

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.
Health check-up for pregnant women and 1-month-old infants	Pregnant woman and 1-month-old infants	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 received at Kenkou Suishin-ka.

Health Promotion Division (Nagahama City Health Center,)	Address : Nagahama city Kobori-cho 32-3 Phone : 6 5 — 7 7 5 1
Northern Health Promotion Center (Takatsuki Branch of Health Center)	Address : Takatsuki-cho Douganji 160 Phone : 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.

Premature Infant Care Medical Benefit Program

When a child under the age of one weighing 2,000 grams or less at birth or who meets certain conditions as determined by a doctor at a designated medical institution is hospitalized and receives medical care at a designated medical institution, a portion of the medical expenses (insured medical expenses) will be subsidized. For details, please contact the Health Promotion Division or the Northern Health Promotion Center.

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.

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 the baby is born

Choice of nationality

When a child takes nationality other than Japanese, his/her parent needs to submit “Notification of reservation of nationality-*Kokuseki Ryuuho*” together with birth notification to municipality of Japan. In accordance with Japanese law, a person is not permitted to have two nationalities (dual nationality), and is required to choose either of them before reaching the age of 20. For more information, please consult at Legal Affairs Bureau-*Houmukyoku*.


Subsidy system for premature infant

When a premature infant who was weighted under 2,000 grams at birth or child aged under 1 who meets a certain condition in accordance with the judgment of a doctor (at a designated medical institution) hospitalize and have a medical treatment at a designated medical institution, a portion of the medical expense (covered by insurance) is subsidized. For details, please consult at Nagahama city hall *Kenkou Fukushi-ka* or Hokubu Kenkou Suishin 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 " <i>Kohou Nagahama</i> " 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

Vaccinations are stipulated by the Vaccination Act to prevent infectious diseases.

Vaccinations are injections that not only prevent infection and the onset of a disease, but also alleviate symptoms and prevent the spread of the disease.

Vaccinations are very important as they build up immunity so you don't get sick.

◆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.

* Vaccinations for children are free of charge (those outside the eligible age range must pay at their own expense).

* The cost of vaccinations for the elderly is as stated in the vaccination instructions below (those who are not eligible will be charged an additional fee).

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

Type	Age when vaccinated	Vaccination method
BCG (Tuberculosis – <i>Kekkaku</i>)	From birth to the day before the 1 st 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 rd 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 rd 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 3 rd 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 nd 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 th 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 th birthday)	Number of times: one
Japanese Encephalitis <i>-Nihon Nouen</i>	Stage 1 (Initial / Additional): From 6 months after birth to 1 day before becoming 7 years 6 months Stage 2 Children aged between 9 and 13 (until the day before 13 th birthday) * 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> ※ When traveling to endemic areas, we recommend early inoculation.	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 nd 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.
HIB <i>-Hibu Wakuchin</i>	Children between 2 months and 5 years of age (until the day before the 5 th birthday) *Those who have received at least one dose of the four-in-one vaccine or Hib vaccine	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.
Pediatric pneumococcal infection <i>-Shouniyou Haien Kyukin Wakuchin</i>	Children between 2 months and 5 years of age (until the day before the 5 th birthday)	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.

Hepatitis B - <i>B Gata Kanen</i>	From birth to the day before the 1 st birthday	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																				
Varicella-Suitou	Children aged between 1 and 3 (until the day before the 3 rd birthday)	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.																				
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, 2026 Catch-up target: Women born in 1997 to 2008 who received one or two doses of the cervical cancer vaccine between April 1, 2022 and March 31, 2025	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>1st time</td><td>1st time</td><td>1st time</td><td>1st time</td></tr><tr><td>1 month after the 1st vaccination</td><td>2 months after the 1st vaccination</td><td>6 months after the 1st vaccination</td><td>2 months after the 1st vaccination</td></tr><tr><td>5 months after the 2nd vaccination</td><td>4 months after the 2nd vaccination</td><td></td><td>4 months after the 2nd vaccination</td></tr></table>	Cervarix	Gardasil	Sylgard 9		Age of vaccination		Under 15	Over 15	1 st time	1 st time	1 st time	1 st time	1 month after the 1st vaccination	2 months after the 1 st vaccination	6 months after the 1 st vaccination	2 months after the 1 st vaccination	5 months after the 2 nd vaccination	4 months after the 2 nd vaccination		4 months after the 2 nd vaccination
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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 Cost per vaccination: 2,260 yen																				
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. Cost per vaccination: 2,600 yen																				

New coronavirus infection (COVID-19) for the elderly	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)	One vaccination every year from October to December Cost per vaccination: 4,570 yen
Shingles for the elderly	People of ① or ② : ① People aged 65, 70, 75, 80, 85, 90, 95, 100 or older ② People aged 60 to 65 who have impaired immune function due to the human immunodeficiency virus	One vaccination during the implementation period. There are two types of vaccines. ① Biken (live vaccine) Number of vaccinations: 1 Cost: 2,600 yen Effective: about 5 years ② Shingrix (inactivated vaccine) Number of vaccinations: 2 Cost: 6,600 yen per vaccination Effective: about 10 years

(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"> Person who withdrew from National Health Insurance after April 2nd of this fiscal year Person whose health insurance changed after April 2nd of this fiscal year
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.

(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) 65-6767 (General health check-up reservation)
Hokubu Kenkou Suishin Center (Health Care Center Takatsuki branch office)	0749-85-6420

