



**Childhood Vaccination**  
(yobosesshu)

Enquiries:  
Health  
Care and  
Disease  
Prevention  
Division  
0798-  
35-3308

|                                    |   |
|------------------------------------|---|
| <b>Rotavirus</b>                   | Rotarix : 2 doses between 6 weeks 0 days and 24 weeks 0 days with more than 27 days between doses<br>Rota Teq : 3 doses between 6 weeks 0 days and 32 weeks 0 days with more than 27 days between doses   |
| <b>Hepatitis B</b>                 | 3doses before reaching 1year of age.<br>After 2 doses with more than 27days in between, additional dose after 20 weeks (139 days) from the 1st dose.  |
| <b>HIB</b>                         | Take stated numbers of doses between 2months and before reaching 5years of age. Following is an average schedule of vaccination.<br>【Those who are between 2months and before reaching 7months at the time of the initial doses】<br><b>Initial doses:</b> Before reaching 12months, 3 doses with at least 27days between doses. (20days when a doctor approves).<br><b>Booster dose:</b> Once, more than 7 months after finishing the initial doses.  |
| <b>Pediatric Pneumococcal</b>      | Take stated numbers of doses between 2 months and before reaching 5 years of age. Following is an average schedule of vaccination.<br>【Those who are between 2months and before reaching 7months at the time of the initial doses】<br><b>Initial doses:</b> Before reaching 24months, 3doses with at least 27 days between doses. (20days when a doctor approves).<br><b>Booster dose:</b> Once, more than 60days after the initial doses and after reaching 1year of age.<br>※Please take the second dose of the initial doses before reaching 12months. |
| <b>DPT-IPV, IPV</b>                | <b>First dose:</b> 3doses between 3 months and before reaching 7 years and 6months of age. More than 20 days between doses.<br><b>1st dose booster:</b> 1dose, more than 6 months after the 1st dose. (Before reaching 7 years and 6months)   |
| <b>BCG</b>                         | 1dose before reaching 1year of age.   |
| <b>Measles/Rubella combination</b> | <b>1st dose:</b> 1 dose between 1year and before reaching 2years of age.<br><b>2nd dose:</b> Once, from 5years and before reaching 7years of age, between April 1st and March 31st of the year before entering elementary school.   |
| <b>Varicella (Chicken Pox)</b>     | Twice between the ages of 1 and before 3 years of age. At least 3months between doses.  |
| <b>Japanese Encephalitis</b>       | <b>1st dose:</b> 2times between 6months and before 7years and 6months of age. Need more than 6days between doses.<br><b>1st dose booster:</b> Once, more than 6months after the 1st dose. (Before 7years and 6months of age)  |

**Health Care Services to Expectant and Nursing Mothers and Infants**

**Getting Pregnant**

**Notification of Pregnancy (ninshin todoke)**  
When you are diagnosed that you are pregnant, submit the Notification of Pregnancy to either one of Health and Welfare Centers or City Hall (Main Office).  
(Necessary items to bring)  
Individual Number Card  
When you do not have your Individual Number Card, bring a document to prove your Individual Number and ID.

**Home Visit by a Public Health Nurse /Midwife (shinseiji homon)**  
A public health nurse, midwife will visit your house on request to give advice on childcare, growth and development. For inquiries, please contact each Health and Welfare Center.

**Postnatal Care Project (sangokea jigyo)**  
Consultations on matters such as the postnatal health condition, breasts care, childcare, and support for taking a rest etc., are available. There are different types of how to use the program: overnight stay at a facility, commuting to a facility, or home visit.

**Childrearing Support Grant (kosodate oen kyufukin)** childrearing support grant (50,000 yen) will be paid after application and interview.

