2018 Fiscal Year (Heisei 30) (April 1, 2018 ~ March 31, 2019)

# Health Calendar (for Mothers and Children) 平成30年度太田市健康カレンダー(母子の健康)・英語版

# When Receiving a Vaccination!

- Please thoroughly read Our Children's Health and Vaccination Form or the back of vaccination forms.
- Have your child's vaccination administered when he/she is in good health.
- The quardian (mother or father) should accompany the child for vaccinations. A letter of proxy/power of attorney "ininjou" is needed in the case someone else brings the child.
- Preventive vaccinations are administered at your primary care facilities. (Visit the Ota City homepage, etc. for information on medical facilities that administer vaccinations)
- Please bring the medical vaccination form (Yobou Sesshu Yoshinhyou) and your Maternity & Child Health Record Book "Boshi Kenkou Techou."
- A barcode (sticker or print) that shows the individual's "personal code" is required along with the medical vaccination form.
- If you do not have a medical vaccination form, please contact your nearest health hoken center.
- For those using medical facilities outside of our network, an application must be filled out beforehand. For questions, please contact a medical facility or health hoken center.

★Preventive vaccination methods and medical vaccination forms may change in the case there are revisions to the Preventive Vaccination Law. Please make sure to check for such changes on the Kouhou Ota or Ota City homepage for further notices.

#### Intervals between Vaccinations when Receiving Different Types Leave at least 27 days open Live Vaccines in between **Live Vaccine** Measles-Rubella Combined (MR), BCG. Measles. Rubella. Varicella Inactivated [Inactivated Vaccinations] Diphtheria-Tetanus Combined (DT), Japanese Leave at least 6 days open in between Encephalitis (JE), Haemophilis Influenza Type B **Live Vaccine** (Hib), Pediatric Pneumococcus, Inactive Polio Vaccine (IPV), Quadruple Vaccine (DPT-IPV), Human Papillomavirus (HPV), Hepatitis Type B Inactivated

### **Preventive Vaccinations for Infants and Toddlers**

The highlighted portions / Indicate the eligible age groups for children. Please consider your child's health and of any illnesses spreading when coming in for your child's vaccination. Please consult with your primary care physician for scheduling appointments, and on details concerning which order your child should take each vaccination.

Preventive Vaccination	Method of Vaccina	ition	2 months	3 months	5 months	8 months	1 year	o years	4 years	6 years	7 years	9 years 8 years	10 years	12 years	14 years	15 years	17 years	18 years	20 years
Influenza Type B (Hib)	Detween the Booster dose: 1 dose; wait at least 7 months after havin  ★ A booster shot will be administered 27 days after old and did not complete the initial dose  ※ 20 days or more if deemed necessary by a doctor	ng the 3 <sup>rd</sup> vaccination			3 doses			Boo do	ster										
the child started	between the Booster dose: 1 dose; wait at least 7 months after havin  ★ A booster shot will be administered 27 days after old and did not complete the initial dose.  ※ 20 days or more if deemed necessary by a doctor	ng the 2 <sup>nd</sup> vaccination				2 doses		Boo											
vaccinations	In between the ages of 1 to 4 years old Complete	te after 1 dose						1 de	se										
Pediatric Pneumococcus   Doses will vary	In between the ages of 2 to 6 months old  Initial dose (first time): 3 total doses (until tuming 1) Booster dose: receive 1 dose in between the ages more in between after your 3 <sup>rd</sup> vaccination  ★ 2 <sup>rd</sup> and 3 <sup>rd</sup> doses for the initial dose wil old (booster dose may be administered)  ★ If the 2 <sup>rd</sup> dose for the initial dose was administered administered (booster doses may be administered	of 1 year ~ 1 year and 3 months; leave 60 days or ll not be administered for children over 2 years d to children over 1 year old, the 3 <sup>rd</sup> dose will not be led)			3 doses			Boo do											
based on when the child started receiving vaccinations	In between the ages of 7 to 11 months old Initial dose (first time): 2 total doses (until turning 1 year of the initial dose (first time): 2 total doses (until turning 1 year of the initial dose (first time): 2 total dose (until turning 1 year of the initial dose (first time): 2 total dose (until turning 1 year of the initial dose (first time): 2 total doses (until turning 1 year of the initial dose (first time): 2 total doses (until turning 1 year of the initial dose (first time): 2 total doses (until turning 1 year of the initial dose (first time): 2 total doses (until turning 1 year of the initial dose (first time): 2 total doses (until turning 1 year of the initial dose): 4 total doses (until turning 1 year of the initial dose): 4 total dose (first time): 2 total doses (until turning 1 year of the initial dose): 4 total dose (first time): 4	old; leave 60 days or more in between after your 2 <sup>nd</sup>				2 doses	•	Boo											
vaccii ialioi is	Must be 1 year of age 2 doses;	leave 60 days or more in between doses				2 doses	+		·										
	In between the ages of 2 to 4 years old Complete	te after 1 dose			-			1	dose										
Hepatitis Type B	Infants that have not reached 1 year of age are eligible (the standard vaccination age in between the first 2 doses, and 139 days or more after the first dose for the third dos			3	3 dose														
BCG	Infants that have not reached 1 year of age are eligible (the standard vacc	cination age is 5 ~ 7 months old); 1 dose		T	1 dose														

