2017 Fiscal Year (Heisei 29) (April 1, 2017 ~ March 31, 2018) Health Calendar (for Mothers and Children) 平成 29 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 through the "Our Children's Health and Vaccination" booklet.
- Fill in the medical vaccination form "yobou sesshu yoshinhyo" correctly and bring your Maternity & Child Health Record Book "Boshi Kenkou Techo" with you.
- Have your child's vaccination administered when he/she is in good health.
- The guardian (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.

#### How to Receive your Vaccinations

- Preventive vaccinations are administered at your primary care facilities.
- Please bring the medical vaccination form (Yobou Sesshu Yoshinhyou) and your Maternity & Child Health Record Book "Boshi Kenkou Techou." (Visit the
  Ota City homepage, etc. for information on medical facilities that administer vaccinations).
- A barcode (sticker or print) that represents 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 Hoken Health 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 Hoken Health Center.

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). Uterine Cervical Cancer Vaccine, Hepatitis Type B Inactivated

★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.

### 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. 20 years
19 years
18 years
17 years
16 years
16 years
14 years
13 years
11 years
10 years
10 years
7 years
9 years
9 years
9 years
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11 years 2 months 3 mont Preventive Method of Vaccination Vaccination Initial dose (first time): 3 total doses (until turning 1 year old); leave 27 days or more in between doses (※) In between the **Booster dose:** 1 dose; wait at least 7 months after having the 3<sup>rd</sup> vaccination Haemophilus **Booster** ★ A booster shot will be administered 27 days after your last vaccination if your child did not 3 doses ages of 2 to 6 Influenza (Hib) dose complete the initial dose, and turned over 1 year old. months old ★ Doses will vary \* 20 days or more if deemed necessary by a doctor Initial dose (first time): 2 total doses (until turning 1 year old); leave 27 days or more in between doses (\*\*) based on when In between the Booster dose: 1 dose; wait at least 7 months after having the 2<sup>nd</sup> vaccination **Booster** the child started ★ A booster shot will be administered 27 days after your last vaccination if your child did not ages of 7 to 11 dose complete the initial dose, and turned over 1 year old. receiving months old 3 20 days or more if deemed necessary by a doctor vaccinations Complete after 1 dose In between the ages of 1 to 4 years old 1 dose Initial dose (first time): 3 total doses (until turning 1 year old); leave 27 days or more in between doses In between Booster dose: receive 1 dose in between the ages of 1 year ~ 1 year and 3 months; leave 60 days or more in between after your 3<sup>rd</sup> vaccination the ages of 2 **Booster Pediatric** ★ 2<sup>nd</sup> and 3<sup>rd</sup> doses for the initial dose will not be administered for children over 2 years 3 doses to 6 months dose old (booster dose may be administered) **Pneumococcus** ★ If the 2<sup>nd</sup> dose for the initial dose was administered to children over 1 year old, the 3<sup>nd</sup> dose will not be old Doses will vary administered (booster doses may be administered) Initial dose (first time): 2 total doses (until turning 1 year old); leave 27 days or more in between doses based on when the In between the Booster dose: receive 1 dose after turning 1 year old: leave 60 days or more in between after your 2<sup>nd</sup> **Booster** child started ages of 7 to 11 2 doses dose ★ 2<sup>nd</sup> dose for the initial dose will not be administered for children over 2 years old (booster receiving months old dose may be administered) vaccinations 2 doses; leave 60 days or more in between doses Must be 1 year of age 2 doses In between the ages of 2 to 4 years old Complete after 1 dose 1 dose Infants that have not reached 1 year of age are eligible (the standard vaccination age is 2 to 8 months old); 3 total doses (leave 27 days or more **Hepatitis Type B** 3 dose in between the first 2 doses, and 139 days or more after the first dose for the third dose) **BCG** Infants that have not reached 1 year of age are elicible (the standard vaccination age is 5 ~ 7 months old): 1 dose 1 dose

Preventive Vaccination	Method of Vaccination	2 months	3 months	5 months	8 months	2 years 1 year	4 years	5 years	6 years	8 years	10 years 9 years	11 years	13 years	14 years	16 years	17 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 dos	es	Booster dos												
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 dos	es	Booster dos	se				Your o	e if I	ne/she	has	rece	his (I ived	PV) the	
Measles-Rubella Combined (MR), 1st Cycle	Age Group: infants between 12 and 23 months Number of Doses: 1											V QU	laurup	le va	WIIIG.			
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, 1 <sup>st</sup> 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.			ad the Japan em below as		Encephalitis	2 dos	Boost	er dose									
Measles-Rubella Combined (MR), 2 <sup>nd</sup> Cycle	Age Group: 1 year before their first year of elementary school (born between $4/2/2011 \sim 4/1/2012$ ) Number of Doses: 1																	
The highlighted <a> /</a>	portions indicate the vaccination period stipulated in the Preventive Vaccination Law. Please try an	d ha	ve your o	child's vaccir	ation	n administered d	durin	g the		highl	lighted	portio	ns as r	nuch	as po	ssible	).	

