

- Reception for all the services explained in this pamphlet is in Japanese. If you need an interpreter, you can use the services of the [Yokohama Association for International Communications & Exchanges (YOKE), an organization that dispatches volunteer interpreters. Their telephone number for information or advice is 045-222-1209]. Also, the Tsurumi Ward office has personnel capable of providing assistance in Spanish (Monday through Friday) and Chinese (Monday and Friday).
- The Tsurumi Ward office has a website with information in several languages at <<http://www.city.yokohama.lg.jp/tsurumi>>. Click on the logo for the language of your choice in the upper right hand corner.

Please save it for one year !



● Services provided by the Tsurumi Ward Health and Welfare Center (located in the Tsurumi Ward office building)

For inquiries			Primary services
Reception	Section	Tel	
Senior Citizens and Disabled People Support Section (Korei Shogai Shien-ka) Fax: 510-1897			
3F①	Senior Citizens and Disabled People Section (Korei Shogai-kakari)	510-1768	Providing advice and information about health and welfare, receiving applications for long-term care insurance (certification), receiving applications for physical disability certificates and rehabilitation certificates, receiving applications for benefits for the treatment of specified diseases / receiving applications for the treatment for self-support, (rehabilitation treatment), providing verification for special vehicles for the elderly / vouchers for special welfare vehicles / vouchers for social welfare taxicabs, receiving applications for highway discounts for the disabled. Providing advice and receiving applications for nursery school entry and childcare allowance. 【For inquiries by telephone Children and Family Support Section (Kodomo Katei Shien-ka): 510-1839】
	Long-term Care Insurance Subdivision (Kaigo Hoken-tanto)	510-1770	For long-term care insurance, certification that long-term care is required
	Senior Citizens Assistance Subdivision (Koreisha Shien-tanto)	510-1775	Health and welfare services, and long-term care preventive services for the elderly
	Disabled People Support Subdivision (Shogaisha Shien-tanto)	510-1777	Advice and support for those with (specified) intractable diseases and victims of pollution.
Support for persons with physical or mental disabilities.			
3F③	Disabled People Support Subdivision (Shogaisha Shien-tanto)	510-1848	Advice for mental disorders, alcoholism, drug addiction and other problems, support for those with mental disorders, and receiving applications for treatment for self-support (psychiatric rehabilitation treatment).
Children and Family Support Section (Kodomo Katei Shien-ka) Fax: 510-1887			
3F④	Children and Family Subdivision (Kodomo Katei-kakari)	510-1797	Reception of application for child allowance, providing maternity passbooks, healthcare subsidies for those with specified chronic childhood diseases / receiving applications for medical treatment promoting self-sufficiency (Developmental medical treatment), providing special vehicle vouchers (Disabled children, single-parent households, etc.), providing social welfare taxicab vouchers (Disabled children), reception of application for medical and child-rearing expenses
		510-1816	Advice regarding daycare admission, Consultation to Childcare Concierge.
	Children and Families Support Subdivision (Kodomo Katei Shien-tanto)	510-1850	Advice and support for child rearing, motherhood classes, advice on pregnancy, medical examinations for infants, advice to women regarding social welfare measures
		510-1839	Advice and acceptance of applications for entry into nursery schools and for child allowances
510-1833	Hello Baby home visits for newborn babies, Home Visits for mothers and babies		
Protection Section (Hogo-ka) Fax: 510-1899			
3F⑨	Public Welfare Section (Hogo-kakari)	510-1782	Advice and applications for public assistance.
3F⑩	Protection Management Section (Hogo Un'ei-kakari)	510-1795	Payment of public assistance benefits, support for families of deceased war veterans, housing assistance allowances.
Health & Welfare Division (Fukushi Hoken-ka) Fax: 510-1792			
3F⑪	Management Section (Un'eikikaku-kakari)	510-1791	Social workers, child committee
	Project Planning Section (Jigyo Kikaku-tanto)	510-1826	Promotion of Tsurumi I-net (Regional health and social welfare planning for Tsurumi district).
3F⑫	Health Promotion Section (Kenko Zukuri-kakari)	510-1832	Cancer screenings, vaccinations, help with matters relating to tuberculosis and infectious diseases, advice on health matters including adult onset diseases, AIDS testing, advice regarding dietary habits (nutrition) and dental health, health activity promotion committee, subsidies for health care expenses for hepatitis treatment, support program for atomic bomb survivors, and asbestos related matters.