Preventive Vaccination	Method of Vaccination	2 months	3 months	5 months	8 months	1 year	3 years 2 years	4 years	6 years	7 years	9 years 8 years	11 years 10 years	12 years	14 years	15 years	17 years	19 years	20 years
DPT-IPV Quadruple Vaccine (Diphtheria, pertussis, tetanus and inactivated polio vaccine), 1st Cycle			*	<b>3</b> d	loses	Booste	r dose											
Inactivated Polio Vaccine (IPV)	Age Group: infants between 3 to 89 months.  Receive 3 doses (leave 20 to 56 days in between) and 1 booster dose one year after the first 3 doses (Warning) Not required if he/she has received the DPT-IPV Quadruple Vaccine			<b>3</b> d	loses	Booste	r dose											
Measles-Rubella Combined (MR), 1st Cycle	Age Group: infants between 12 and 23 months Number of Doses: 1					1 do	se											
Varicella (Chicken pox)	Age Group: infants between 12 and 35 months; receive 2 doses (leave 3 or more months in between)					2 0	loses	$\perp$		$\perp$								
Japanese Encephalitis, 1st Cycle	Age Group: kids between 6 to 89 months (standard vaccination age is $3 \sim 4$ years old); receive 2 doses (leave 6 to 28 days in between) and 1 dose one year after the first 2 doses.						2 do	Boo	ster de	ose						Encept	nalitis	
Measles-Rubella Combined (MR), 2 <sup>nd</sup> Cycle	Age Group: 1 year before their first year of elementary school (born between 4/2/2012 ~ 4/1/2013) Number of Doses: 1							1	dose	•	Relie	ef Sys	tem b	elow a	as wel			

The highlighted / portions indicate the vaccination period stipulated in the Preventive Vaccination Law. Please try and have your child's vaccination administered during the highlighted portions as much as possible.

# Preventive Vaccinations for small children (students)

The highlighted portions / indicate the eligible age groups for children. Please consider your child's health and of any illnesses spreading when coming in for your child's vaccination. Please consult with your primary care physician for scheduling appointments, and on details concerning which order your child should take each vaccination.

