



Preventive Vaccination	Method of Vaccination	2 months	3 months	5 months	8 months	1 year	2 years	3 years	4 years	5 years	6 years	7 years	8 years	9 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years	20 years	
		DPT-IPV Quadruple Vaccine (Diphtheria, pertussis, tetanus and inactivated polio vaccine), 1st Cycle	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					3 doses	Booster 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					3 doses	Booster dose																			
Measles-Rubella Combined (MR), 1st Cycle	Age Group: infants between 12 and 23 months Number of Doses: 1																									
Varicella (Chicken pox)	Age Group: infants between 12 and 35 months; receive 2 doses (leave 3 or more months in between)									2 doses																
Japanese Encephalitis, 1st Cycle	Age Group: kids between 36 to 89 months; receive 2 doses (leave 6 to 28 days in between) and 1 dose one year after the first 2 doses.																									
Measles-Rubella Combined (MR), 2nd Cycle	Age Group: 1 year before their first year of elementary school (born between 4/2/2011 ~ 4/1/2012) Number of Doses: 1																									

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	8 months	1 year	2 years	3 years	4 years	5 years	6 years	7 years	8 years	9 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years	20 years	
		Japanese Encephalitis 2nd Cycle	Age Group: kids between 9 and 12 years of age who have complete the 1st cycle Number of Doses: 1																							
Diphtheria-Tetanus Combined (DT), 2nd Cycle	Age Group: kids between 11 and 12 years of age who have finished the 1st cycle of DPT (Diphtheria, Pertussis, and Tetanus) Number of Doses: 1 (the standard vaccination age is for kids in 6th grade)																									
Uterine Cervical Cancer	Age Group: female students in their 1st year of junior high to 1st year of high school in 2017 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																									
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																									
	※This relief system is for individuals who missed their vaccinations due to suspended vaccination recommendations 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																									
	Japanese Relief System 2nd Cycle Age Group: individuals 13 to 19 years old born between 4/2/1995 ~ 4/1/2007 who have completed the 1st cycle Number of Doses: 1																									

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.

**【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 Medical Examinations** (A Health Examination Guide will be sent before medical checkups.)

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

Location	Apr. 2017	May	Jun.	Jul.	Aug.	Sept.
Ota-Shi Hoken Center	25 Tues.	23 Tues.	27 Tues.	25 Tues.	29 Tues.	26 Tues.
	26 Wed.	24 Wed.	28 Wed.	26 Wed.	30 Wed.	27 Wed.
	28 Fri.	26 Fri.	29 Thurs.	27 Thurs.	31 Thurs.	28 Thurs.
Ojima Hoken Center	20 Thurs.	26 Fri.	28 Wed.	24 Mon.	31 Thurs.	28 Thurs.
Nitta Hoken Center	25 Tues.	30 Tues.	30 Fri.	28 Fri.	22 Tues.	25 Mon.
Yabuzukahonmachi Hoken Center	27 Thurs.	25 Thurs.	15 Thurs.	20 Thurs.	24 Thurs.	21 Thurs.
Infants born in	Dec.2016	Jan. 2017	Feb. 2017	Mar. 2017	Apr. 2017	May 2017

Location	Oct.	Nov.	Dec.	Jan.2018	Feb.	Mar.
Ota-Shi Hoken Center	24 Tues.	28 Tues.	19 Tues.	23 Tues.	20 Tues.	20 Tues.
	25 Wed.	29 Wed.	20 Wed.	24 Wed.	21 Wed.	22 Thurs.
	27 Fri.	30 Thurs.	22 Fri.	25 Thurs.	23 Fri.	23 Fri.
Ojima Hoken Center	31 Tues.	29 Wed.	22 Fri.	29 Mon.	27 Tues.	23 Fri.
Nitta Hoken Center	30 Mon.	28 Tues.	20 Wed.	23 Tues.	23 Fri.	20 Tues.
Yabuzukahonmachi Hoken Center	26 Thurs.	30 Thurs.	21 Thurs.	25 Thurs.	22 Thurs.	22 Thurs.
Infants born in	Jun. 2017	Jul. 2017	Aug. 2017	Sept.2017	Oct. 2017	Nov. 2017

**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, physical measurement, and a child-rearing consultation.
- **Things to bring:** Maternity & Child Health Record Book “Boshi Kenkou Techo” and application form.