Insurance and Pension Division (Hoken Nenkin-ka) Fax: 510-1898			
2F⑥	Insurance Section (Hoken-kakari)	510-1807	Acquisition/loss of qualifications for national health insurance and long-term care insurance, insurance premium payments
2F⑦	Benefits Subdivision (Kyufu-tanto)	510-1810	Providing national health insurance and long term care insurance, health care for late-stage elderly, subsidies for health care expenses (severely disabled, children, single-parent households, etc.)
2F⑧	National Pension Section (Kokumin Nenkin-kakari)	510-1802	Matters related to national pension and pensions for the elderly
Health Sanitation Division (Seikatsu Eisei-ka) Fax: 510-1718			
2F⑬	Food Sanitation Section (Shokuhin Eisei-kakari)	510-1842	Procedures related to business operations involving food products, including eating and drinking establishments; advice related to food products; advice for and prevention of food poisoning; procedures for drugstores, pharmaceutical sales, and toxic substances; procedures for the licensing of doctors, nurses, dentists, pharmacists, and cooks.
2F⑭	Environmental Sanitation Section (Kankyo Eisei-kakari)	510-1845	Procedures for businesses involved with environmental hygiene, including barbers, beauticians, cleaners, ryokan, and public baths; advice regarding drinking water in office buildings and condominiums; advice regarding pest extermination, including rats, bees, and ticks; advice regarding public hygiene for residences; registration of dogs; rabies prevention; advice regarding the care of dogs and cats

● **Matters commonly misunderstood to be the responsibility of the Tsurumi Ward Health and Welfare Center**

Item	Section	Tel
Collecting dead dogs and cats	Resource recycling bureau, Tsurumi office	502-5383
Sudden death on Sundays or holidays	Tsurumi-ku Kyujitsu Kyukan Shinryojō	503-3851
Application for collecting oversized garbage	Oversized Garbage Reception Center	0570-045-100
Advice regarding improper ingestion of tobacco or detergent	Kanagawa Prefecture Medical Association / Office of Information and Advice for Poisonous Substances	262-4199
Vaccinations for persons traveling overseas	Japanese Quarantine Association, Yokohama Clinic	671-7041
Roads, rivers, and sewers	Public Works Office (Tsurumi Doboku Jimusho)	510-1669
Disposal of human waste	Resource recycling bureau, Hokubu office	953-0941

● **Vaccinations** Inquiries: Health Promotion Section (Kenko Zukuri-kakari) Tel: 510-1832 Fax: 510-1792

For vaccinations at affiliated medical institutions please bring: Maternity passbook, vaccination coupons, writing implements

N.B:

- Vaccinations (BCG, Polio, DPT-IPV (diphtheria, pertussis, tetanus, polio), DPT (diphtheria, pertussis, tetanus), DT (diphtheria, tetanus), measles-rubella, B-Encephalitis, cervical cancer, Hib, and pediatric pneumococcus) are provided separately at medical institutions. Select a medical institution from "List of cooperating medical institutions for individual vaccinations and children's health examinations". The date and times vaccinations are given differ for each institution, so call and confirm that information in advance.
- "The Guide to Vaccinations" (<http://www.city.yokohama.lg.jp/kenko/hokenjo/genre/kansensyo/language/language.html>) and "List of cooperating medical institutions for individual vaccinations and children's health examinations" (<http://www.city.yokohama.lg.jp/kenko/hokenjo/genre/kansensyo/pdf/12tsurumi.pdf>) can be read at the city of Yokohama website. They are also distributed at ward offices.
- Before getting a vaccination, read "The Guide to Vaccinations", and fill out the vaccination coupon that is separate from the maternity passbook.-Take your child's temperature at home. If they have the slightest sign of illness, such as a cough or runny nose, wait until the next opportunity.

● **Health care subsidies** Inquiries: ①~③ Benefits Subdivision (Kyufu-tanto) Tel: 510-1810 Fax: 510-1898

④ Health Promotion Section (Kenko Zukuri-kakari) Tel: 510-1832 Fax: 510-1792

	Subsidy	Content	Eligibility
①	Subsidies for children's health care	Personal liability for health insurance treatment	From birth until start of school (Until graduation from junior high school for hospital admissions)
②	Health care subsidies for single-parent families		Single-parent families
③	Health care subsidies for the severely disabled		People with physical disability certification Class 1 and 2, people with IQs of 35 or less, people with physical disability certification Class 3 and IQs of 50 or less, people with mental disability certification Class 1 (Excludes hospitalization expenses.)
④	Medical care subsidies for hepatitis treatment		Co-payments for health care expenses exceeding the maximum monthly co-payment limit.
			People who were diagnosed with a specified disease (Hepatitis B・hepatitis C) as well as meet the qualification standards (For details please inquire the Health Promotion Section (Kenko Zukuri-kakari))