Preventive Vaccination	Method of Vaccination	2 months	3 months	5 months		1 year	2 years	4 years	5 years	/ years 6 vears	8 years	9 years	10 years	12 years	13 years	15 years	16 years	18 years	19 years	20 years
Japanese Encephalitis 2 <sup>nd</sup> Cycle	Age Group: kids between 9 and 12 years of age Number of Doses: 1												dose							
Diphtheria-Tetanus Combined (DT), 2 <sup>nd</sup> Cycle	Age Group: kids between 11 and 12 years of age Number of Doses: 1 (the standard vaccination age is for kids in 6 <sup>th</sup> grade)													1 do	se					
Human Papillomavirus (Vaccine for Uterine Cervical Cancer)	Age Group: female students in their 1st year of junior high to 1st year of high school in 2018 FY  Vaccination periods will differ based on the type of vaccine  ① Cervix: 3 total doses – wait 1 month after the 1st dose; 3rd dose taken 6 months after the 1st dose ② Gardasil: 3 total doses – wait 2 months after the 1st dose; 3rd dose taken 6 months after the 1st dose	en	ncoura	gemer	t national p nt. We will o shown.										3 d	oses	7			
Japanese Encephalitis Relief System	Japanese Relief System 1st cycle ①  Age Group: individuals under 20 years old born between 4/2/1995 ~ 4/1/2007 who have not completed the 1st cycle ★ administer the remaining doses left out of the 3 doses from the 1st cycle, leaving 6 or more days in between each dose (if you have not received any yet leave 6 months in between the 2nd and 3nd dose)																			
*This relief system is for individuals who missed their vaccinations due to suspended	Japanese Relief System 1st Cycle ②  Age Group: individuals 9 to 12 years old born between 4/2/2007 ~ 10/1/2009 who have not completed the 1st cycle ★ administer the remaining doses left out of the 3 doses from the 1st cycle, leaving 6 or more days in between each dose (if you have not received any yet leave 6 months in between the 2nd and 3nd dose)																			
vaccination recommendations	Japanese Relief System 2 <sup>nd</sup> Cycle  Age Group: individuals 13 to 19 years old born between 4/2/1995 ~ 4/1/2007 who have completed the 1 <sup>st</sup> cycle  Number of Doses: 1  The president in the Preventive Vaccination Law Please to and have your child's vaccination administrated during																			

The highlighted 📕 / 📕 portions indicate the vaccination period stipulated in the Preventive Vaccination Law. Please try and have your child's vaccination administered during the 📕 highlighted portions as much as possible.

- ★ If you are not able to receive vaccinations within the specified inoculation periods, please have them administered as soon as your circumstances allow. ★The sale of DPT (Diphtheria, Pertussis, and Tetanus) vaccinations have concluded; for those in the middle of their DPT vaccinations, please consult your primary care physician. ★When receiving the Measles-Rubella Combined (MR) vaccination, you may choose either receiving a Measles-only or Rubella-only vaccination instead.
- ★ The maximum age indicated in each age group refers to the last day before their next birthday (e.g. 9 to 12 years old = up until the day before their 13th birthday) ★ Please note, vaccinations administered outside of their inoculation period (without a justifiable reason) will not be covered by public funds to help with expenses.

  ★ There may be changes to the vaccination forms or vaccination methods in the case there are revisions to the Preventive Vaccination Law. Please make sure to check for such changes at the Kouhou Ota (Ota public information paper) or Ota City homepage for notices.

#### Rubella Vaccination Subsidy for Adults

Eligible Persons: individuals who have an address registered in Ota on the day of vaccination and apply to all of the following below.

Ladies who are having or planning to have a baby (or their husband/partner)

- Husband/partner of pregnant woman

However, the following individuals below do not apply

- Those who have clearly caught rubella in the past Those that have already had 2 doses of the rubella vaccination women who are pregnant or possibly pregnant
- ♦ Subsidy Duration: April 1st 2018 ~ March 31st 2019
  ♦ Subsidy Amount: Rubella vaccination 3000 yen; Measles-Rubella Combine (MR) 5,000 yen
- Payment Responsibility: difference between the vaccination price (set at medical facility) and subsidy amount received
- Method of Vaccination: apply at a health hoken center beforehand; bring your Ota Rubella Vaccination Coupon (Adult) to your medical facility
- Facilities Conducted at: designated medical facilities within Ota (those vaccinating outside need to consult with a health hoken center beforehand)

#### Maternity & Child Health Record Book (Boshi Kenkou Techou) Issuance

If you notice you are pregnant, you should visit a medical facility promptly in order to receive your Maternal & Child Health Record Book and checkup to ensure a safe, healthy pregnancy and delivery.

Location: any health hoken center (closed on Sat., Sun., holidays, Year-End & New Year holidays)

Day & time: weekdays from 8:30am ~ 5:15pm

Content: Maternal & Child Health Record Book and Pregnancy Health Checkup Medical Questionnaire "Ninpu Kenkou Shinsa Jushinhyou", health consultations for pregnant women, and a medical ticket for a hearing test for newborns.

Things to bring: Pregnancy Notification "Ninshin Todokedesho," Individual Number Notification Card, and I.D. (driver's license, Resident "Zairyu" Card, etc.)

### Baby Home Visit (The public health nurse in charge of your region will contact you to schedule a visit.)

- Content: a public health nurse will explain the infant health program and exams, preventive vaccinations, child-rearing, etc.
- Eligibility: families with a baby that have an Ota City address.

