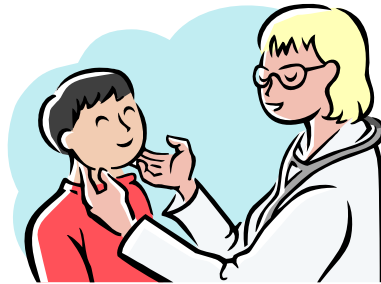


# Immunization in Sanjo

[Infants • School children]

To Guardians,

Please read!



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### 【Immunization Inquiries】

Sanjo City Board of Education, Child Care Support Division

Sanjo-shiKyo-iku iin kaikosodateshienka  
三條市教育委員会子育て支援課.....Tel 45-1113 (ext. 232)

Sanjo City Sakae Health Center

Sanjo-shiSakaehoken  
三條市栄保健センター.....Tel 45-4111 (ext. 502)

Sanjo City Shitada Health Center

Sanjo-shiShitadahoken  
三條市下田保健センター.....Tel 46-5914

# 1 Recommended Immunizations

Immunization not only prevents infectious diseases, it also plays a large role in deterring certain illnesses, and also impedes certain diseases from escalating. Thus far, immunization has been preventing smallpox and poliomyelitis (polio) epidemics as well as other sicknesses. Additionally, immunizations are evolving so that it can protect not only a collective, but also individuals. Due to medical advancement and treatment, the number of cases of outbreak has declined, but this does not change the importance of receiving immunizations.

In accordance to the Preventive Vaccination Law, immunizations are required. Henceforth, please get your child's inoculation in a timely fashion, and help prevent them from getting sick.



## 2 Immunization schedule according to vaccination type (covered by the city)

Vaccination	Target age		Procedure	Inoculation Method
DPT Vaccine (Diphtheria, Pertussis Tetanus)	First Period, Initial Vaccination.	Between 3 - 90 months old	Individual Vaccination	First Period, Initial vaccination: 3 vaccinations with an interval of 20 to 56 days in-between each vaccination. Additional vaccination after the First Period: 1 vaccination, 12 to 18 months after initial vaccination of the first period *For the first 3 vaccinations, please do not exceed 57 days before receiving your next vaccination, if you do please consult your doctor.
DT Vaccine (Diphtheria, Tetanus)	6 <sup>th</sup> grade in elementary school		Individual Vaccination	1 vaccination
Polio (Polio-myelitis anterior acuta)	Between 3 - 90 months old		Collective Vaccination	2 vaccinations with an interval of more than 41 days between each vaccination. (One vaccination each in spring and autumn)
Measles, Rubella	First Period, Between 12 - 24 months old		Individual Vaccination	First Period & Second Period vaccinations use a MR (Measles-Rubella) vaccine. For persons who have had measles or rubella, please only receive the vaccination for the disease they have not yet contracted. * First Period: Inoculation should be received as soon as the child reaches 12 months of age. * Second Period: Notification will be sent when individual has reached target age.
Japanese Encephalitis	First Period, Initial Vaccination. Between 3 years - 90 months old		Individual Vaccination	First Period, Initial vaccination: 2 vaccinations with a 6 to 28 day interval between each vaccination. Additional vaccination after the First Period: 1 vaccination approximately 1 year after initial vaccination of the first period. Second Period: 1 vaccination * Since May 30, 2005 there has been no active pressure to seek vaccination. However, people seeking vaccination will receive proper inoculations.
BCG (Bacillus Calmette-Guérin)	Between 3 - 6 months old (2 days before the child's 6 month birthday)		Individual Vaccination	1 vaccination * If inoculation is not possible for 2 days before the child turns 6 months of age, please contact the Health Promotion Division or your respective Health and Welfare Center.

