

## Medical Examination & Health Consultation

### Echinococcus Symptom Examination

(by request at clinics and hospitals in town)

[Target] Children in the third grade at elementary school, in second grade at Junior high school, and those who have never taken this examination and those who took it five years ago or before.

[Contents] Blood examination (please take at least once every five years)

[Date] Contact the Health Promotion Section

### Health Consultations (on request)

[Contents] Individual consultation about health issues. Blood pressure measuring and obesity risk assesment can also be taken.

[Location] Health Welfare Center

### Health Consultation and Education at Community Center

(by request)

[Contents] Blood pressure measuring, obesity risk assesment, body mass index, and nutrition and health consultation

[Date and Location] As requested

## Pregnancy & Giving Birth

☒ Maternal and Child Health Section, Welfare Division, Kutchan Town Office

(The Welfare Division is in the Health and Welfare Center located in North 3, East 4)

☎0136-22-1121☒107 ☎0136-23-0500 (Health Welfare Center)

	When	What to do
<b>Issue of Mother and Child Health Handbook</b>	When you discover you are pregnant	Submit Report of Pregnancy to the Health Welfare Center window and meet with the public health nurse and dietician.
<b>Medical Examination Booklet for pregnant women</b>	When you submit report of pregnancy	There is a health-examination subsidy. Apply in person for particulars.

☒ = Application / ☒ = Question / ☎ = Phone / ☒ = Extension

## 検診・健康相談

エキノコックス症検診（随時、町内医療機関で実施）

【対象】小学3年生、中学2年生、今までに受けたことのない人、5年前に受けた人

【内容】血液検査（5年に1回受けてください）

【日程】お問い合わせください

健やか相談(随時)

【内容】健康に関する相談に個別に応じます。血圧測定、肥満判定なども行えます

【場所】保健福祉会館

地域会館などでの健康相談・健康教育（随時）

【内容】血圧測定、肥満判定、体脂肪率測定、栄養相談、健康相談

【日時・場所】相談に応じて

## 妊娠したら / 赤ちゃんが生まれたら

☒町福祉課母子保健係（北3東4・保健福祉会館内）

☎0136 - 22 - 1121 / ☎23 - 0500(保健福祉会館直通)

	いつ	内容
<b>母子手帳の交付</b>	妊娠したとき	保健福祉会館の窓口に「妊娠届出書」を提出。保健師・栄養士の相談があります
<b>妊婦一般健康診査票の交付</b>	妊娠届け出を提出するとき	健診の公費負担が受けられます。回数など、詳細はお問い合わせください。

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## Pregnancy & Giving Birth

### Maternity Classes

The class is aimed at pregnant women and their families. It offers the chance to learn about pregnancy, child-rearing and make new friends.

### Visiting Care for Pregnant Women

A nurse will come to your house and give advice about pregnancy and child-rearing.

### At the Time of Birth

	When	What to do
Report of birth	Within 14 days of birth	Submit the Birth Certificate issued by a doctor to the Residential Affairs Division.

### Medical Benefit for Infants

Submit your Health Insurance Card and Certificate to Receive Medical Benefits for Infants at the window at the hospital.

Age	Expenses
<b>From birth until the baby is 4 years old.</b> *This age will change in April 2008. Please ask for further information.	1. Seeing a doctor 580 yen 2. Seeing a dentist 510 yen 3. Receiving judo therapy 270 yen
<b>From 4 years old until elementary school age</b>	10% of the expenses with an upper limit per month of 40,200 yen for in-patients and 12,000 yen for others. Low income households: partial payment at the first consultation.

**AQ** Medical Benefits Section, Residential Affairs Division, Kutchan Town Office (Window #3)

**☎**0136-22-1121 **Ex**106, 124

### Child Allowance (Kodomo Teate)

A child allowance is paid to persons who have registered as residents in Japan or who have completed their alien registration (resided in Japan for 1 year or more) and are raising children who meet the requirements to receive the new child allowance and supporting them with their own income. Children from 0 years old until the age of finishing junior high school (the first March 31 after becoming 15 years old) meet the requirements.