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	- you	z years 1 wear	3 years	4 years	5 years	6 years	7 years	years Rypars	10 years	11 years	13 years 12 years	14 years	15 years	16 years	18 years	20 years 19 years
Japanese Encephalitis 2 <sup>nd</sup> 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), 2 <sup>nd</sup> 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	en		nent	national policies t. We will gladly hown.											3	dos	ses	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																				
%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																				
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 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.

  平成 29 年度太田市健康カレンダー(乳幼児の予防接種・児童生徒の予防接種)・英語版

## 【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

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Location	Apr. 2017	May	Jun.	Jul.	Aug.	Sept.
	<b>25</b> Tues.	<b>23</b> Tues.	<b>27</b> Tues.	<b>25</b> Tues.	<b>29</b> Tues.	<b>26</b> Tues.
Ota-Shi Hoken Center	<b>26</b> Wed.	<b>24</b> Wed.	<b>28</b> Wed.	<b>26</b> Wed.	<b>30</b> Wed.	<b>27</b> Wed.
	<b>28</b> Fri.	<b>26</b> Fri.	<b>29</b> Thurs.	<b>27</b> Thurs.	31 Thurs.	28 Thurs.
Ojima Hoken Center	20 Thurs.	<b>26</b> Fri.	<b>28</b> Wed.	<b>24</b> Mon.	31 Thurs.	28 Thurs.
Nitta Hoken Center	<b>25</b> Tues.	<b>30</b> Tues.	<b>30</b> Fri.	<b>28</b> Fri.	<b>22</b> Tues.	<b>25</b> Mon.
Yabuzukahonmachi Hoken Center	<b>27</b> 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.
	<b>24</b> Tues.	<b>28</b> Tues.	<b>19</b> Tues.	<b>23</b> Tues.	<b>20</b> Tues.	<b>20</b> Tues.
Ota-Shi Hoken Center	<b>25</b> Wed.	<b>29</b> Wed.	<b>20</b> Wed.	<b>24</b> Wed.	<b>21</b> Wed.	22 Thurs.
	<b>27</b> Fri.	30 Thurs.	<b>22</b> Fri.	25 Thurs.	<b>23</b> Fri.	<b>23</b> Fri.
Ojima Hoken Center	<b>31</b> Tues.	<b>29</b> Wed.	<b>22</b> Fri.	<b>29</b> Mon.	<b>27</b> Tues.	<b>23</b> Fri.
Nitta Hoken Center	<b>30</b> Mon.	<b>28</b> Tues.	<b>20</b> Wed.	<b>23</b> Tues.	<b>23</b> Fri.	<b>20</b> 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	<b>11</b> Tues.	8 Mon.	<b>19</b> Mon.	3 Mon.	<b>18</b> Fri.	<b>22</b> Fri.
Ota-Sili Hokeli Celitel	<b>14</b> Fri.	<b>19</b> Fri.	<b>20</b> Tues.	<b>28</b> Fri.	<b>22</b> Tues.	<b>25</b> Mon.
Ojima Hoken Center	<b>19</b> Wed.	_	-	<b>31</b> Mon.	_	_
Nitta Hoken Center	_	<b>22</b> Mon.	<b>—</b> .	-	<b>4</b> Fri.	_
Yabuzukahonmachi Hoken Center	<b>—</b> .	_	<b>26</b> Mon.	1	_	<b>15</b> Fri.
Infants born in	Sept. 2016	Oct. 2016	Nov.2016	Dec.2016	Jan. 2017	Feb.2017
Location	Oct.	Nov.	Dec.	Jan. 2018	Feb.	Mar.
	Oct. 2 Mon.	Nov. 21 Tues.	Dec. 15 Fri.	Jan. 2018 <b>26</b> Fri.	Feb.	Mar. 9 Fri.
Location Ota Hoken Center		-				-
	2 Mon.	<b>21</b> Tues.	<b>15</b> Fri.	<b>26</b> Fri.	<b>27</b> Tues.	<b>9</b> Fri.
Ota Hoken Center	2 Mon. 13 Fri.	<b>21</b> Tues.	<b>15</b> Fri.	26 Fri. 29 Mon.	<b>27</b> Tues.	<b>9</b> Fri.
Ota Hoken Center Ojima Hoken Center	2 Mon. 13 Fri.	21 Tues. 27 Mon. —	<b>15</b> Fri.	26 Fri. 29 Mon.	27 Tues.  28 Wed. —	<b>9</b> Fri.

