



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).

◇ Support for pregnancy and childbirth

Subsidies for Pregnancy Health Examination, Maternal Health Examination, Dental Examination for Expectant and Nursing Mothers

Partial subsidies are provided for medical examinations during pregnancy and after childbirth. Dental checkups are covered up to 1 year and 3 months after delivery.

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

◇ Support for pregnancy and childbirth

Subsidies for specific infertility treatment (advanced medical treatment), subsidies for infertility treatment paired tests, and support for infertility treatment

Conditions for subsidies apply.

Consultation regarding cost subsidies: Kenkoka (Health Service Section), Health Department ☎079-289-1641

Consultation on infertility, unexpected pregnancy, breastfeeding:

Kodomo no Mirai Kenko Support Center ☎079-263-7863

● 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

◇ Medical Checkups, Consultations Subsidy for hearing test for newborn babies

A portion of the cost of the examination is subsidized.

- Health checkup at 4 months
- Health consultation at 7 months
- Health checkup at 10 months
- Health checkup at 1 year and 6 months
- Health checkup at 3 years

When it is time for the health checkup, you will receive a ticket in the mail. Please have the medical examination at the place indicated on the ticket.

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

◇ Vaccinations

Vaccination services are provided free of charge to children of eligible age who have a vaccination ticket. Tickets will be mailed by around 2 months of age. If you do not have a vaccination ticket, it can be issued at the Health Center. Information regarding vaccinations is available 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。

◇ 妊娠や出産に関する支援

妊婦健康診査費助成・産婦健康診査費助成・妊産婦歯科検診
妊娠時や出産後の健診に対する費用の一部を助成します。歯科検診は出産後1年3か月までが対象。

保健所健康課 ☎079-289-1641

◇ 不妊や不育に関する支援

特定不妊治療費（先進医療）助成・不妊治療ペア検査助成事業・不育症治療支援事業
助成に当たっては条件があります。

費用助成に関する相談

保健所健康課 ☎079-289-1641

不妊・不育症に関する相談・予期しない妊娠の相談・授乳に関する相談

こどもの未来健康支援センター ☎079-263-7863

● 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

◇ 健康診査、相談関係

新生児聴覚検査費助成

検査にかかる費用の一部を助成します。

- ・ 4か月児健康診査
- ・ 7か月児の健康相談
- ・ 10か月児健康診査
- ・ 1歳6か月児健康診査
- ・ 3歳児健康診査

健診時の時期になれば受診券が自宅に届きます。受診券の記載場所で受診してください。

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。予防接種券は生後2カ月頃までに郵送します。予防接種券がない方は保健センターで発行できます。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)