

## 11. Health

### (1) When you are pregnant

When you find out you are pregnant, go to the hospital and submit a Pregnancy Notification Form to the city.

You will be given a *Boshi Techou*/Maternal and Child Health Handbook and a supplement to the Nagahama City Maternal and Child Health Handbook (a coupon for a pregnant woman's health check-up).

Click here for the necessary procedures, what to bring, and where you can complete the procedures. ⇒



[\(Procedure Guide Pregnancy/Birth section\)](#)

Service	Applicable person	Description	Where	Note
Issuance of Maternal and Child Health Handbook- <i>Boshi Kenkou Techou</i>	Pregnant woman	Maternal and Child Health Handbook is issued. (Please bring pregnancy certificate issued by a medical institution and identity verification documents.)	-Kenkou Suishin-ka -Hokubu Kenkou Suishin Center	This handbook records results of health check-up of the mother and child and immunization history.
Maternity health check-up	Pregnant woman	The expenses for the health check-up are subsidized.	Medical institution located in Shiga pref. (Obstetrics and gynecology department) ※Please consult us if you take the check-up out of Shiga pref.	Coupons for maternity health check-up are issued together with Maternal and Child Health Handbook.
Consultation for pregnant woman	Pregnant woman	Childcare Concierge (Public Health Nurse) will answer any questions or concerns you may have about your physical or mental health during pregnancy.	-Kenkou Suishin-ka -Hokubu Kenkou Suishin Center	

※Foreign language versions of Maternal and Child Health Handbook-Boshi Kenkou Techou can be issued at Kenkou Suishin-ka.

Health Promotion Division (Nagahama City Health Center, Kobori-cho)	6 5 — 7 7 5 1
Northern Health Promotion Center (Takatsuki Branch of Health Center)	8 5 — 6 4 2 0

### (2) After your baby is born

#### (1) Birth notification / Acquisition and selection of nationality

When your baby is born, “Birth certificate” is issued by a doctor or midwife. Even if the parent has not Japanese citizenship, any baby born in Japan is required to submit the “Birth certificate” to city hall within 14 days after birth. You

are advised to decide baby's name and prepare necessary documents beforehand. When baby's nationality is other than Japanese, it is required to apply to acquire the residence status at the immigration bureau.

### Birth certificate – *Shussei Tdoke*

Required documents: Birth Certificate, seal (*inkan*) or signature of the registrant, Maternal and Child Health Handbook, insurance card or *Zairyu* card, passport, etc.

Click here for the necessary procedures, what to bring, and where you can complete the procedures. ⇒

([Procedure Guide Pregnancy/Birth section](#))



※When your baby was born, please report it to your home country as well. For detail procedures, please consult at the embassy or consulate of your home country.

### Acquisition of nationality for newborn infants

Nationality is very important element for the child's future. Regardless of what nationality you choose, necessary procedures must be duly fulfilled. You are advised to consult with the embassy, *Shimin-ka* (Nagahama city hall) or Legal Affairs Bureau-*Houmukyoku*, etc. before your child is born, and confirm what documents are needed.

Parents' nationalities	Child's nationality	Procedure
One of them has Japanese nationality	Japanese nationality	1. Submit the Birth Certification to the city hall where the parent lives. 2. If you would like to have foreign nationality, please consult with the embassy or consulate.
Both of them have foreign nationalities	Foreign nationality	Make inquiries at the embassy or consulate.

### Choice of Nationality

If your child will acquire a nationality other than Japanese, you will need to submit a "nationality retention" notification when submitting your birth notification to Japan. Japanese law does not allow a child to have both Japanese and foreign nationality (dual nationality), so you must choose one of your nationalities before turning 20. For more information, please check with the Legal Affairs Bureau.

### Premature Infant Care Medical Benefit Program


If a child under the age of one is born weighing 2,000 grams or less, or if a doctor (designated medical institution) determines that certain conditions apply, and is hospitalized and receives medical treatment at a designated medical institution, a portion of the medical expenses (insured medical expenses) will be subsidized.

Please contact the Health Promotion Division or the Northern Health Promotion Center.

### (3) Health checkups for infants and children

The consulting service as well as health checkups are held regularly for children's well-being.

The city's information booklet "*Kohou Nagahama*" provides information about dates, locations, eligibility, and necessary items to bring for medical checkups.