# 4-month-old Infant Health Examinations (A Health Examination Guide will be sent before medical checkups.)

Reception hours: 1:00PM ~ 2:00PM

Treception flours: 1.001 W 2.00						
Location	Apr. 2018	May	Jun.	Jul.	Aug.	Sept.
	24 Tues.	29 Tues.	26 Tues.	24 Tues.	28 Tues.	26 Wed.
Ota-Shi Hoken Center	25 Wed.	30 Wed.	27 Wed.	25 Wed.	29 Wed.	27 Thurs.
	27 Fri.	31 Thurs.	29 Fri.	26 Thurs.	31 Fri.	28 Fri.
Ojima Hoken Center	26 Thurs.	29 Tues.	29 Fri.	31 Tues.	23 Thurs.	27 Thurs.
Nitta Hoken Center	24 Tues.	25 Fri.	22 Fri.	27 Fri.	24 Fri.	21 Fri.
Yabuzukahonmachi Hoken Center	19 Thurs.	31 Thurs.	28 Thurs.	19 Thurs.	30 Thurs.	20 Thurs.
Infants born in:	Dec.2017	Jan. 2018	Feb. 2018	Mar. 2018	Apr. 2018	May 2018
manto bom m.	D00:2017	00111 2010	1 00. 2010	= 0 . 0	7 (01) 2010	111ay 2010
Location	Oct.	Nov.	Dec.	Jan.2019	Feb.	Mar.
	Oct.	Nov.	Dec.	Jan.2019	Feb.	Mar.
Location	Oct. 23 Tues.	Nov. 27 Tues.	Dec. 18 Tues.	Jan.2019 29 Tues.	Feb. 26 Tues.	Mar. 19 Tues.
Location	Oct. 23 Tues. 24 Wed.	Nov. 27 Tues. 28 Wed.	Dec. 18 Tues. 19 Wed.	Jan.2019 29 Tues. 30 Wed.	Feb. 26 Tues. 27 Wed.	Mar. 19 Tues. 20 Wed.
Location Ota-Shi Hoken Center	Oct. 23 Tues. 24 Wed. 26 Fri. 31 Wed. 24 Wed.	Nov. 27 Tues. 28 Wed. 29 Thurs. 30 Fri. 27 Tues.	Dec. 18 Tues. 19 Wed. 21 Fri.	Jan.2019 29 Tues. 30 Wed. 31 Thurs.	Feb. 26 Tues. 27 Wed. 28 Thurs.	Mar. 19 Tues. 20 Wed. 22 Fri.
Location Ota-Shi Hoken Center Ojima Hoken Center	Oct. 23 Tues. 24 Wed. 26 Fri. 31 Wed.	Nov. 27 Tues. 28 Wed. 29 Thurs. 30 Fri.	Dec. 18 Tues. 19 Wed. 21 Fri. 19 Wed.	Jan.2019 29 Tues. 30 Wed. 31 Thurs. 24 Thurs.	Feb. 26 Tues. 27 Wed. 28 Thurs.	Mar. 19 Tues. 20 Wed. 22 Fri. 20 Wed.

### 7-month-old Infant "Hapimogu" Class (The application will be handed during the 4 months old medical checkup)

 ■ Reception hours: 9:30AM~10:00AM • Content: weaning food, prepare and practice tooth-brushing, and a child-rearing consultation.