Allowance amount: ¥ 13,000 is paid per month for each child.

**AQ** Welfare Section, Welfare Division, Kutchan Town Office (the Welfare Division is in the Health and Welfare Center.)

**☎**0136-23-0500 (Health Welfare Center)

## 妊娠したら / 赤ちゃんが生まれたら

### 母親学級・パパママ学級

妊産婦と家族を対象に、妊娠・出産・育児に関する学習と友達づくりを目的とした交流を図っています。

### 妊婦訪問

妊娠や出産に関する相談を自宅に伺って行きます。

### 赤ちゃんが生まれたら

	いつ	内容
出生届	出生から14日以内	医師の証明をもらって、町住民課に提出してください

### 乳幼児医療給付

受診の際、「健康保険証」「乳幼児医療受給者証」を病院窓口へ提示してください。

年齢	負担額
<b>0歳～4歳到達月末</b> 平成20年4月以降は対象年齢が変わります。お問い合わせください。	医療受診の場合 580円 歯科受診の場合 510円 柔道整復受領の場合 270円
<b>4歳～就学前</b>	1割負担：月額上限 入院 44,400円 入院外 12,000円 低所得の世帯：初診時一部負担金のみ
小1～小6	1割負担：月額上限 入院 44,400円のみ

**☎**町住民課医療給付係（窓口、役場内） **☎**0136 - 56 - 8006

### 子ども手当

日本国内に住民登録している方、または外国人登録をしている方（日本に移住して1年以上経過した人）で、支給対象となる子どもを自らの収入により育てている方に手当が支給されます。0歳から日本の中学終了までに相当する年齢の子ども（15歳になった最初の3月31日まで）が対象になります。手当の金額：子ども1人につき月額13,000円が支給されます。

**☎**町福祉課福祉係（保健福祉会館内）

**☎**0136 - 23 - 0500（保健福祉会館直通）

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## Pregnancy & Giving Birth

### Cooking School for Baby Food

Exchange information and learn how to cook baby food, both for early and latter infancy. An invitation will be sent to eligible parents.

**Location:** Health and Welfare Center

### Medical Examination for Infants

This is conducted at the age of 4 months, 7 months, 10 months and 13 months and checks mental and physical growth. Advice on child-rearing, food and dental problems are given to parents every month. An invitation will be sent to the eligible parents. The schedule is also in the town magazine.

**Location:** Health and Welfare Center

### "Book Start" Program

Kutchan Town gives picture books to the families at the 10 month medical examination in order to promote communication between parents and infants.

### Medical Examination for Infants at the Age of 18 Months

This is for infants of 18 months or 19 months  
Conducted every 2nd month (6 times a year)

**Location:** Health and Welfare Center

### Medical Examination for Children at the Age of 3 Years

This is for children aged 3 years and 1 month or 3 years and 2 months.  
Conducted every 2nd month (6 times a year)

**Location:** Health and Welfare Center

What to bring: Questionnaire form enclosed in the invitation, your maternity record book and toothbrush for the application of fluoride.

### Cavity Prevention Class

This involves the application of fluoride, a lecture on how to use a toothbrush and a dental examination.

Intended for children up to elementary school age

Conducted once a month, 1pm-2.45pm

**Location:** Health and Welfare Center

## 妊娠したら / 赤ちゃんが生まれたら

### ベビークッキングスクール

離乳食について、前期・後期それぞれの段階についての学習と交流を図っています。対象となる人には案内状を送付しています。

### 乳幼児健康診査

月齢に応じた心身の成長・発達の確認と育児や食事、歯科などの相談を4、7、10、13カ月時に実施しています。健診は毎月実施していますが、対象となる人には案内状を送付します。日程は広報くっちゃんでご確認ください。

