



If you become pregnant/When a baby is born/For your children's health

● If you become pregnant

◇ Maternal and Child Health Handbook

This is issued at health centers, and health center branch offices at 6 locations in Himeji City. When handing over the Maternal and Child Health Handbook, the health care professional holds a consultation with the pregnant mother about whether she has any worries about her physical condition or about the baby she is carrying and explains about the various systems that apply during the time from pregnancy through child raising. The Maternal and Child Health Handbook is an important diary that records the health of mother and child during pregnancy and after the birth. You should make sure to obtain your Maternal and Child Health Handbook as soon as possible after becoming pregnant and receive checkups at regular intervals during pregnancy. The Handbook is also available in different languages (English, Portuguese, Tagalog, Korean, Chinese, Thai, Indonesian, Spanish, and Vietnamese).

◇ Financial aid for health and dental checkups during pregnancy

Financial aid is provided to cover checkups during pregnancy (including cervical cancer screening); up to 14 times and 93,500 yen. Dental checkups are provided at designated medical institutions for pregnant women and new mothers (up to 1 year and 3 months after delivery).

**Kenkoka (Health Service Section),
Health Department ☎079-289-1641**

● When a baby is born

◇ Notifications

Notification of birth: within 14 days after birth (see p.25)

Acquisition of passport: Apply to embassy or consulate of the child's nationality

Acquisition of visa: Apply within 30 days

Himeji Port Branch Office, Kobe District Immigration Office, Osaka Regional Immigration Bureau

☎079-235-4688

◇ Health Consultation for 7-month olds

Procedures include the measurement of the infant, parenting advice, and the provision of information. When the time comes you will receive a consultation notice in the mail. Please attend your consultation at the date, time and location (Health Center or Health Center Branch Office) specified on the notice.

◇ Infant Medical Checkups

Tickets for the checkup service will be sent at appropriate times. The name of the medical institution where the checkup will be conducted is provided together with the ticket.

- ・ Checkups for 4-month olds:
at medical institutions
- ・ Checkups for 10-month olds:
at medical institutions
- ・ Checkups for 18-month olds:
health centers, etc.
- ・ Checkups for 3-year olds:
health centers, etc.

**Kenkoka (Health Service Section),
Health Department ☎079-289-1641**

◇ Inoculations

Inoculation services are provided free of charge to children of eligible age who have an inoculation ticket. Information regarding inoculations is available: please consult at the Health Department (English, Portuguese, Korean, Chinese, Tagalog).

**Yoboka (Disease Control Section),
Health Department ☎079-289-1635**

◇ Financial assistance for infant medical expenses (see p.35)

妊娠したら／赤ちゃんが生まれたら／こどもの健康



● 妊娠したら

◇ 母子健康手帳の交付

保健センター、保健センター分室の市内6カ所で交付しています。母子健康手帳をお渡しする時に、保健師が妊婦さんと面接をして、妊婦さんの体調やおなかの赤ちゃんのことなど心配なことについて相談をお受けし、妊娠中から子育て期までの各種制度について説明します。母子健康手帳は、妊娠中そして出産後のお母さんと子どもの健康を記録する大切な手帳です。妊娠が分かったら、できるだけ早く「母子健康手帳」を受け取り、定期的な妊婦健康診査を受けましょう。

外国語版母子健康手帳（英語、ポルトガル語、タガログ語、韓国語、中国語、タイ語、インドネシア語、スペイン語、ベトナム語）もあります。

◇ 妊婦健康診査費助成・妊産婦歯科検診

妊婦健康診査（子宮頸がん検診含む）にかかる費用を14回93,500円まで助成します。また妊産婦（産後1年3カ月まで）を対象に指定医療機関で歯科検診を実施します。

保健所健康課 ☎079-289-1641

● 赤ちゃんが生まれたら

◇ 届出関係

出生届 出生から14日以内（P.26参照）
パスポート取得 子どもが属する国の駐日大使館または領事館

在留資格取得 出生から30日以内
大阪出入国在留管理局神戸支局姫路港出張所
☎079-235-4688

◇ 7カ月児の健康相談

赤ちゃんの身体計測や子育ての相談や、情報提供などを行っています。時期がくれば相談票を郵送しますので、記載されている日時に実施場所（保健センター・保健センター分室）へお越しください。

◇ 乳幼児健康診査

健診時期がくれば受診券を郵送します。下記実施場所で受診してください。

- ・ 4カ月児健診 …… 医療機関
- ・ 10カ月児健診 …… 医療機関
- ・ 1歳6カ月児健診 … 保健センターなど
- ・ 3歳児健診 …… 保健センターなど

保健所健康課 ☎079-289-1641

◇ 予防接種

定期予防接種は、対象年齢内で接種券があれば、医療機関で無料で受けられます。なお、予防接種についての案内（英語、ポルトガル語、韓国語、中国語、タガログ語）は保健所にありますので相談してください。

保健所予防課 ☎079-289-1635

◇ 乳幼児医療費の助成（P.36参照）