

## ●Where to get the Maternal and Child Health Handbook

- At every Municipal Office Health Insurance Department or ward/branch office (except the Tannan branch office), Health Section (Tannan Health and Welfare Center).
- Depending on the physician, a pregnancy notice or pregnancy communication may be necessary.
  - \* The Maternal and Child Health Handbook with English, Portuguese, Tagalog and Japanese entries, and English and Portuguese editions are available only at the Health Section (Tannan Health and Welfare Center).

## ●Expectant Mothers' Class・Visit and Guidance

	Contents	Schedule
Mom and Dad's Class	For the pregnant woman and her husband; about the health, nutrition and dental care of the expectant mother.	For details, please look at the "Health Calendar for Everyone".
Visit for Pregnant Women	Home visits aimed at ensuring the health of pregnant women and their babies, and to plan and ensure a worry-free and safe delivery.	By request

\* Concerned persons will be notified individually regarding the schedule and place.  
Health Section (Tannan Health and Welfare Center) ☎079-594-1117

## ●Health checkup for pregnant women

- During pregnancy, it is necessary to have a medical examination at a medical institution to check the health of the fetus and mother. It is important to have medical examinations at a medical institution.

## ●Issuance of Pregnancy Health Exam Financial Assistance Voucher

- Assistance vouchers are issued when an application for them is submitted together with the application for the Maternal and Child Health Handbook. The vouchers will not be issued if you do not have a certificate of residence in the city.

## ●Birth Certificate

- Submit to the municipal office or city hall **within 14 days**.
- Contact your embassy or consulate and have the baby's visa processed at the Immigration Bureau.

## ●Health checkup for babies and children

	Contents	Schedule
Hello Baby Visit	Home visits for babies up to 4 months old are aimed at giving child care consultations. Please send the "Birth Postcard" attached to the Maternal and Child Health Handbook to the City Office.	within 4 months after birth
Health Checkup (4 months)	For 3-4 month old babies; measurement, medical checkup, how to start weaning, preparation of food for weaning, baby's development, and others.	every 4 <sup>th</sup> Thursday of the month 13:15~15:00
Food for Weaning Class	How to start weaning.	depends on applicant
Health Checkup (10 months)	For 10 month old children; consultation on growth, development, nutrition and teeth.	individual guidance every 2 <sup>nd</sup> Monday 13:15~15:00
Health Checkup (1 year 7 mos.)	Medical checkup of 1year 7-month-old child's body and teeth, consultation on teeth brushing, development, nutrition and training.	every 2 <sup>nd</sup> Thursday 13:15~15:30
Dental Health Checkup (2 years)	Dental examination for 2 year and 2 month to 2 year and 3 month old children; consultation on teeth brushing, nutrition and training.	every 1 <sup>st</sup> Thursday 13:15~15:00
Health Checkup (3 years)	Medical checkup of 3 year and 2 month to 3 year and 3 month old child's body and teeth, consultation on teeth brushing, nutrition, training and detection of early stages of eye and ear diseases.	every 3 <sup>rd</sup> Thursday 13:15~15:00

\* Concerned persons will be notified individually regarding the schedule and place.  
Health Section (Tannan Health and Welfare Center) ☎079-594-1117

## ●Vaccination/Inoculation of Babies and Children

Type	Age of Baby/Child		Frequency	Schedule
Polio	3-16 months (it is recommended that vaccination be completed before the baby is 24 months) (unfinished inoculation should be completed before the child is 90 months)		Given twice with an interval of at least 41 days	May November
B C G	4-6 months		Given once	Every month
DPT Diphtheria Pertussis Tetanus	Phase 1	3-12 months (Unfinished inoculation can be completed before the child is 90 months)	Given 3 times with intervals of at least 20 to 56 days	All Year
	Phase 2	16-18 months (Unfinished inoculation can be completed before the child is 90 months)	Given once (between 12-18 months of age)	
MR Measles Rubella	Phase 1	Between first birthday and the day before second birthday	Given once	All Year
	Phase 2	During 1 the year before entering elementary school (April 1 to March 31)	Given once	All Year
Japanese Encephalitis	Phase 1	6-90 months (usually between 3 and 4 years old)	Given twice with 1-4 weeks interval;	All Year
	Phase 2	about 1year after receiving the initial vaccination (usually between 4 and 5 years old)	Given once, one year after completion of Phase 1	

\* Concerned persons will be notified individually regarding the schedule of vaccination/inoculation.

Health Section (Tannan Health and Welfare Center Annex) 079-594-1117

## ●Child Care Communication Center

This is a study center for the parents and grandparents of children who are less than 5 years of age. Through child care consultations, child care group support and guardian information exchange, the center helps in ensuring that children are brought up in a happy environment.

- Sasayama Child Care Communication Center Joto Public Hall ☎079-556-2100 Monday to Friday 9:00~16:00
- Nishiki Child Care Communication Center Nishiki Branch Office ☎079-593-1323 Tuesday/Wednesday/Friday 9:30~12:00
- Tannan Child Care Communication Center Tannan Health and Welfare Center ☎079-594-1040 Monday to Friday 9:00~16:00
- Konda Child Care Communication Center Konda Branch Office ☎079-597-2125 Tuesday/Wednesday/Thursday 9:30~12:00

Let us join the activities with somebody who understands Japanese and let's enjoy taking care of our children.