Location	Apr. 2017	May	Jun.	Jul.	Aug.	Sept.
Ota-Shi Hoken Center	11 Tues.	8 Mon.	19 Mon.	3 Mon.	18 Fri.	22 Fri.
	14 Fri.	19 Fri.	20 Tues.	28 Fri.	22 Tues.	25 Mon.
Ojima Hoken Center	19 Wed.	—	—	31 Mon.	—	—
Nitta Hoken Center	—	22 Mon.	—	—	4 Fri.	—
Yabuzukahonmachi Hoken Center	—	—	26 Mon.	—	—	15 Fri.
Infants born in	Sept. 2016	Oct. 2016	Nov.2016	Dec.2016	Jan. 2017	Feb.2017

Location	Oct.	Nov.	Dec.	Jan. 2018	Feb.	Mar.
Ota Hoken Center	2 Mon.	21 Tues.	15 Fri.	26 Fri.	27 Tues.	9 Fri.
	13 Fri.	27 Mon.	18 Mon.	29 Mon.	28 Wed.	19 Mon.
Ojima Hoken Center	16 Mon.	—	—	24 Wed.	—	—
Nitta Hoken Center	—	22 Wed.	—	—	21 Wed.	—
Yabuzukahonmachi Hoken Center	—	—	11 Mon.	—	—	8 Thurs.
Infants born in	Mar. 2017	Apr. 2017	May2017	Jun. 2017	Jul. 2017	Aug. 2017

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

- The examination will be conducted 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.

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

If you notice you are pregnant, you should visit a medical facility promptly to receive your issue of the *Maternity & Child Health Record Book* and checkup to ensure a safe, healthy pregnancy and delivery.  
**Location:** any Hoken Health Center (closed on Sat., Sun., holidays, Year-End & New Year holidays)  
**Day & time:** weekdays; 8:30am ~ 5:15pm  
**Content:** issue of *Maternity & Child Health Record Book* and Pregnancy Health Checkup Medical Questionnaire “*Ninpu Kenkou Shinsa Jushinhyou*”, and health consultations for pregnant women.  
**Things to bring:** Pregnancy Notification “*Ninpu Todokedesho*,” Individual Notification Card, and I.D. (driver’s license, Resident “Zairyu” Card, etc.).

**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 8 Mon.	Jul. 3 Mon.	Sept. 7 Thurs.
Hoken Center Location	Ojima	Ota-Shi	Ojima
Woman’s Expected Due Date	Sept. / Oct.	Nov. / Dec.	Jan. / Feb.
Accepting Applications From	Apr. 17 Mon.~	Jun. 19 Mon.~	Aug. 24 Thurs.~

Date	Nov. 6 Mon.	Jan. 5 Fri.	Mar. 9 Fri.
Hoken Center location	Nitta	Yabuzukahonmachi	Ota-Shi
Woman’s Expected Due Date	Mar. / Apr.	May / Jun.	Jul. / Aug.
Accepting Applications From	Oct. 23 Mon.~	Dec. 18 Mon.~	Feb. 23 Fri.~

**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. 22 Thurs.	Sept. 28 Thurs.	Dec. 21 Thurs.	Mar. 15 Thurs.
Hoken Center’s location	Ota-Shi	Nitta	Ojima	Yabuzukahonmachi
Woman’s Expected Due Date	Sept. / Oct. / Nov.	Dec. / Jan. / Feb.	Mar. / Apr. / May	Jun. / Jul. / Aug.
Accepting Applications From	Jun. 8 Thurs ~	Sept. 14 Thurs.~	Dec. 7 Thurs.~	Mar. 1 Thurs.~

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

- **Reception hours:** 1:00PM~1:30PM (ends at 3:30PM) ● **Things to bring:** Maternity and Child Health Record Book “*Boshi Kenkou Techo*,” writing utensils, bath towel (dress in comfortable clothes)

Date	Apr. 17 Mon.	May 15 Mon.	Jun. 12 Mon.	Jul. 6 Thurs.
Hoken Center’s location	Ota-Shi	Yabuzukahonmachi	Nitta	Ojima
Woman’s Expected Due Date	June	July	August	September
Accepting Applications From	Apr. 3 Mon. ~	Apr. 24 Mon. ~	May 29 Mon. ~	Jun. 22 Thurs. ~

Date	Aug. 3 Thurs.	Sept. 11 Mon.	Oct. 11 Wed.	Nov. 7 Tues.
Hoken Center’s location	Yabuzukahonmachi	Ota-Shi	Yabuzukahonmachi	Ojima
Woman’s Expected Due Date	October	November	December	January
Accepting Applications From	Jul. 20 Thurs. ~	Aug. 28 Mon. ~	Sept. 27 Wed. ~	Oct. 24 Tues.~

Date	Dec. 4 Mon.	Jan. 15 Mon.	Feb. 15 Thurs.	Mar. 8 Thurs.
Hoken Center’s location	Nitta	Ota-Shi	Nitta	Ojima
Woman’s Expected Due Date	February	March	April	May
Accepting Applications From	Nov. 20 Mon. ~	Dec. 25 Mon. ~	Feb. 1 Thurs. ~	Feb. 22 Thurs. ~

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

(The Health Examination Guide will be sent before the medical checkup.)