Service provided	Eligible	Description	Note
House call for newborn babies	Newborn babies (infants)	Health nurse or Midwife visits a household with 1~3-month-old baby and gives advice on child-rearing.	Attached to the Maternal and Child Health Handbook (Separate column) Please apply by mailing, "Newborn Visit Guidance Request Form", telephone, or electronic application.
Medical checkups for infants 	4 months old infants	The checkups are held for prevention of disease, and early detection in infant. In addition, consultation and support about child rearing is provided as well. * For details, please check the city's newsletter "Koho Nagahama" or the official website of Nagahama city.	-Kenkou Suishin-ka -Hokubu Kenkou Suishin Center
	10 months old infants		
	1 year and 8 months old children		
	2 years and 8 months old children		
	3 years and 8 months old children		

#### (4) Vaccination

Vaccination is required to take by Preventive Vaccination Act to protect people from being infected or developing specific disease, relieves symptoms and prevent the spread of disease. It is very important to confer immunity in order not to have diseases.



#### ◆Type of Vaccinations in accordance with the Preventive Vaccinations Act

**Individual vaccination:** It is available to get vaccination on an as-needed basis at designated medical institution.

\*Reservation is required. Please apply to designated hospital directly.

\*Free of charge (If a child is out of specific age, a copayment is necessary.)

\* If you are vaccinating outside of Nagahama or Maibara City, you need to apply in advance from the Nagahama City website.

Type	Applicable age	Procedure
BCG (Tuberculosis – <i>Kekkaku</i> )	From birth to the day before the 1 <sup>st</sup> birthday	Number of times: one Children aged between 5 and 8 months basically
Rotavirus (Rotalix)	From 6 weeks to 24 weeks	Inoculate twice with an interval of 27 days or more * <u>The first inoculation is by 14 weeks and 6 days after birth.</u>
Rotavirus (Rotatech)	From 6 weeks to 32 weeks	Inoculate 3 times with an interval of 27 days or more * <u>The first inoculation is by 14 weeks and 6 days after birth.</u>
Five types of mixture vaccine (diphtheria, pertussis, tetanus, inactivated polio, Hib infection) <i>Goshu Kongou</i>	From 2 months old to 1 day before turning 7 and a half years old *Those who have never received the IVD or Hib vaccination	Stage 1 initial: 3 vaccinations at intervals of 20 days or more Stage 1 additional: 1 vaccination at intervals of 6 to 18 months after the 3rd vaccination of Phase 1 initial
Four types of mixture vaccine (Diphtheria, Pertussis, Tetanus Combination and Inactive polio vaccine) <i>-Yonshu Kongou</i>	2 months or older but under the 7-and-a- half-years old(the day before the 7 and a half birthday) *Those who have received at least one dose of the four-in-one vaccine or Hib vaccine	Stage 1 Initial administration: Number of times: three at an interval of 20~56 days Additional administration: Number of times: one /About a year after the 3 <sup>rd</sup> vaccination
Inactivated polio <i>-Fukatsuka Porio</i>	2 months or older but under the 7-and-a- half years old(the day before the 7 and a half birthday) * Inoculation of four-kind mixed vaccine is given priority	Stage 1 Initial administration: Number of times: three at an interval of 20 days Additional administration: Number of times: one /About a year after the 3 <sup>rd</sup> vaccination
Three types of mixture vaccine (Diphtheria ·Pertussis - ·Tetanus) <i>-Sanshu Kongou</i>	From 2 months old to 1 day before turning 7 and a half years old. * Only those who need for reasons such as vaccination status while traveling abroad	Initial Period 1: Inoculated three times at intervals of 20 to 56 days 1st addition: 1st in the 1st year after the 3rd termination of the first round of the first phase
Measles and Rubella Combined <i>-Mashin Fushin</i> 	First administration: Infants aged between 1 and 2 years (until the day before the 2 <sup>nd</sup> birthday)	Stage 1: Number of times: one
	Second administration: Infants in the previous year before entering elementary school- <i>Shougakkou</i> (April 1 to March 31) (i.e. from five years old to the day before 7 <sup>th</sup> birthday)	Stage 2: Number of times: one 
Diphtheria and Tetanus Combined- <i>Nishu Kongou</i>	Children aged between 11 and 13 (until the day before the 13 <sup>th</sup> birthday)	Number of times: one