## ●Welfare Services for Children

\*There is an income limit to the above.

Type	Persons Eligible for Assistance	Office to Contact
Medical care system for Babies and Children	A medical assistance or subsidy system for national health insurance members: children through the 6 <sup>th</sup> grade of elementary school, children of single parents, orphans, etc.	Health Insurance Department ☎079-552-7103
Medical care system for families with single parents		
Medical expense subsidy for children	A subsidy system for junior high school students to help cover part of inpatient treatment costs when hospitalized due to sickness, etc.	
Child allowance	An allowance provided for each child to the guardians of children who have not yet completed junior high school with the aim of assisting in the family's daily life and improving their health, disposition and stability. Payment is made in June, October and February in lump sum payments for the 4 months through the month prior to payment. Renewal every June is necessary.	Welfare Affairs Department ☎079-552-7101
Child rearing allowance	An allowance given to the parents or guardians of children whose fathers or mothers have no means to provide for the children. The family is eligible for this subsidy even if the father or mother is alive but has a handicap or disability that makes him/her unable to work.	
Special child rearing allowance	An allowance that is provided to the father, mother or guardians of children who are mentally or physically handicapped or disabled.	
Welfare allowance for handicapped children	An allowance provided to children below 20 years old who are physically and mentally handicapped and constantly require special care in their daily life.	Community Welfare Department ☎079-552-7102

\*Please consult with the Community Welfare Department regarding the welfare services for children with disabilities.

\*The amount of the day nursery fee depends on family income.

Day Nursery	An institution for the care of babies or children whose parents are unable to look after them during the daytime because of work, illness, etc.	Future of the Children Department ☎079-552-1115
Children's club (Day care for school children)	An institution for the care of elementary school children whose parents are not home during the daytime because of work, illness, etc. This is a safe place where children can make friends, receive guidance in their daily life, and have a sound and healthy upbringing.	

\*An application is necessary to avail yourselves of these welfare services.

## ●Education

City Kindergarten	2 years	Details regarding the application for admission are available at the City Public Information Office (Tanba Sasayama). Please apply to the concerned kindergarten.
Extended Kindergarten Care		
City Elementary School	6 years	The notification to enter school from the Sasayama Board of Education is sent to the concerned elementary or junior high school in January.
City Junior High School	3 years	

The notification to enter school and other documents are available in cities or municipalities that are processing the registration of foreigners. Please make sure to submit a change in address form when you move.

A kindergarten/school financial support system is available. Contact the Board of Education, Formal Education Department at ☎079-552-5653



## ●Educational Guidance and Counseling

- This concerns the youth and is aimed at comprehensively supporting, promoting and planning various activities to be undertaken for them in cooperation with the home, school, local community and other organizations. This program is intended especially for children who refuse to attend school or have problems in their daily life; the objective is to promote the healthy and sound upbringing of children through the conduct of educational consultation activities that are related to school life, home schooling, etc.

Sasayama City Youth Center  
 Nishiki Branch Office 4<sup>th</sup> floor ☎593-1445 Free Dial ☎0120-711-338  
 Date and Time for Consultation: Monday・Tuesday・Thursday(2-5pm)

- This is intended to support the activities that are aimed at regaining the vigor and energy of children who wanted to go but could not go to school or those who have not gotten used to school life, and to enable them to plan for the realization of their dreams for the future.

Classroom for Counseling and Guidance「House of Dreams/Yume House」  
 Nishiki Branch Office 2<sup>nd</sup> Floor ☎590-8111  
 Target Beneficiaries: school children who are enrolled in elementary schools in Sasayama City  
 Office Hours: Monday to Friday (9am to 12pm; 1pm to 3pm)  
 Counselor Consultation Time: Friday (10am to 12pm; 1pm to 3pm).  
 Please call in advance.  
 For those who wish to avail themselves of these services, please get in touch with the school concerned or “Yume House”.

● General Health Checkup ・ Gynecological Examination ・ Breast and Uterine Cancer Examination ・ Tuberculosis Examination

General Health Checkup

Name		Applicable Beneficiaries		Contents	Charge
		Age	Condition		
General Health Checkup	General Health Checkup	20-39	Registered Residents of Sasayama	Medical examination, physical measurement, consultation, blood pressure, blood test, urinalysis * Applicants who need it also receive electrocardiogram, fundus examination, anemia test.	¥1,300
	Specific Health Checkup	40-64	Those covered by Sasayama National Health Insurance, Social Insurance, etc. (* checkup voucher required for those covered by Social Insurance. Will be checked.)		Free for members of National Health Insurance. The charge for persons covered by Social Insurance depends on the type of insurance.
		65-74			
General Cancer Examination	Lung Cancer Examination	20 and over	Registered Residents of Sasayama	Chest X-ray	¥500
				Expectoration examination (Applicants who need it can receive it together with the lung cancer examination.)	¥800
	Stomach Cancer Examination	35 and over		Barium contrast stomach X-ray	¥1,200
	Colon Cancer Examination	20 and over		Stool, collected on 2 days, will be collected on the day of examination to be checked for blood.	¥500
	Hepatitis Virus Examination	40 and 41 or older for those who have not undergone in the past		Blood examination for hepatitis B and C viruses	¥800

Type	Applicable Beneficiaries	Charge
Periodontal Disease Examination	40, 50, 60, 70 years of age An Examination voucher will be sent to the eligible beneficiaries.	¥300

Gynecological Examination (Mammography and Osteoporosis Examinations)

By reservation only. Please apply at Health Section (Tannan Health and Welfare Center) ☎079-594-1117) in advance.

