



In case of illness or injury/Medical checkups/To maintain your health

● In case of illness or injury

It will be helpful if you have your family doctor in your neighborhood. Find clinics and hospitals in your neighborhood through your neighbors or friends. It may be difficult for non-Japanese speakers to explain their pains or symptoms, or understand the doctor's explanation properly. Sufficient communication is essential for proper medical treatment. It is recommended that you be accompanied by someone who can speak Japanese. Be sure to bring your health insurance card when receiving medical treatment.

List of doctors (with availability of foreign languages) P.79, 81

● Over-the-counter medicine

Cold medicine, digestive medicine, painkillers, eye drops are available at pharmacies, supermarkets or convenience stores without a prescription. Be sure to read the instructions before taking any medicine.

● Medical checkups

In Japan, schools and companies organize regular checkups for students and employees for early disease detection. As Tokutei Kenshin (specified checkup: body measurement, blood test, etc.) is obligatory for insurers, please contact your medical insurer for details and have yourself checked.

Cancer tests are conducted by the Disease Control Section, Health Department.

Kokumin Kenko Hokenka (National Health Insurance Section) ☎079-221-2339
Koki Koreishairyo Hokenka (Insurance Section of Medical Care System for People Aged 75 and over) ☎079-221-2315
Yoboka (Disease Control Section), Health Department ☎079-289-1555

In addition to general checkups, consultation services regarding lifestyle-related diseases or tuberculosis, and HIV testing are available by appointment at the Health Department.

Yoboka (Disease Control Section), Health Department ☎079-289-1635
Kenkoka (Health Service Section), Health Department ☎079-289-1697

● To maintain your health

In Japan, it becomes very humid from June into mid-summer, which can cause mold in rooms or dampness of futon mats. As a measure to help maintain your health, it is recommended that you ensure sufficient ventilation in your room and air your bedding frequently. In Japan, humidity and temperatures become very high during summer. Since these conditions can result in food poisoning, precautions should be taken, such as cooking food thoroughly, washing hands before cooking or eating, and ensuring that foods are consumed as soon as possible, even if they are kept in the refrigerator. In winter, influenza epidemics often occur. For prevention, you should wash your hands when coming home, maintain a well-balanced diet and keep regular hours daily. Regarding food poisoning and influenza, special precautions should be taken regarding children and the elderly, as the symptoms may increase in severity.

Eiseika (Health and Medical Section), Health Department ☎079-289-1633
Yoboka (Disease Control Section), Health Department ☎079-289-1635

病気やけがの場合は／健康診査／健康保持



● 病気やけがの場合は

近所にかかりつけの診療所があれば何かと心強いものです。近くに診療所があるか友人に聞いてみましょう。しかし、痛みなどの症状を訴えたり、医師の説明を受けるのは日本語が母国語でない人には難しいものです。医師との十分なコミュニケーションは診療に欠かせません。日本語のできる人に付き添ってもらうことをおすすめします。また病院や診療所に行くときは必ず健康保険証を持って行きましょう。

外国語で診療可能な医療機関情報 P.80, 82

● 市販薬について

風邪薬、胃腸薬、頭痛薬、目薬などは医師の処方箋がなくても薬局、スーパーマーケット、コンビニエンスストア等でも買うことができます。薬を使用するときは説明書をよく読んでください。

● 健康診査を受けましょう

日本の学校や企業などでは定期的に健康診断を行っており、病気の早期発見につとめています。特定健診（身体測定、血液検査等）は、医療保険者の義務となっていますので、自分が所属する医療保険者にお問い合わせの上、お受けください。

がん検診は保健所予防課が実施しています。

国民健康保険課 ☎079-221-2339
後期高齢者医療保険課 ☎079-221-2315
保健所予防課 ☎079-289-1555

生活習慣病、結核などの相談、エイズ検査を予約制で保健所で行なっています。

保健所予防課 ☎079-289-1635
保健所健康課 ☎079-289-1697

● 健康を保持するために心がけたいこと

梅雨（6月）から夏にかけては湿度が非常に高くなるので室内にかびが発生したり、ふとんが湿ってしまうことがあります。換気をよくし、ふとんを日光で乾燥させるなどして健康維持につとめましょう。

また、日本の夏は高温多湿で食中毒が起りやすくなります。食物は充分加熱する、調理や食事の前には石けんでよく手を洗う、食物は冷蔵庫に入れていてもできるだけ早く食べるなど心がけましょう。冬にはインフルエンザが大流行することがあります。外出から家に帰ったら手を洗い、普段からバランスのとれた食事をとって規則正しい生活をしましょう。食中毒も、インフルエンザも、子どもや高齢者の場合、重症化することがあるので特に注意してください。

保健所衛生課 ☎079-289-1633
保健所予防課 ☎079-289-1635