### 10-month-old Infant Medical 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.

### 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.
- X 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.
Date Hoken Center location	Nov. 6 Mon. Nitta	Jan. 5 Fri. Yabuzukahonmachi	Mar. 9 Fri. Ota-Shi
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### **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 ~	Sep. 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.
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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. ~	<b>Sept. 27</b> Wed. ~	Oct. 24 Tues.~
Date	Dec. 4 Mon.	<b>Jan. 15</b> 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

• Reception hours: 1:00PM ~ 2:00PM

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

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Location	Apr. 2017	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.2018	Feb.	Mar.
Ota-Shi Hoken	<b>12</b> Wed.	11 Thurs.	1 Thurs.	<b>12</b> Wed.	23 Wed.	<b>20</b> Wed.	11 Wed.	1 Wed.	7 Thurs.	11 Thurs.	1 Thurs.	1 Thurs.
Center	13Thurs.	<b>12</b> Fri.	<b>2</b> Fri.	13 Thurs.	<b>24</b> Thurs.	<b>21</b> Thurs.	<b>12</b> Thurs.	2 Thurs.	8 Fri.	<b>12</b> Fri.	<b>2</b> Fri.	<b>2</b> Fri.
Ojima Hoken Center	-	<b>10</b> Wed.	-	-	<b>17</b> Thurs.	_	-	9 Thurs.	1	_	8 Thurs.	-
Nitta Hoken Center	-	-	<b>29</b> Thurs.	-	-	6 Wed.	_	_	6 Wed.	_	_	7 Wed.
Yabuzukahonmachi Hoken Center	<b>26</b> Wed.	-	ı	6Thurs.	-	-	<b>25</b> Wed.	ı	ı	<b>10</b> Wed.	ı	ı
Children born in	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.
GIIIGIGTDOITTIT	2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	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.
	<b>18</b> Tues.	9 Tues.	7 Wed.	5 Wed.	1 Tues.	5 Tues.	4 Wed.	7 Tues.	5 Tues.	9 Tues.	6 Tues.	6 Tues.
Ota-Shi Hoken	19 Wed.	10 Wed.	8 Thurs.	6 Thurs.	2 Wed.	6 Wed.	5 Thurs.	8 Wed.	6 Wed.	<b>10</b> Wed.	7 Wed.	7 Wed.
Center	20 Thurs.	11 Thurs.	<b>9</b> Fri.	<b>7</b> 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.	<b>2</b> Wed.	4 Mon.	4 Wed.	16 Thurs.	1 Fri.	9 Tues.	6 Tues.	6 Tues.
Nitta Hoken Center	<b>11</b> Tues.	<b>12</b> Fri.	<b>19</b> Mon.	<b>21</b> Fri.	<b>18</b> Fri.	8 Fri.	<b>13</b> Fri.	<b>10</b> Fri.	<b>8</b> Fri.	15 Mon.	9 Fri.	9 Fri.
Yabuzukahonmachi Hoken Center	13Thurs.	9 Tues.	<b>16</b> Fri.	<b>11</b> Tues.	1 Tues.	7 Thurs.	<b>17</b> Tues.	7 Tues.	5 Tues.	<b>12</b> Fri.	<b>2</b> Fri.	<b>2</b> 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

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	Location	Apr. 2017	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.2018	Feb.	Mar.
	Ota-Shi Hoken Center	<b>24</b> Mon.	<b>22</b> Mon.	<b>30</b> Fri.	<b>31</b> Mon.	<b>25</b> Fri.	<b>19</b> Tues.	<b>16</b> Mon.	<b>17</b> Fri.	<b>25</b> Mon.	<b>30</b> Tues.	<b>26</b> Mon.	<b>12</b> Mon.
	Ojima Hoken Center	<b>27</b> Thurs.	<b>23</b> Tues.	<b>16</b> Fri.	<b>28</b> Fri.	<b>22</b> Tues.	<b>26</b> Tues.	<b>30</b> Mon.	<b>21</b> Tues.	<b>19</b> Tues.	<b>31</b> Wed.	<b>19</b> Mon.	<b>19</b> Mon.
	Nitta Hoken Center	<b>21</b> Fri.	<b>25</b> Thurs.	<b>23</b> Fri.	<b>24</b> Mon.	10 Thurs.	<b>29</b> Fri.	26 Thurs.	<b>20</b> Mon.	<b>15</b> Fri.	<b>26</b> Fri.	<b>13</b> Tues.	<b>16</b> Fri.
	Yabuzukahon machi Hoken Center	6 Thurs.	8 Mon.	8 Thurs.	4 Tues.	7 Mon.	13 Wed.	23 Mon.	13 Mon.	<b>18</b> Mon.	<b>22</b> 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 Techou*), 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. ~	<b>Sept. 11</b> 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	<b>Dec. 11</b> 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: 7373-0851 Ota-Shi lida-Cho 818 TEL: 0276-46-5115 FAX: 0276-46-5293

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: 7379-2304 Ota-Shi Obara-Cho 482-1 TEL: 0277-20-4400 FAX: 0277-78-4410

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