• Things to bring: Maternity & Child Health Record Book "Boshi Kenkou Techo" and application form.										
Location	Apr. 2018	May	Jun.	Jul.	Aug.	Sept.				
Ota-Shi Hoken Center	20 Fri.	25 Fri.	1 Fri.	23 Mon.	24 Fri.	18 Tues.				
Ota-Stil Hokeli Celitei	23 Mon.	29 Tues.	4 Mon.	24 Tues.	28 Tues.	28 Fri.				
Ojima Hoken Center	9 Mon.	_	_	27 Fri.	_	_				
Nitta Hoken Center	_	21 Mon.	<b>–</b> .	_	23 Thurs.	_				
Yabuzukahonmachi Hoken Center	_	_	22 Fri.	_	_	6 Thurs.				
Infants born in	Sept. 2017	Oct. 2017	Nov. 2017	Dec. 2017	Jan. 2018	Feb. 2018				
			_							
Location	Oct.	Nov.	Dec.	Jan. 2019	Feb.	Mar.				
	Oct. 1 Mon.	Nov. 5 Mon.	Dec. 14 Fri.	Jan. 2019 11 Fri.	Feb. 1 Fri.	15 Fri.				
Location Ota Hoken Center						_				
	1 Mon.	5 Mon.	14 Fri.	11 Fri.	1 Fri.	15 Fri.				
Ota Hoken Center	1 Mon. 2 Tues.	5 Mon.	14 Fri.	11 Fri. 15 Tues.	1 Fri.	15 Fri.				
Ota Hoken Center Ojima Hoken Center	1 Mon. 2 Tues.	5 Mon. 19 Mon. —	14 Fri.	11 Fri. 15 Tues.	1 Fri. 4 Mon. —	15 Fri.				

### 10-month-old Infant Health Examinations (The Health Examination Guide will be sent before the medical checkup.)

The examination will be conduct at a medical facility within the city.

A Health Examination Guide will be sent at the beginning of the month your child turns 10 months old.

# **Ota Childcare General Suport Center**

#### Opens April 2018

We will be support you throughout your pregnancy and childcare responsibilities. Please feel free to come consult us about your health during pregnancy and concerns/worries with raising your child.

# **Pregnancy Seminars**

- Eligible Persons: expecting mothers residing in Ota (husbands may attend as well)
- Application: please apply at your desired location (40 people Maximum)
- \* 1 time per person for any seminar.
- \* Attendance is possible in other months if you are not feeling well in the month specified.

#### **Food Seminars**

(A nutritionist will go over proper eating habits during and after pregnancy, as well as infant nutrition)

- Reception hours: 1:00PM ~1:30PM (ends at 3:00PM)
- Things to bring: Maternity and Child Health Record Book (Boshi Kenkou Techo), writing utensils

Date	May 10 Thurs.	Jul. 3 Tues.	Sept. 3 Mon.
Hoken Center Location	Ojima	Ojima	Ojima
Woman's Expected Due Date	Sept. / Oct.	Nov. / Dec.	Jan. / Feb.
Accepting Applications From	Apr. 26 Thurs.~	Jun. 20 Wed.~	Aug. 20 Mon.~
Date	Nov. 9 Fri.	Jan. 8 Tues.	Mar. 6 Wed.
Date Hoken Center location	Nov. 9 Fri. Ojima	<b>Jan. 8 Tues</b> . Ojima	Mar. 6 Wed. Ojima
2610			

#### **Dental Seminars**

(A dentist will talk about the expecting mother and child's teeth; a hygienist will go over brushing)

- Reception hours: 1:00PM~1:30PM (ends at 3:00PM)
- Things to Bring: Maternity and Child Health Record Book (Boshi Kenkou Techo), writing utensils

Date	Jun. 21 Thurs.	<b>Sept. 28</b> Fri.	Dec. 20 Thurs.	Mar. 14 Thurs.
Hoken Center's location	Ojima	Ojima	Ojima	Ojima
Woman's Expected Due Date	Sept. / Oct. / Nov.	Dec. / Jan. / Feb.	Mar. / Apr./ May	Jun. /Jul. / Aug.
Accepting Applications From	Jun. 7 Thurs ~	Sep. 14 Fri.~	Dec. 6 Thurs.~	Mar. 1 Fri.~

### **Maternity Seminars** (A maternity nurse will go over child labor and breastfeeding)

• Reception hours: 1:00PM~1:30PM (ends at 3:45PM) • Things to bring: Maternity and Child Health Record Book "Boshi Kenkou Techo." writing utensils, bath towel (dress in comfortable clothes)