**Report of Birth (shussho todoke)**  
You are required to submit a Report of Birth to either City's Civic Affairs Division (0798-35-3128), branch offices, civic service centers, or ACTA Nishinomiya Civic Service Station within 14 days after the childbirth.  
**(Necessary items to bring)**  
Your birth registration form (birth certificate), maternal & child health handbook, nationality certificates of the parents and an evidence of marriage (if both parents are foreign nationals), and certificate of National Health Insurance (if any).

**Consultation Desk for health and child rearing, etc.**

- Chuo Health and Welfare Center (0798)35-3310
- Naruo Health and Welfare Center (0798)42-6630
- Kitaguchi Health and Welfare Center (0798)64-5097
- Shiose Health and Welfare Center (0797)61-1766
- Yamaguchi Health and Welfare Center (078)904-3160

**A Baby is Born!**

**Lectures & Advice Given to Future Parents**

**Mother Class:** Available for expectant mother on her second trimester of first-time pregnancy. Reseration is needed. Days are announced on City's Website or Nishinomiya City News. For details, please contact each Health and Welfare Center.

**Childcare Seminar (Parents Class):** Woman in her first pregnancy and her husband (partner) are eligible. (Appointment is required) Information will be announced on Nishinomiya City Website and City News. Inquiries: Please contact Naruo Health and Welfare Center

**Pregnancy & Maternal check-up**  
**Maternal Dental check-up**

You can submit for the check-ups when you submit your pregnancy. Please enquire at each Health and Welfare Center.

**Subsidy for pregnancy check-ups**  
Nishinomiya City will subsidize the cost for the pregnancy check-ups up to 14 times per person. \*\*Additional subsidy is available for woman with multiple pregnancy.

**Subsidy for maternal dental check-up**  
The city will also subsidize the cost for one maternal dental check-up before delivery.

**Subsidy for maternal check-ups**  
The City will subsidize the mother's health check-ups up to 2 times after giving birth.

**Receiving Maternal & Child Health Handbook (boshi kenko techo)**

**Application for Childbirth Support Grant (shussan oen teate kin)**

Maternal & Child Health Handbook is to record the physical conditions of mother and child during and after pregnancy. You are required to bring the book for health check-ups and vaccinations. An English, Chinese, Korean, Portuguese, Thai, Indonesian, Spanish, Vietnamese, Tagalog or Nepalese handbook will be mailed to you on request by Community Health Care Division. You can apply for the Childbirth Support Grant (50,000 yen) at the same time. Please bring your ID and a document with your account number.  
※ For the payment of the grant, an interview is necessary for the pregnant woman.

## Health Care Programs - Check-ups & Lectures

(The area code 0798 for all numbers)