Type	Applicable Beneficiaries	Contents	Charge	Hours	Place
Mammography	Women 40 years of age and over	Breast X-ray	¥1,300	(Morning) 9:00~12:00	Tannan Health and Welfare Center
Osteoporosis Examination	Women 20 years of age and over	Ultrasound examination of the bare heel (heel bone)	¥1,500	(Afternoon) 13:00 ~ 16:00	

Breast Cancer (Visual/palpation examination) and Uterine Cancer (Cervical cancer) Examinations

Please make a reservation directly with the medical institution and bring your health insurance card to receive the examination.

Name	Applicable Beneficiaries	Place (designated medical institutions)	Charge
Breast Cancer (Visual/palpation examination)	Women 20 years of age and over	Kawai Clinic (552-0308)	¥700
		Hirano Surgical Clinic (552-0189)	
		Okamoto Hospital (594-1616)	
		Nishii Surgery (595-0221)	
(Visual/palpation examination + Mammography)		Hyogo Medical University Sasayama Medical Center (552-1181)	¥2,300
Uterine Cancer (Cervical Cancer)	Women 20 years of age and over	Maruo Clinic (552-0002)	¥1,200
		Hyogo Medical University Sasayama Medical Center (552-1181)	
		Betesuda Clinic (552-6007)	
		Tamaru Obstetrics and Gynecology (590-1188)	

Tuberculosis Examination

Type	Applicable Beneficiaries	Contents	Charge
TB Examination	Residents 19 years of age and over	Chest X-ray	¥200

\*Free for persons 65 years of age and over

\*Free of charge for those who are 70 years of age and over or members of Sasayama Public Health Insurance.

\*Please check the health calendar and leaflet for the schedule and meeting place.

Health Section (Tannan Health and Welfare Center) ☎079-594-1117

●Elderly Health Care System•Welfare Medical Expense Subsidy System•Nursing Care Insurance

Elderly health care system, Medical care for the elderly, Medical care for the severely mentally and/or physically disabled, Medical care for babies and children, Medical care for families with single parent, Medical care for the severely mentally and/or physically disabled elderly, Subsidy for installation of equipment and welfare and medical service consultation outside the prefecture

Health Insurance Department  
☎079-552-7103

For nursing care consultation:

Sasayama City Nursing Care Insurance: Health Insurance Department ☎079-552-6928

## ● Human Rights Consultation (Foreign Residents, the Handicapped, the Elderly, Children, Women's Problems and others)

### General Consultation Window

- This consultation window, where anybody can readily discuss their problems, is opened with the aim of creating a place where a safe and peaceful life is guaranteed and the human rights of each citizen are respected
- We will cooperate to ensure that anybody will feel free to consult with us and get the necessary support.

### Consultation Day – every day except Wednesday, from 9:00am to 5:00pm Open only in the morning on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month.

- Counseling is done through consultation/interview or by telephone
- Consultation is free of charge. **Confidentiality is strictly observed.**

### Sasayama City Human Rights Promotion Department

- Address: 〒669-2397 Sasayama-shi, Kitashinmachi 41  
Sasayama City Human Rights Promotion Department
- ☎079-552-6926 Fax : 079-554-2332 E-mail : jinken\_div@city.sasayama.hyogo.jp

## ● Consultation for Women

### Consultation personnel will provide assistance to women with troubles or problems, such as the following:

- Human relationship problems with one's spouse, parents or children, the workplace, and the local community
- Physical violence and verbal attacks by one's husband, boyfriend or male friends (domestic violence)
- Having unpleasant thoughts or feelings at the workplace, local community or school. Sexual harassment.
- Exhaustion from housework and child care
- Anxiety about pregnancy, contraception, menopause and other women's problems.

### Consultation day: every week, Monday to Friday, from 9:00am to 4:00pm

- Counseling is done through consultation/interview or by telephone
- Consultation is free of charge. **Confidentiality is strictly observed.**

### Sasayama Cooperation Center for Men and Women "Fifty"

- Address: 〒669-2397 Sasayama-shi, Kitashinmachi 41, Sasayama City Hall Building No.2 3<sup>rd</sup> Floor  
Sasayama City Human Rights Promotion Department, Cooperation Center for Men and Women
- Open from Monday to Friday, 8:30am to 5:15pm
- ☎079-552-6926 Fax : 079-554-2332 E-mail : jinken\_div@city.sasayama.hyogo.jp