●Instruction and advice regarding children

■Mothers' classes

Inquiries: Children and Families Support Subdivision (Kodomo Katei Shien-tanto) Tel: 510-1850

Fax: 510-1887 Site: The Tsurumi Ward Health and Welfare Center medical examination site

Items to bring: Maternity passbook, child-rearing guidebook, writing instruments, beverages, Bath towel (third time only)

Program		Content	Time	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.
Mothers' classes Target Persons: Stable period (5~6 months pregnancy)	Class No. 1	Nutrition during pregnancy Dental health	Reception from 1:15 p.m.; class from 1:30 p.m. to 3:30 p.m.	7 (Mon.)	12 (Mon.)	2 (Mon.)	7 (Mon.)	4 (Mon.)	1 (Mon.)	6 (Mon.)	10 (Mon.)	1 (Mon.)	5 (Mon.)	2 (Mon.)	2 (Mon.)
	Class No. 2	The process of childbirth	Reception from 10:45 a.m.; class from 11:00 a.m. to 12:00 a.m.	14 (Mon.)	19 (Mon.)	9 (Mon.)	14 (Mon.)	11 (Mon.)	8 (Mon.)	20 (Mon.)	17 (Mon.)	8 (Mon.)	19 (Mon.)	9 (Mon.)	9 (Mon.)
	Class No. 3	Exercise during pregnancy (bring a bath towel and suitable clothing)	Reception from 1:15 p.m.; class from 1:30 p.m. to 3:30 p.m.	14 (Mon.)	19 (Mon.)	9 (Mon.)	14 (Mon.)	11 (Mon.)	8 (Mon.)	20 (Mon.)	17 (Mon.)	8 (Mon.)	19 (Mon.)	9 (Mon.)	9 (Mon.)
	Class No. 4 (Parents' class)	Baby's life Procedures after birth Tobacco and alcohol		21 (Mon.)	26 (Mon.)	16 (Mon.)	28 (Mon.)	18 (Mon.)	22 (Mon.)	27 (Mon.)	25 (Tue.)	15 (Mon.)	26 (Mon.)	16 (Mon.)	16 (Mon.)

■Inquiries regarding the provision of the maternity passbook, advice on health matters, advice from midwives, and instruction in child-rearing

Inquiries: Children and Families Support Subdivision (Kodomo Katei Shien-tanto) Tel: 510-1850 Fax: 510-1887

Program	Content
Provision of the maternity passbook / Advice on health matters	We provide the maternity handbook, with editions in English, Chinese, Korean, Portuguese, Spanish, and Vietnamese. We also provide advice on health matters from midwives and public health nurses.
Advice from midwives	Advice is provided for reaching puberty, nursing infants, family planning, women's health, and infertility. Appointments are required for direct interviews.
Child-rearing instruction	Public health nurses measure body weight, exchange information, and teach games using hands at district community centers in each ward. Inquire for information about the time and place. For 0 years old children.

■Advice on children's dietary habits and instruction in weaning from breast feeding *By appointment

Inquiries: Health Promotion Section (Kenko Zukuri-kakari) Tel: 510-1832 Fax: 510-1792 Site: Nutrition counseling office, 2nd floor

Program	Content	Time	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.
Advice for children's dietary habits	Advice on meals for children from infancy to adolescence	9:00 a.m. to 11:00 a.m.	24 (Thu.)	29 (Thu.)	27 (Fri.)	25 (Fri.)	20 (Wed.)	26 (Fri.)	23 (Thu.)	28 (Fri.)	11 (Thu.)	28 (Wed.)	26 (Thu.)	26 (Thu.)
Class for weaning from breast feeding Those eligible are infants with two meals daily (7-8 months) and their mothers	Discussion of meals for weaning, meal preparation, and tasting	1:30 p.m. to 2:30 p.m.	24 (Thu.)	29 (Thu.)	27 (Fri.)	25 (Fri.)	20 (Wed.)	26 (Fri.)	23 (Thu.)	28 (Fri.)	16 (Tue.)	28 (Wed.)	26 (Thu.)	26 (Thu.)
		Starting dates for accepting reservations (Reception from 8:45 a.m.)	1 (Tue.)	1 (Thu.)	2 (Mon.)	1 (Tue.)	1 (Fri.)	1 (Mon.)	1 (Wed.)	4 (Tue.)	1 (Mon.)	5 (Mon.)	2 (Mon.)	2 (Mon.)

