

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 Residence *Zairyu Card* or Special Permanent Resident Certificate.

Contact Information:

■ Ota-Shi Health Center *Ota-Shi Hoken Center*
Address: Ota-Shi Iida-Cho 818

Tel: 0276-46-5115

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

■ Nitta Health Center *Nitta Hoken Center* (AIRYS BASE 1F)
Address: Ota-Shi Nitta Kanai-Cho 6-1

Tel: 0276-57-2651