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

Location	Apr. 2017	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan. 2018	Feb.	Mar.
Ota-Shi Hoken Center	5 Wed.	16 Tues.	13 Tues.	18 Tues.	8 Tues.	12 Tues.	17 Tues.	14 Tues.	12 Tues.	16 Tues.	14 Wed.	13 Tues.
	6 Thurs.	17 Wed.	14 Wed.	19 Wed.	9 Wed.	13 Wed.	18 Wed.	15 Wed.	13 Wed.	17 Wed.	15 Thurs.	14 Wed.
	7 Fri.	18 Thurs.	15 Thurs.	21 Fri.	10 Thurs.	14 Thurs.	19 Thurs.	16 Thurs.	14 Thurs.	19 Fri.	16 Fri.	15 Thurs.
Ojima Hoken Center	12 Wed.	18 Thurs.	12 Mon.	18 Tues.	8 Tues.	12 Tues.	10 Tues.	13 Mon.	14 Thurs.	22 Mon.	13 Tues.	13 Tues.
Nitta Hoken Center	5 Wed.	15 Mon.	13 Tues.	12 Wed.	25 Fri.	11 Mon.	18 Wed.	8 Wed.	12 Tues.	19 Fri.	5 Mon.	14 Wed.
Yabuzukahonmachi Hoken Center	18 Tues.	16 Tues.	27 Tues.	14 Fri.	4 Fri.	5 Tues.	20 Fri.	14 Tues.	15 Fri.	16 Tues.	20 Tues.	16 Fri.
Children born in	Sept. 2015	Oct. 2015	Nov. 2015	Dec. 2015	Jan. 2016	Feb. 2016	Mar. 2016	Apr. 2016	May 2016	Jun. 2016	Jul. 2016	Aug. 2016

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

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

Location	Apr. 2017	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan. 2018	Feb.	Mar.
Ota-Shi Hoken Center	12 Wed.	11 Thurs.	1 Thurs.	12 Wed.	23 Wed.	20 Wed.	11 Wed.	1 Wed.	7 Thurs.	11 Thurs.	1 Thurs.	1 Thurs.
	13 Thurs.	12 Fri.	2 Fri.	13 Thurs.	24 Thurs.	21 Thurs.	12 Thurs.	2 Thurs.	8 Fri.	12 Fri.	2 Fri.	2 Fri.
Ojima Hoken Center	—	10 Wed.	—	—	17 Thurs.	—	—	9 Thurs.	—	—	8 Thurs.	—
Nitta Hoken Center	—	—	29 Thurs.	—	—	6 Wed.	—	—	6 Wed.	—	—	7 Wed.
Yabuzukahonmachi Hoken Center	26 Wed.	—	—	6 Thurs.	—	—	25 Wed.	—	—	10 Wed.	—	—
Children born in	Jan. 2015	Feb. 2015	Mar. 2015	Apr. 2015	May 2015	Jun. 2015	Jul. 2015	Aug. 2015	Sept. 2015	Oct. 2015	Nov. 2015	Dec. 2015

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

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

Location	Apr. 2017	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan. 2018	Feb.	Mar.
Ota-Shi Hoken Center	18 Tues.	9 Tues.	7 Wed.	5 Wed.	1 Tues.	5 Tues.	4 Wed.	7 Tues.	5 Tues.	9 Tues.	6 Tues.	6 Tues.
	19 Wed.	10 Wed.	8 Thurs.	6 Thurs.	2 Wed.	6 Wed.	5 Thurs.	8 Wed.	6 Wed.	10 Wed.	7 Wed.	7 Wed.
	20 Thurs.	11 Thurs.	9 Fri.	7 Fri.	3 Thurs.	7 Thurs.	6 Fri.	9 Thurs.	7 Thurs.	11 Thurs.	8 Thurs.	8 Thurs.
Ojima Hoken Center	17 Mon.	17 Wed.	6 Tues.	4 Tues.	2 Wed.	4 Mon.	4 Wed.	16 Thurs.	1 Fri.	9 Tues.	6 Tues.	6 Tues.
Nitta Hoken Center	11 Tues.	12 Fri.	19 Mon.	21 Fri.	18 Fri.	8 Fri.	13 Fri.	10 Fri.	8 Fri.	15 Mon.	9 Fri.	9 Fri.
Yabuzukahonmachi Hoken Center	13 Thurs.	9 Tues.	16 Fri.	11 Tues.	1 Tues.	7 Thurs.	17 Tues.	7 Tues.	5 Tues.	12 Fri.	2 Fri.	2 Fri.
Children born in	Nov. 2013	Dec. 2013	Jan. 2014	Feb. 2014	Mar. 2014	Apr. 2014	May 2014	Jun. 2014	Jul. 2014	Aug. 2014	Sept. 2014	Oct. 2014

