

Mother and Child Health Record Book

If you think you are pregnant, please get a check-up at a hospital as soon as possible and receive a Mother and Child Health Record Book “*Boshi Kenkou Techou*” issued at a your closest health center.

This handbook is used to record the health of the baby / infant, mother during / after time of pregnancy, and information concerning health and childcare.

- **Places that issue handbooks:** Various Health Centers (below)
 - **Reception hours:** 8:30~17:15
(Excluding weekends, public holidays, and year-end and new year holidays)
 - **Eligible persons:** Residents registered with Ota City (submitted “*Jyumin Touroku*”)
 - **Items to bring:** Notification of Pregnancy “*Ninshin Todokedesho*”
- ※ Residents of foreign nationality are required to bring their Resident “*Zairyu*” Card or Special Permanent Resident Certificate.

Contact Information:

■ Ota-shi Health Center “*Ota-Shi Hoken Center*”

Tel: 0276-46-5115

(Regarding Maternal and Child Health, Tel. 0276-61-3001)

■ Nitta Health Center “*Nitta Hoken Center*”

Tel: 0276-57-2651

■ Yabuzukahonmachi Health Center

“*Yabuzukahonmachi Hoken Center*”

Tel: **0277-20-4400**