



く じょうほうし
さいたま暮らしの情報誌
Information for Living in Saitama City
Folleto de Información de Vida en Saitama
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けんこう けんこうしんだん よぼうせっしゅ
こどもの健康をまもるために 健康診断と予防接種

For your child's health Children's Checkups and Vaccinations

Reconocimiento médico y vacunación preventiva para conservar la salud de sus niños

こ そだ
うちの子ちゃんと育てているかな
Is my baby developing normally?
¿Está creciendo bien nuestro hijo/a?

しんばい
なにか心配なことはありますか？
Do you have any particular concerns?
¿Tiene alguna preocupación?



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Medical & Dental checkups: Make sure your child is developing normally



Your child can get free infant medical and dental checkups at the following ages:

Medical checkups: 4 months, 10 months, 18 months, 3 years

Dental checkups: 18 months, 3 years



Vaccinations: Essential for protecting your child from harmful infections and diseases

Babies naturally have some immunity to disease. But as they grow up, natural immunity decreases. In addition, babies are exposed to a greater risk of infections outside as they grow. This is why routine vaccinations are necessary, while others are recommended.

There are two categories of vaccinations: routine and voluntary:

Categories	Routine Vaccination (FREE)	Voluntary Vaccination (payment required)
Features	Provided by local municipality by law. Scheduled by age and season.	The child's guardians can determine whether or not to give their child these vaccinations.
Names	BCG, Combination vaccine (4 in 1; Diphtheria-Pertussis-Tetanus-Polio vaccine), MR (Measles-Rubella vaccine), Japanese Encephalitis etc.	Mumps, Hepatitis B, Hepatitis C, Seasonal Influenza, Chicken Pox, Rota Virus, and others

- If your baby has missed any shots in the schedule or if you are not a registered resident, you have to pay for them, even if they are routine vaccinations.
- Many vaccinations are scheduled especially from 2 to 6 months of age. Finding a doctor near you who can do the vaccinations is recommended. These vaccinations are crucial for protecting your baby's health.



The Vaccination Process



Did you know about:

Medical subsidies for infants and children

The city can provide you with a subsidy if your child gets sick or injured.

Qualification

You qualify if you:

- live in Saitama City
- child is in junior high or younger
- have health insurance in Japan

Procedure

Apply for "recipient qualification" at your ward office.

How to

Show your recipient qualification to the receptionist at the hospital.

1 Necessary documents and a list of clinics will be sent when the time to get a check up and a vaccination comes.

2 Pick a clinic from the list and make an appointment.

3 On the day of the appointment, check your baby's condition and go to the clinic with required documents (completed medical questionnaire and maternity record book).

4 Checkup and a vaccination