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

- **Reception hours:** 9:30am ~ 10:30am
- **Content:** child-rearing and dental consultation, physical measurements
- **Subjects:** children who are 6 years old or younger
- **Things to bring:** Maternity & Child Health Record Book "Boshi Kenkou Techo" and bath towel

Location	Apr. 2017	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan. 2018	Feb.	Mar.
Ota-Shi Hoken Center	24 Mon.	22 Mon.	30 Fri.	31 Mon.	25 Fri.	19 Tues.	16 Mon.	17 Fri.	25 Mon.	30 Tues.	26 Mon.	12 Mon.
Ojima Hoken Center	27 Thurs.	23 Tues.	16 Fri.	28 Fri.	22 Tues.	26 Tues.	30 Mon.	21 Tues.	19 Tues.	31 Wed.	19 Mon.	19 Mon.
Nitta Hoken Center	21 Fri.	25 Thurs.	23 Fri.	24 Mon.	10 Thurs.	29 Fri.	26 Thurs.	20 Mon.	15 Fri.	26 Fri.	13 Tues.	16 Fri.
Yabuzukahonmachi Hoken Center	6 Thurs.	8 Mon.	8 Thurs.	4 Tues.	7 Mon.	13 Wed.	23 Mon.	13 Mon.	18 Mon.	22 Mon.	7 Wed.	5 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. 24 Mon.	June 19 Mon.	Aug. 28 Mon.	Oct. 23 Mon.	Dec. 11 Mon	Feb. 19 Mon
Hoken Center Location	Ojima	Yabuzuka honmachi	Ota-Shi	Nitta	Ota-Shi	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. 10 Mon. ~	June 2 Fri. ~	Aug. 14 Mon. ~	Oct. 10 Tues. ~	Nov. 27 Mon. ~	Feb. 5 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 Techo*), bath towel and diapers
- **Reception hours:** 1:00pm ~ 3:00pm
- **Please apply to your desired location by telephone (12 people maximum)**

Consultation Date	Apr. 20 Thurs.	May 18 Thurs.	Jun. 19 Mon.	Jul. 24 Mon.
Hoken Center Location	Nitta	Yabuzuka honmachi	Ojima	Ota-Shi
Accepting applications from	Apr. 6 Thurs. ~	April 27 Thurs. ~	Jun. 5 Mon. ~	Jul. 10 Mon. ~

Consultation Date	Aug. 28 Mon.	Sept. 25 Mon.	Oct. 19 Thurs.	Nov. 20 Mon.
Hoken Center Location	Nitta	Yabuzuka honmachi	Ojima	Ota-Shi
Accepting applications from	Aug. 14 Mon. ~	Sept. 11 Mon. ~	Oct. 5 Thurs. ~	Nov. 6 Mon. ~

Consultation Date	Dec. 25 Mon.	Jan. 18 Thurs.	Feb. 26 Mon.	Mar. 26 Mon.
Hoken Center Location	Nitta	Yabuzuka honmachi	Ojima	Ota-Shi
Accepting applications from	Dec. 11 Mon. ~	Jan. 4 Thurs. ~	Feb. 13 Tues. ~	Mar. 12 Mon. ~

## Subsidies for Infertility Treatment

For those receiving infertility treatments (specific/special infertility treatments and other types of sterilization) 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  
Address: 〒373-0851 Ota-Shi Iida-Cho 818 TEL: 0276-46-5115 FAX: 0276-46-5293

Ojima Hoken Center  
Address: 〒370-0421 Ota-Shi Kasukawa-Cho 520 TEL: 0276-52-5200 FAX: 0276-52-5209

Nitta Hoken Center  
Address: 〒370-0313 Ota-Shi Nitta Sorimachi-Cho 879 TEL: 0276-57-2651 FAX: 0276-57-3966

Yabuzukahonmachi Hoken Center  
Address: 〒379-2304 Ota-Shi Obara-Cho 482-1 TEL: 0277-20-4400 FAX: 0277-78-4410