

○ Health Check-ups and Vaccinations (kenkōshinsa・yobōsesshu)

■ Health Check-ups

● Individual Health Check-up (Babies' Health Check-ups)

Two check-ups for your baby (recommended to do at 1 month old and 9-10 months old) are provided as a public expense.

Location: Hospital (pediatrics)

Notes: Bring the Infant General Check-up Card (nyūji ippan kenkō shinsa jushinhyō) that is included in the separate booklet in the Mother and Child Health Handbook (boshi kenkō techō) as well as the Mother and Child Health Handbook itself with you. The Check-up Card is valid until the end of the month in which your child turns 1 year old. Children born on the 1st should have their check-up done by the end of the previous month.

● Group Health Check-up (shūdan kenshin)

Age	4 months	18 months	3 years
Contents	Questionnaire, measurements, medical exam, consultation ○Bookstart ※ ○Baby food training	Questionnaire, measurements, medical exam, consultation, dental exam ○Fluoride application ○Nutrition, nursing, mental health consultation	Questionnaire, measurements, medical exam, consultation, dental exam ○Urinalysis ○Eyesight and hearing test ○Nutrition, nursing, mental health consultation
Location	【Monthly】 Izumo City Hall (Kunibiki Daihōru) OR Izumo Health Center (Izumo Hokensho) (The venue changes depending on the day of the check-up. Please check with the Kenkō Zōshin-ka.)		
	【Monthly】 Hikawa Health & Welfare Center (Hikawa Kenkō Fukushi Sentā) (Mamenaga Ichibankan)		
Notices	Announced in Izumo's monthly news magazine. Individual notices sent out to those applicable.		

If you wish to schedule a check-up on different date or different location than is listed on your individual notice, please contact us (see below).

Inquiries Izumo City Hall: Kenkō Zōshin-ka

Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

※Bookstart: During the 4-month health check-up, a picture book will be provided to each family to encourage parents and children to spend time together.

■ Vaccinations

● Regular Vaccinations

Type	Target age	Recommended period
Rotavirus (choose 1 type): ① Rotarix (Univalent) ② RotaTeq (Pentavalent)	① From 6 weeks to 24 weeks old ② From 6 weeks to 32 weeks old	① 2 doses, started between 2 months and 14 weeks 6 days old ② 3 doses, started between 2 months and 14 weeks 6 days old
Hib (influenza type B)	From 2 months to 5 years old	4 doses, started between 2 months to 7 months old.
Children's Pneumococcal (shōniyō haien kyūkin)	From 2 months to 5 years old	4 doses, started between 2 months to 7 months old.
Hepatitis B (B kata kan-en)	From 2 to 12 months old	To be started from 2 months old, 3 doses, to be completed by the time the child turns 9 months old
DPT-IPV (shishu kongō)	1 st phase: From 3 months to 7.5 years old	1 st phase: 3 times between 3 months to 12 months 1 st phase addition: Once in between 12 months to 7.5 years
BCG	By 12 months old	Once in between 5 to 8 months
Chickenpox (suitō)	From 12 months to 3 years old	Once between 1 year to 1 year 3 months old Addition once before 3 years old
Measles & Rubella (mashin fūshin kongō)	1 st phase: from 1 to 2 years old	1 st phase: As soon as possible after 1 st birthday
	2 nd phase: the year before starting elementary school	2 nd phase: Early on in the year before starting elementary school
Japanese Encephalitis (nihon nōen)	1 st phase: From 6 months to 7.5 years old	1 st phase start: 2 times between 3 years to 4 years 1 st phase addition: 1 time between 4 years to 5 years
	2 nd phase: From 9 to 13 years old	2 nd phase: Once during the 4 th year of elementary school
DT (nishu kongō)	2 nd phase: From 11 to 13 years old	2 nd phase (DT): Once during the 6 th year of elementary school

※1 In case of Hib and Children's Pneumococcal Vaccine, the number of times varies according to the starting age.

※2 These required vaccinations are free, but please note that a fee will be charged if the vaccination is taken after the target age.

※3 In case you plan on giving birth at a hospital in another prefecture, the fees can be refunded to you if you apply beforehand (conditions apply).

Inquiries Kenkō Zōshin-ka Kenkō Kikaku-gakari Tel. 21-6829