**場所:** 保健福祉会館

### ブックスタート事業

絵本を通してお子さんとのきずなを深めるため、10カ月健診会場で絵本の説明とプレゼントを行っています。

### 1歳6カ月児健診

**対象:** 1歳6カ月～1歳7カ月児

**日程:** 奇数月(年6回)

**場所:** 保健福祉会館

### 3歳児健診

**対象:** 3歳1カ月～3歳2カ月児

**日程:** 偶数月(年6回)

**場所:** 保健福祉会館

### むし歯予防教室

むし歯予防のためにフッ素塗布や歯ブラシ指導、歯科健診を行います。

**対象:** 未就学児

**日程:** 毎月1回、13時～14時30分

**場所:** 保健福祉会館

**持ち物:** 母子手帳、歯ブラシ



## Pregnancy & Giving Birth

### Travelling Consultation for Children (appointment necessary)

Specialists provide consultation on any matters pertaining to children under 18 years old, 4 times in a year. Appointments required.

### Immunisations

These are for infants, elementary school children and junior high school children.

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(The Welfare Division is in the Health and Welfare Center located in North 3, East 4)  
☎0136-22-1121☎107 ☎0136-23-0500 (Health Welfare Center)

### Standard Immunisations

Target Disease (vaccines)	Target Age	Number of Vaccinations	Interval	Remarks	
DPT (Diphtheria, Pertussis, Tetanus)	Purified precipitated DPT vaccine	<1st phase-I> Age: 3 to 90 months	3 times	3 - 8 weeks	If your child has had Pertussis before, take DT instead of DPT.
	DT toxoid	<1st phase-II> Age: 3 to 91 months (at least 6month (12-18 months are the best) interval is required after completing the three shots of 1st phase-I)	Once		
		<2nd phase> In the 6th grade of elementary school	Once		
Polio	Age: 3 to 90 months	Twice	More than 6 weeks		
MR (Tuberculosis)	<1nd phase> Age: more than 12 months and less than 24 months <2nd phase> In the last year before entering elementary school <3rd phase> In the 1st year of junior high school <4th phase> In the 3rd year of high school	Once		If your child has had measles or rubella, you can take a single vaccine of the disease your child has not yet received.	
BCG (Tuberculosis)	Age: less than 6 months				

\*The standard immunisations (above) are free. However, other vaccines (e.g. non-standard vaccinations and vaccinations outside of the targeted age period) are not free.

\*You need to apply for the immunisations at The Health and Welfare Center except for vaccinations against Polio.

## 妊娠したら / 赤ちゃんが生まれたら

### 巡回児童相談 (要予約)

18歳未満のお子さんの発達や育児に関する悩みの相談を年4回実施しています。個別相談ですので、事前にご相談ください。

### 予防接種

乳幼児、小・中学生を対象に実施しています。

☒ 岡町福祉課母子保健係(保健福祉会館内) ☎0136-23-0500

### 定期予防接種一覧表

疾患名 (ワクチン)	対象年齢	回数	間隔	備考
ジフテリア、百日ぜき、破傷風 (ジフテリア、百日ぜき、破傷風)	<第1期初回1回目~3回目> 年齢: 満3カ月以上90カ月未満	3	3~8週間	百日ぜきの既往がある場合、3種混合の代わりに2種混合(ジフテリア破傷風)を受けます
	<第1期初回追加> 年齢: 満3カ月以上90カ月未満 (少なくとも第1期初回終了後6カ月以上、できれば1年~1年半空けて接種)	1		
	ジフテリア破傷風トキソイド <第2期>小学6年生時	1		
ポリオ	年齢: 満3カ月以上90カ月未満	2	6週間以上	
MR (麻しん、風しん)	<第1期> 年齢: 満12カ月以上24カ月未満	1		麻しんか風しんの既往がある場合、未既往の方の単独ワクチンになります
	<第2期> 小学校入学の前年度			
	<第3期> 中学1年生時			
	<第4期> 高校3年生時			
BCG (結核)	満6カ月未満	1		

\*上記の定期予防接種は無料。それ以外の予防接種、定期予防接種でも対象年齢外の場合は任意接種で有料。

\*ポリオ以外は保健福祉会館で申し込みをする必要があります。

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