Date	Apr. 13 Fri.	May 14 Mon.	Jun. 14 Thurs.	Jul. 30 Mon.
Hoken Center's location	Ota-Shi	Yabuzukahonmachi	Nitta	Ota-Shi
Woman's Expected Due Date	June	July	August	September
Accepting Applications From	Apr. 2 Mon. ~	<b>Apr. 27</b> Fri. ~	May 31 Thurs. ~	<b>Jul. 17</b> Tues. ~
Date	Aug. 10 Fri.	Sept. 11 Tues.	Oct. 2 Tues.	Nov. 6 Tues.
Hoken Center's location	Nitta	Yabuzukahonmachi	Ota-Shi	Nitta
Woman's Expected Due Date	October	November	December	January
Accepting Applications From	Jul. 30 Mon. ~	<b>Aug. 29</b> Wed. ~	Sept. 18 Tues. ~	Oct. 24 Wed.~
Date	Dec. 6 Thurs.	Jan. 15 Tues.	Feb. 5 Tues.	Mar. 1 Fri.
Hoken Center's location	Yabuzukahonmachi	Ota-Shi	Nitta	Yabuzukahonmachi
Woman's Expected Due Date	February	March	April	May
Accepting Applications From	Nov. 22 Thurs. ~	<b>Dec. 25</b> Tues. ~	<b>Jan. 22</b> Tues. ~	Feb. 15 Fri. ~

# 1-year-and-6 month-old (18-month-old) Health Examinations

■ Reception hours: 1:00PM ~ 2:00PM

Location	Apr. 2018	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan. 2019	Feb.	Mar.
Ota-Shi Hoken	4 Wed.	<b>22</b> Tues.	<b>19</b> Tues.	18 Wed.	<b>21</b> Tues.	18 Tues.	<b>16</b> Tues.	<b>20</b> Tues.	11 Tues.	<b>22</b> Tues.	<b>19</b> Tues.	<b>12</b> Tues.
Center	5 Thurs.	23 Wed.	<b>20</b> Wed.	<b>19</b> Thurs.	<b>22</b> Wed.	<b>19</b> Wed.	17 Wed.	<b>21</b> Wed.	<b>12</b> Wed.	23 Wed.	<b>20</b> Wed.	13 Wed.
Certier	6 Fri.	24 Thurs.	<b>21</b> Thurs.	<b>20</b> Fri.	23 Thurs	<b>20</b> Thurs.	18 Thurs.	<b>22</b> Thurs.	13 Thurs.	<b>24</b> Thurs.	<b>22</b> Fri.	14 Thurs.
Ojima Hoken Center	23 Mon.	<b>16</b> Wed.	<b>12</b> Tues.	23 Mon.	7 Tues.	4 Tues.	<b>15</b> Mon.	<b>19</b> Mon.	13 Thurs.	<b>22</b> Tues.	5 Tues.	<b>11</b> Mon.
Nitta Hoken Center	<b>10</b> Tues.	<b>15</b> Tues.	5 Tues.	11 Wed.	1 Wed.	<b>10</b> Mon.	<b>22</b> Mon.	13 Tues.	17 Mon.	<b>15</b> Tues.	13 Wed.	8 Fri.
Yabuzukahonmachi Hoken Center	<b>17</b> Tues.	<b>18</b> Fri.	<b>15</b> Fri.	<b>24</b> Tues.	<b>10</b> Fri.	14 Fri.	<b>23</b> Tues.	<b>20</b> Tues.	<b>14</b> Fri.	<b>25</b> Fri.	<b>22</b> Fri.	<b>15</b> Fri.
Children born in	Sept. 2016	Oct. 2016	Nov. 2016	Dec. 2016	Jan. 2017	Feb. 2017	Mar. 2017	Apr. 2017	May 2017	Jun. 2017	Jul. 2017	Aug. 2017

# 2-year-old Dental Examinations (The Health Examination Guide will be sent before the medical checkup.)

Reception hours: 9:30AM ~ 10:15AM

Location	Apr. 2018	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan. 2019	Feb.	Mar.
	<b>10</b> Tues.	<b>15</b> Tues.	<b>12</b> Tues.	9 Mon.	7 Tues.	11 Tues.	10 Wed.	<b>13</b> Tues.	6 Thurs.	<b>16</b> Wed.	13 Wed.	7 Thurs.
Ota-Shi Hoken	11 Wed.	16 Wed.	13 Wed.	<b>10</b> Tues.	8 Wed.	12 Wed.	11 Thurs.	14 Wed.	7 Fri.	<b>17</b> Thurs.	14 Thurs.	8 Fri.
Center	12 Thurs.	<b>17</b> Thurs.	14 Thurs.	12 Thurs	9 Thurs.	13 Thurs.	<b>12</b> Fri.	<b>15</b> Thurs.	1 <b>0</b> Mon.	<b>18</b> Fri.	<b>15</b> Fri.	<b>11</b> Mon.
Nitta Hoken Center	-	<b>9</b> Wed.	_	4 Wed.	-	5 Wed.	-	<b>29</b> Thurs.	-	<b>9</b> Wed.	_	<b>12</b> Tues.
Yabuzukahonmachi Hoken Center	<b>25</b> Wed.	-	<b>27</b> Wed.	ı	<b>21</b> Tues.	-	<b>30</b> Tues.	-	<b>18</b> Tues.	-	<b>27</b> Wed.	-
Children ham in	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.
Children bom in	2016	2016	2016	2016	2016	2016	2016	2016	2016	2016	2016	2016