| Name of the Programs   | Clients Served  | Program Contents  | Date   | Contact   |
|--|---|---|--|---|
| Mother Class<br>( <i>hahaoya gakkyl</i> )  | Women on their second trimester of first pregnancy<br>Parous women can participate in the north region                    | Lecture & Practices on daily life, nutrition, dental care, child care during pregnancy & after childbirth.  | Dates are announced on City's Website or Nishinomiya City News.  | By appointment only.<br>Call each Health & Welfare Center   |
| Childcare Seminar<br>( <i>ryoshin gakkyl</i> )   | First-time pregnant women and their husbands (partners)   | <ul style="list-style-type: none"> <li>Information of services from Nishinomiya Child Care Support</li> <li>Lectures on father's participation on childcare</li> <li>Experience of holding baby dolls.</li> <li>Video viewing etc.</li> </ul>       | 4 times a year. Dates are announced on City Website or Nishinomiya City News.  | By appointment only.<br>For reservations : Naruo Health & Welfare Center at 42-6630   |
| Home Visit<br>( <i>Katei homon</i> )   | Pregnant women<br>Newborn babies<br>Infants   | A public health nurse, midwife, etc. will visit your house to give consultation on pregnancy, postnatal condition, and growth and development of the baby   | A date can be fixed on request.  | Contact each Health & Welfare Center for enquiries.   |
| Postnatal Care<br>( <i>Sango kea</i> )   | Infants before reaching 1 year old  | Consultations on postnatal health condition, breasts care, childcare, and support for taking a rest etc., are available. There are different types of how to use the program: overnight stay at a facility, commuting to a facility, or home visit. | Need to apply. ( With a fee, some reduction or exemption available for household with welfare, or exempted from tax payment) | Contact Chuo Health & Welfare Center for enquiries.(35-3310)  |
| Lecture on Weaning<br>( <i>rinyushoku koza</i> )   | Parents whose first child is between 5 - 13 months of age   | A lecture by dieticians on how to proceed with weaning. Cooking observation and tasting baby food.  | Dates are announced on City's Website or Nishinomiya City News.  | By appointment only with each Health & Welfare Center.  |
| 4 Month Old Check-up<br>( <i>kenkoshinsa</i> )   | 4-6 months of age   | Examinations by pediatricians, body measurement. Consultation on childcare and nutrition.   | Eligible infants are notified individually.  | Contact each Health & Welfare Center for enquiries.   |
| 10 Month Old Check-up<br>( <i>kenkoshinsa</i> )  | 10- 11 months of age  | Body measurement. Examinations by pediatricians. Health guidance, etc.  | Eligible infants are notified individually.  | Contact each Health & Welfare Center for enquiries.   |
| 18 Month Old Check-up<br>( <i>kenkoshinsa</i> )  | 19- 24 months of age(till the end of birthday month)  | Examinations by pediatricians and dentists, body measurement, consultation on brushing teeth. Consultations on psychological matters, childcare and nutrition   | Eligible infants are notified individually.  | Contact each Health & Welfare Center for enquiries.   |
| 3 Years Old Check-up<br>( <i>kenkoshinsa</i> )   | 3years and 5 months to 4 years of age(till the end of birthday month)   | Examinations by pediatricians, ENT doctors, eye doctors and dentists. Body measurement, urine analysis, refraction test. Consultation on brushing teeth, psychological matters, childcare and nutrition   | Eligible infants are notified individually.  | Contact each Health & Welfare Center for enquiries.   |
| Dental Check-up for parents and child<br>NO Cavity Class for parents and child in the north region | Preschoolers  | A check-up by dentists. Consultations on cleaning teeth and nutrition by dental hygienists.   | Dates are announced on City's Website or Nishinomiya City News.  | By appointment only.<br>Call Health Promotion Division (26-3667)for reservation   |
| Consultation on Asthma<br>( <i>zensoku allergy sodan</i> )   | Children under the age of 16  | Consultations with doctors & dieticians on allergies and asthma.  | Dates are announced on City's Website or Nishinomiya City News.  | By appointment only. Call:<br>Chuo Health & Welfare Center 35-3310<br>Kitaguchi Health &Welfare Center 64-5097<br>Naruo Health & Welfare Center 41-6630 |
| Advice on Childcare<br>( <i>ikuji sodan</i> )  | Babies and infants  | Childcare advice is given at day nurseries and certified child center located in the city.  | Dates and time differ in each day nursery and certified child center.  | The method of acceptance is different with each nursery or certified child center. Call each facility in advance and visit.                             |
|  | Expectant and nursing mothers, babies and infants   | A public health nurse will give consultations on pregnancy, postnatal condition, growth and development of the child and childcare  | Accepted as needed (online, interview and phone is possible)   | Contact each Health & Welfare Center for enquiries.   |
| Childcare Session<br>( <i>yochiyochi hiroba</i> )  | 0 to 2 years of age and their parents.(Children ages before entering elementary school and their parents for Oyako salon) | Opportunities for meeting other guardians who now raise children and advice on childcare given at City's children's centers, etc.   | Approximately once a month. (Ten times a year.) (Twice a year for Oyako salon)   | Call Comprehensive Child Rearing Center at 39-1521 or Community Health Care Division at 35-3310   |