Japanese Encephalitis <i>-Nihon Nouen</i>	<p>Stage 1 (Initial / Additional): From 6 months after birth to 1 day before becoming 7 years 6 months</p> <p>Stage 2 Children aged between 9 and 13 (until the day before 13<sup>th</sup> birthday)</p> <p>* Guardians may have their child ages six months old or older vaccinated upon request when they plan to travel to epidemic areas, etc. Please consult at <i>Kenkou Suishin-ka</i></p> <p>※ When traveling to endemic areas, we recommend early inoculation.</p>	<p>Stage 1: - Initial administration: Number of times: two at an interval of 6~28days (Children aged between 3 basically) Additional administration: Number of times: one About a year after the 2<sup>nd</sup> vaccination. (Children aged between 4 basically.) Stage 2: Number of times: one (Children aged between 9 and 10 basically) ※Special measures Those who were born between April 2, 1995 and April 1, 2007 can make up the full four doses up to one day prior to their 20th birthday.</p>
HIB <i>-Hibu Wakuchin</i>	<p>Children between 2 months and 5 years of age (until the day before the 5<sup>th</sup> birthday) *Those who have received at least one dose of the four-in-one vaccine or Hib vaccine</p>	<p>Normally, the first dose is provided to infants between 2 and 6 months of age. The schedule of this vaccination is determined depends on the age that your child receives the first dose. Please consult with a doctor.</p>
Pediatric pneumococcal infection <i>-Shouniyou Haien Kyukin Wakuchin</i>	<p>Children between 2 months and 5 years of age (until the day before the 5<sup>th</sup> birthday)</p>	<p>Normally, the first dose is provided to infants between 2 and 6 months of age. The schedule of this vaccination is determined depends on the age that your child receives the first dose. Please consult with a doctor.</p>
Hepatitis B <i>-B Gata Kanen</i>	<p>From birth to the day before the 1<sup>st</sup> birthday</p>	<p>Normally, the first dose is provided to infants between 2 and 8 months. 1st dose: 2 months or more of age 2nd dose: At an interval of 27 days or more after the 1st dose 3rd dose: At an interval of 139 days or more after the 1st dose</p>
Varicella- <i>Suitou</i>	<p>Children aged between 1 and 3 (until the day before the 3<sup>rd</sup> birthday)</p>	<p>Initial administration: Normally, the first dose is provided to infant aged between 12 months and 15 months. Additional administration: Please receive the vaccination at an interval of 6~12 months after the first vaccination.</p>

Cervical cancer - <i>Shikyu Keigan</i>	Girls in the 6th year of elementary school ( <i>Shougakkou</i> ) to the 1st year of senior high school ( <i>Koukou</i> ) * Until March 31, 2025 Catch-up target: Girls born on April 2, 1997 to the second year of high school	Three intramuscular injections are required. Only for Sylgard 9, if the first vaccination is given before the age of 15, the vaccination will be completed in two doses. <table><tr><td rowspan="3">Cervarix</td><td rowspan="3">Gardasil</td><td colspan="2">Sylgard 9</td></tr><tr><td colspan="2">Age of vaccination</td></tr><tr><td>Under 15</td><td>Over 15</td></tr><tr><td>1<sup>st</sup> time</td><td>1<sup>st</sup> time</td><td>1<sup>st</sup> time</td><td>1<sup>st</sup> time</td></tr><tr><td>1 month after the 1<sup>st</sup> vaccination</td><td>2 months after the 1<sup>st</sup> vaccination</td><td>6 months after the 1<sup>st</sup> vaccination</td><td>2 months after the 1<sup>st</sup> vaccination</td></tr><tr><td>5 months after the 2<sup>nd</sup> vaccination</td><td>4 months after the 2<sup>nd</sup> vaccination</td><td></td><td>4 months after the 2<sup>nd</sup> vaccination</td></tr></table>	Cervarix	Gardasil	Sylgard 9		Age of vaccination		Under 15	Over 15	1 <sup>st</sup> time	1 <sup>st</sup> time	1 <sup>st</sup> time	1 <sup>st</sup> time	1 month after the 1 <sup>st</sup> vaccination	2 months after the 1 <sup>st</sup> vaccination	6 months after the 1 <sup>st</sup> vaccination	2 months after the 1 <sup>st</sup> vaccination	5 months after the 2 <sup>nd</sup> vaccination	4 months after the 2 <sup>nd</sup> vaccination		4 months after the 2 <sup>nd</sup> vaccination
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5 months after the 2 <sup>nd</sup> vaccination	4 months after the 2 <sup>nd</sup> vaccination		4 months after the 2 <sup>nd</sup> vaccination																			
Influenza for the elderly	① People aged over 65 ② People aged 60 to 65 who have heart, kidney or respiratory dysfunction, or immune function impairment due to human immunodeficiency virus (physical disability certificate level 1) One time vaccination fee 2,260 yen	Once a year from October to December																				
Pneumococcal Infection for the elderly	① 65 years old ② Persons aged 60 to 65 who have heart, kidney or respiratory dysfunction, or immune function impairment due to human immunodeficiency virus (physical disability certificate level 1) One time vaccination cost 2,600 yen	1 dose during implementation period If you have had one dose of pneumococcal vaccine, you cannot receive it as a routine vaccination.																				
New coronavirus infection (COVID-19)	①People aged 65 or older ②People aged 60 to 65 who have heart, kidney or respiratory dysfunction, or immune dysfunction due to the human immunodeficiency virus (equivalent to Class 1 disability certificate)  Cost of one vaccination: Undecided	The vaccination period is planned to be from autumn to winter. Details will be announced in public relations materials and on our website as soon as they are decided.																				