# 3-year-old Health Examinations (The Health Examination Guide will be sent before the medical checkup.)

Reception hours: 1:00PM ~ 2:00PM

Location	Apr. 2018	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.2019	Feb.	Mar.
Ota-Shi Hoken	<b>17</b> Tues.	8 Tues.	4 Mon.	4 Wed.	1 Wed.	5 Wed.	3 Wed.	6 Tues.	4 Tues.	8 Tues.	5 Tues.	5 Tues.
	18 Wed.	9 Wed.	6 Wed.	5 Thurs.	2 Thurs.	6 Thurs.	4 Thurs.	7 Wed.	5 Wed.	9 Wed.	6 Wed.	6 Wed.
Center	19 Thurs.	10 Thurs.	7 Thurs.	6 Fri.	3 Fri.	<b>7</b> Fri.	<b>5</b> Fri.	8 Thurs.	6 Thurs.	10 Thurs.	7 Thurs.	7 Thurs.
Ojima Hoken Center	18 Wed.	<b>17</b> Thurs.	<b>25</b> Mon.	<b>18</b> Wed.	2 Thurs.	<b>11</b> Tues.	18 Thurs.	<b>21</b> Wed.	<b>10</b> Mon.	16 Wed.	<b>1</b> Fri.	13 Wed.
Nitta Hoken Center	<b>13</b> Fri.	<b>11</b> Fri.	<b>1</b> Fri.	<b>17</b> Tues.	<b>20</b> Mon.	<b>12</b> Wed.	<b>19</b> Fri.	<b>16</b> Fri.	<b>7</b> Fri.	<b>11</b> Fri.	<b>15</b> Fri.	4 Mon.
Yabuzukahonmachi Hoken Center	12 Thurs.	8 Tues.	8 Fri.	<b>13</b> Fri.	3 Fri.	13 Thurs.	2 Tues.	<b>9</b> Fri.	4Tues.	<b>18</b> Fri.	8 Fri.	5 Tues.
Children born in	Nov. 2014	Dec. 2014	Jan. 2015	Feb. 2015	Mar. 2015	Apr. 2015	May 2015	Jun. 2015	Jul. 2015	Aug. 2015	Sept. 2015	Oct. 2015

# Child-Rearing Consultation (Please come to the facility directly.)

- Reception hours: 9:30am ~ 10:30am
   Content: child-rearing and dental consultation, nutrition consultation, physical measurements
- Subjects: children who are 6 years old or younger

Things to bring: Matemity & Child Health Record Book "Boshi Kenkou Techo" and bath towel

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Location	Apr. 2018	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.2019	Feb.	Mar.
Ota-Shi Hoken Center	<b>26</b> Thurs.	<b>14</b> Mon.	<b>26</b> Tues.	<b>31</b> Tues.	<b>17</b> Fri.	<b>14</b> Fri.	<b>29</b> Mon.	<b>16</b> Fri.	<b>25</b> Tues.	<b>28</b> Mon.	<b>25</b> Mon.	<b>25</b> Mon.
Ojima Hoken Center	<b>27</b> Fri.	<b>30</b> Wed.	<b>28</b> Thurs.	<b>30</b> Mon.	<b>29</b> Wed.	<b>26</b> Wed.	<b>26</b> Fri.	28 Wed.	3 Mon.	<b>30</b> Wed.	<b>26</b> Tues.	<b>18</b> Mon.
Nitta Hoken Center	<b>18</b> Wed.	<b>18</b> Fri.	8 Fri.	2 Mon.	<b>22</b> Wed.	4 Tues.	<b>16</b> Tues.	<b>20</b> Tues.	13 Thurs.	<b>21</b> Mon.	<b>19</b> Tues.	1 Fri.
Yabuzukahon machi Hoken Center	<b>16</b> Mon.	<b>21</b> Mon.	<b>18</b> Mon.	<b>17</b> Tues.	<b>20</b> Mon.	<b>25</b> Tues.	<b>31</b> Wed.	<b>26</b> Mon.	<b>11</b> Fri.	<b>29</b> Tues.	<b>12</b> Tues.	4 Mon.