| Name of the Programs   | Program Contents   | Inquiry   |
|--|--|---|
| Assistance with Infants' etc. Medical Fee<br>( <i>nyuyoji tou iryohi josei</i> )   | Full or part of medical expenses incurred when health insurance is used. Eligible children up to reaching the first Mar 31 after reaching 18. (The content of assistance varies by children's age or household income.)  | Medical Aid & Pension Division:<br>35-3131              |
| Child Allowance<br>( <i>jido teate</i> )   | Monthly allowance is given to those who raise children until the first March 31 after reaching 15 <ul style="list-style-type: none"> <li>under 3 years old ¥15,000</li> <li>3 years~ elementary school students ¥10,000 (¥15,000 for third child and after)</li> <li>Junior high school students ¥10,000</li> <li>Special benefit ¥5,000</li> <li>For a recipient whose income exceeds the high end of the income limit, the recipient will lose the recipient qualification. Allowance will not be paid.</li> </ul> | Child Allowance Division:<br>35-3189                    |
| Assistance with Medical Fee to Premature Babies<br>( <i>mijukuji no tameno yoikuiryo</i> )                                 | Assistance with medical fee is given to premature babies who have to be hospitalized. Babies who were born 2,000g or under and who are in extremely feeble health condition are eligible.  | Health Care and Disease Prevention Division:<br>26-3669 |
| Assistance with Medical Fee to Children with Designated Chronic Illness<br>( <i>shoni mansei tokutei shippei iryo</i> )    | Assistance with part of the medical fee borne by the patient is given to children who are under 18 years of age and suffer from designated chronic illness.  | Health Care and Disease Prevention Division:<br>26-3669 |
| Assistance with Medical Fee to Children Requiring Support for Independence<br>( <i>jiritsu shien iryo (ikusei iryo)</i> )  | It is a benefit with medical fee and children with disability aged under 18 are eligible. (Recipients may be required to bear part of the cost.)   | Health Care and Disease Prevention Division:<br>26-3669 |
| Assistance for the first time visit to a obstetrics department for pregnancy<br>( <i>shokai sanko jushinryo no josei</i> ) | Assistance for the fee of pregnancy test to pregnant women who belongs to a household that is exempt from city tax or receiving public assistance. Application is necessary.   | Community Health Care Division: 35-3302                 |

### Day Nursery : (*hoikusho*)

Nursery centers are facilities that provide care for children between approximately 6 months old and preschool age whose parents or guardians cannot take care of the children at home during the day due to work or illness. The applications for entry to the nursery centers should be made with the Nursery Schools Admission Division. Applications can be made after completing a registration of birth. (Excludes admission from December-April 1) The closing date is different according to the date of the admission one requests so for details, please inquire to the Nursery Schools Admission Division. The closing dates are especially early for the child's admission from December to April 1. (These closing dates will be announced on Nishinomiya City News, etc.)

Nursery Schools Admission Division (Hoiku Nyuusho Ka) : 0798-35-3160

### In case of emergency at night or on holidays :

**Health and medical care consultation system 'Hello Nishinomiya' :**

medical telephone counseling available 24hours a day. Phone: 0120-86-2438

**Nishinomiya Emergency Clinic (*okyu shinryo sho*)**

Phone: 0798-32-0021

Access: Turn north at Nishinomiya Fire Station on Route 2

Hours of operation: Sundays & holidays / Year end & New Year holiday season

9:00 a.m. - 1:45 p.m. 5:00 p.m. - 11:15 p.m.

Saturdays: 5:00 p.m. - 11:15 p.m. Weekdays: 8:30 p.m. - 11:15 p.m.

★For details, ask a person who understands Japanese to enquire for you. NIA Phone: 0798-32-8680 Fax: 0798-32-8678 E-mail: [nia@nishi.or.jp](mailto:nia@nishi.or.jp) Open 9:45a.m. - 6:00 p.m. Closed on Tue. NIA can dispatch volunteer interpreters.