto*, Tel. 045-788-7772

Holiday/Night Medical Emergencies

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