● **Health examinations for infants and children** Inquiries: Children and Family Subdivision (Kodomo Katei-kakari)
 Tel: 510-1850 Fax: 510-1887 Site: The Tsurumi Ward Health and Welfare Center examination room, 1st floor
 Content: We provide health examinations and child-rearing advice for children four months, 18 months, and three years old (Free of charge). Notification of examination days is provided separately. If you are unable to come on the designated day, ask about other days you may participate. On examination day, there will also be readings of children's books at the Ehon-no-Hiroba and lectures on meals.

■ **Four-month-old children's examinations**

Tuesdays Reception: 9:00 a.m. to 9:45 a.m.
 Examination content: Measurements, health examination, advice for health, nutrition and dental health

Month of Birth Day of Birth	2013			2014									
	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.
1st to 10th	---	Apr. 22	May 27	Jun. 17	Jul. 15	Aug. 26	Sept.16	Oct. 21	Nov. 18	Dec. 16	Jan. 20	Feb. 17	Mar. 17
11th to 20th	Apr. 8	May 13	Jun. 3	Jul. 1	Aug. 5	Sept. 2	Oct. 7	Nov. 4	Dec. 2	Jan. 6	Feb. 3	Mar. 3	TBA next year
21st to 31st	Apr.15	May 20	Jun. 10	Jul. 8	Aug. 19	Sept.9	Oct. 14	Nov. 11	Dec. 9	Jan. 13	Feb. 10	Mar. 10	TBA next year

■ **18-month-old children's examinations**

Fridays Reception: 9:00 a.m. to 9:45 a.m.
 Examination content: Measurements, health examination, advice for health, nutrition and dental examination, dental health

Month of Birth Day of Birth	2012				2013								
	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sept.
1st to 10th	---	Apr. 18	May 23	Jun. 20	Jul. 18	Aug. 22	Sept.19	Oct. 17	Nov. 21	Dec. 19	Jan. 23	Feb. 20	Mar. 20
11th to 20th	Apr. 4	May 9	Jun. 6	Jul. 4	Aug. 1	Sept. 5	Oct. 3	Nov. 7	Dec. 5	Jan. 9	Feb. 6	Mar. 6	TBA next year
21st to 31st	Apr.11	May 16	Jun. 13	Jul. 11	Aug. 8	Sept.12	Oct. 10	Nov. 14	Dec. 12	Jan. 16	Feb. 13	Mar. 13	TBA next year

■ **Three-year-old children's examinations**

Thursdays Reception: 1:00 p.m. to 1:45 p.m.
 Examination content: Measurements, health examination, advice for health, nutrition and dental examination, dental health

Month of Birth Day of Birth	2011											2012		
	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Jan.	Feb.
1st to 10th	Apr. 3	May 8	Jun. 5	Jul. 3	Aug. 7	Sept. 4	Oct. 2	Nov. 6	Dec. 4	Jan. 8	Feb. 5	Mar. 5		
11th to 20th	Apr. 10	May 15	Jun. 12	Jul. 10	Aug. 21	Sept.11	Oct. 9	Nov. 13	Dec. 11	Jan. 15	Feb. 12	Mar. 12		
21st to 31st	Apr. 17	May 22	Jun. 19	Jul. 17	Aug. 28	Sept.18	Oct. 16	Nov. 20	Dec. 18	Jan. 22	Feb. 19	Mar. 19		

The Tsurumi International Exchange Lounge

<Activities at the Lounge>

- The lounge will provide information in multiple languages. • The lounge will provide lifestyle advice service.
- The lounge will host classes and intercommunication events on living together in a multi-cultural environment.
- The lounge will provide educational support for children related to foreign countries.
- The lounge will provide assistance for learning Japanese.

<Lounge Hours> Monday – Saturday (9:00 a.m. to 9:00 p.m.), Sundays & National Holidays (9:00 a.m. to 5:00 p.m.)

<Holidays> 3rd Wednesdays of the month, December 29th to January 3rd.

<Location> 〒230-0051 2nd Floor, Sea-crane, 31-2-214, Tsurumi-chuo 1 chome, Tsurumi-ku

<Tel./Fax> 045-511-5311/045-511-5312

*Available language services vary by day and time.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daytime 9:00 a.m. to 5:00 p.m.	Portuguese	Portuguese	Spanish	Spanish	Portuguese	Korean	Chinese
	Chinese	English	Chinese	Chinese	English	Tagalog	English
Evening 5:00 p.m. to 9:00 p.m.		Chinese			Spanish		

English services may be available during evening hours.

<Website> <http://www.tsurumilounge.com/>