# Baby Seminars (Discussions regarding the development of babies and child-rearing)

• Reception Hours: 9:00am ~ 9:30am (11am closed); please bring Maternity & Child Health Record Book and a writing utensil.

Consultation Date	Apr. 23 Mon.	June 11 Mon.	Aug. 6 Mon.	Oct. 1 Mon.	Dec. 3 Mon	Feb. 4 Mon
Hoken Center Location	Nitta	Yabuzuka honmachi	Nitta	Yabuzuka honmachi	Nitta	Yabuzuka honmachi
Target Group	Mothers expecting in July / Aug.	Mothers expecting in Sept./ Oct.	Mothers expecting in Nov. / Dec.	Mothers expecting in Jan. / Feb.	Mothers expecting in Mar. / Apr.	Mothers expecting in May / Jun.
Accepting Applications from	Apr. 9 Mon. ~	May 28 Mon. ~	July 23 Mon. ~	Sept. 14 Fri.~	Nov. 19 Mon.~	Jan. 21 Mon. ~

# **Consultation on Breastfeeding**

Consultation by maternity nurse on breastfeeding

- Eligible Persons: mothers with an Ota City address wishing to breastfeed their baby (baby must be under 3 months old) (can attend up to 2 times; priority given to first-timers)

  Things to bring: Maternity & Child Health Record Book (*Boshi Kenkou Techou*), bath towel and diapers

  Reception hours: 1:00pm ~ 3:00pm

Please apply to your desired location by telephone (12 people maximum)

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Consultation Date	Apr. 24 Tues.	May 28 Mon.	Jun. 20 Wed.	Jul. 17 Tues.	
Hoken Center Location	Ojima	Yabuzuka honmachi	Nitta	Ojima	
Accepting applications from	<b>Apr. 10</b> Tues. ~	<b>May 14</b> Mon. ~	Jun. 6 Wed. ~	Jul. 4 Wed.~	
Consultation Date	Aug. 22 Wed.	Sept. 20 Thurs.	Oct. 23 Tues.	Nov. 15 Thurs.	
Hoken Center Location	Yabuzuka honmachi	Nitta	Ojima	Yabuzuka honmachi	
Accepting applications from	Aug. 8 Wed. ~	<b>Sept. 7</b> Fri. ~	Oct. 10 Wed. ~	Nov. 1 Thurs. ~	
Consultation Date	Dec. 19 Wed.	Jan. 28 Mon.	Feb. 19 Tues.	Mar. 18 Mon.	
Hoken Center Location	Nitta	Ojima	Yabuzuka honmachi	Nitta	
Accepting applications from	Dec. 5 Wed. ~	<b>Jan. 15</b> Tues. ~	Feb. 5 Tues. ~	Mar. 5 Tues. ~	

# **Subsidies for Infertility Treatment**

For those receiving infertility treatments (specific/special infertility treatments and other types of infertility treatments) and treatments for recurrent miscarriages will be partially subsidized. Please visit or call the Ota-Shi website and Hoken Health Centers for information concerning eligible individuals, amount of subsidy, application method, and other details.

> Please Contact the Following Hoken Health Centers for more Information Regarding Health Consultation / Working Hours

Ota-Shi Hoken Center

Oiima Hoken Center

Address: <del>-</del> 370-0421 Ota-Shi Kasukawa-Cho 520 TEL: 0276-52-5200 FAX: 0276-52-5209

Nitta Hoken Center

Address: 7370-0313 Ota-Shi Nitta Sorimachi-Cho 879 TEL: 0276-57-2651 FAX: 0276-57-3966

Yabuzukahonmachi Hoken Center

Address: <del>-</del> 379-2304 Ota-Shi Obara-Cho 482-1 TEL: 0277-20-4400 FAX: 0277-78-4410

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