### (5) Medical checkups for adults


It is time to have medical checkups and confirm your body condition when you have no symptoms. There are two types of medical checkups: the medical checkups held at the designated hospitals in the city and general checkups or group health checkup held at public health centers, etc.

※For detail information such as schedules, please check the city newsletter (“Koho Nagahama”), “Health Schedule-Kenkou zukuri Nitteihyou” or official site of Nagahama city (<https://www.city.nagahama.lg.jp/>).

※Depending on the history of medical treatment or treatment status, you may not be able to have a medical checks. For details, please consult at Kenkou Suishin-ka

(Checkups at designated hospitals and general checkups)

※The age which is described on the category of “Eligibility” is the age as of the end of March, 2025.

Types of checkup	Description	Eligibility
Specified medical checkup under National Health Insurance	Urinalysis, body measurement, blood pressure measurement, measurement of abdominal circumference, general interview, general checkup, blood lipid test (Those diagnosed as necessary) anemia test, electrocardiography, Fundus examination	Insured person of National Health Insurance of Nagahama aged between 40 and 74
Medical checkups for lifestyle-related diseases 	Urinalysis, body measurement, blood pressure measurement, measurement of abdominal circumference, general interview, general checkup, blood lipid test, (for those diagnosed as necessary) anemia test, electrocardiography, fundus examination	(1) Person aged between 19 and 39 this fiscal year (2) Person aged over 40 who receives public assistance- <i>Seikatsu Hogo</i> this fiscal year. (3) Person aged between 40 -74 who falls under the any of followings.  <ul style="list-style-type: none"> <li>Person who withdrew from National Health Insurance after April 2<sup>nd</sup> of this fiscal year</li> <li>Person whose health insurance changed after April 2<sup>nd</sup> of this fiscal year</li> </ul>
Breast cancer checkup	Mammography	Person aged over 40 who did not receive this checkup in the previous year (i.e. twice a year)
Cervical cancer checkup	Insight, Internal examination, pap smear	Person aged over 20 who did not receive the checkup in the previous year (i.e. twice a year)
Colon cancer checkup	Fecal occult blood test	Person aged over 40
Gastric cancer screening	X-ray of the stomach	People over 40 years old
Gastric cancer screening	Endoscopy	People over 50 (once every two years)
Lung cancer screening	Chest x-ray Sputum cytology (only for those who need it)	People over 40 years old
Hepatitis virus screening	Hepatitis B / C virus test	People over 40 years old who have not had a medical examination in the past

(Checkups at hospitals only)

Types of checkup	Description	Recipient
Checkups for elderly people <i>-Kouki Koureisha Kenshin</i>	Urinalysis, body measurement, blood pressure measurement, general interview, general checkup, blood lipid test	People who are enrolled in the Medical Care System for the Elderly (however, this does not apply to people who are hospitalized or admitted to hospitals or facilities).

Osteoporosis screening	Bone mineral density measurement of the lumbar spine and femur	Women from 50 years old to 65 years old in increments of 5 However, those who have undergone the city's osteoporosis examination after 2017 are not eligible.
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**(Medical institution health checkups/group health checkups)**

Health examination name	Inspection details	Target
Tuberculosis Checkup	Chest X-ray	People aged 65 or older

**(Group checkup only)**

Types of checkup	Description	Recipient
Periodontal disease checkup	Oral examination, Dental guidance	Person aged over 19

Kenkou Suishin-ka (Nagahama Health Care Center- <i>Hoken Center</i> which is located in Kobori-cho)	0749-65-7751 (Vaccination / Child Health) 0749-65-7759 (Adult health )
Hokubu Kenkou Suishin Center (Health Care Center Takatsuki branch office)	0749-85-6420