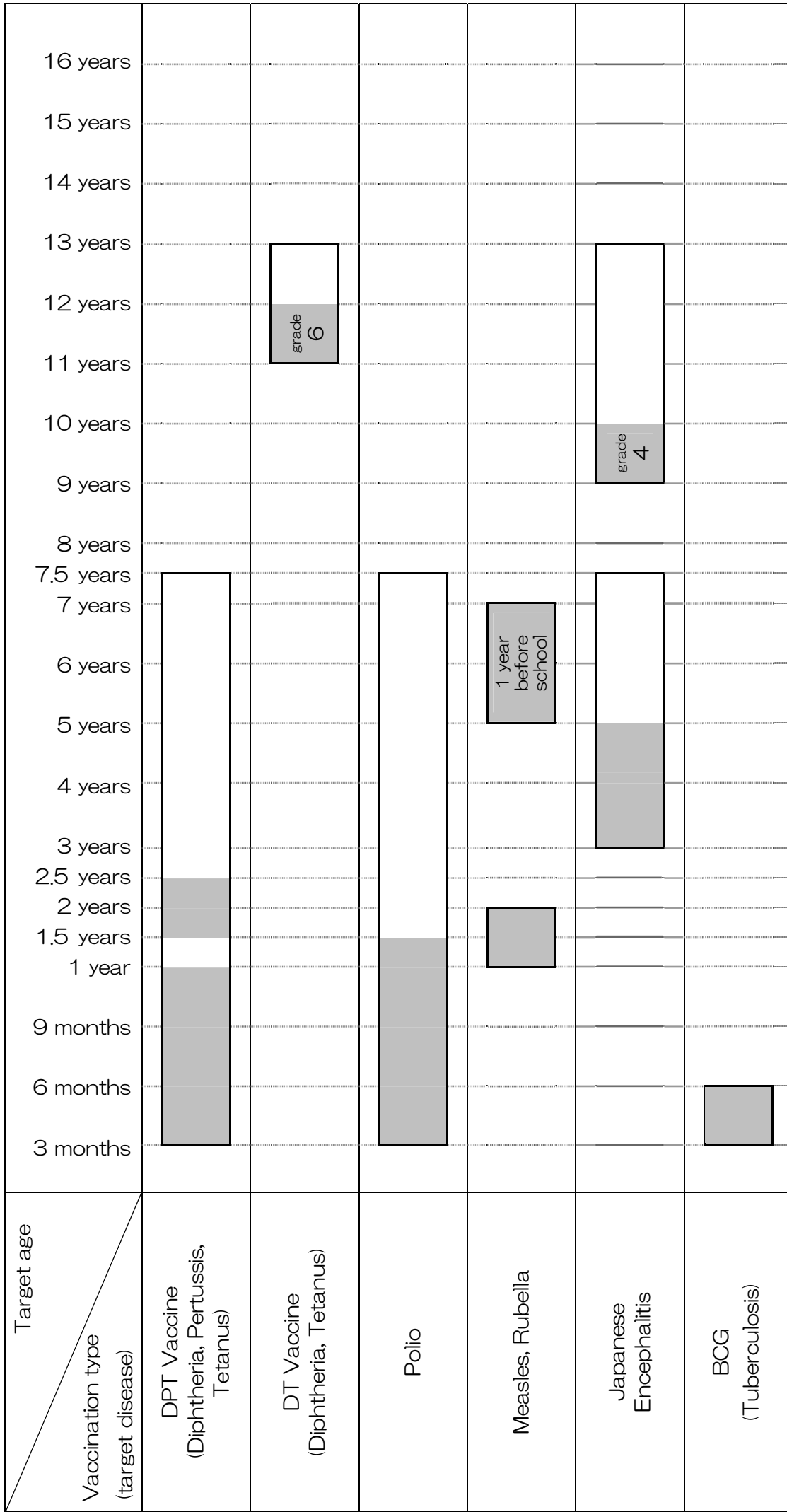
### 3 Optional Immunizations (covered by the city)

Vaccination	Target person and age	Procedure	Inoculation Method
BCG (Bacillus Calmette-Guérin)	① Serious congenital disorder ② Chronic disease ③ Premature/underweight baby If the baby has one of the above ①-③ conditions, and a doctor does not recommend a vaccination before the child reaches his/her 6 <sup>th</sup> months of age, please register for a vaccination before the child reaches his/her 6 <sup>th</sup> month birthday to receive coverage up until the child becomes 12 months old for the vaccination.	Individual Vaccination at designated medical facilities within the city	1 vaccination

\*The above vaccination is not based on any vaccination law, hence if a problem occurs due to the use of the vaccine, it is possible to obtain support from the Law of the Pharmaceuticals and Medical Devices Agency.

# 4 Immunization schedule according to age

(April 1, 2008)



- Target Age  
 - Best period during target age

# 5 Vaccination types and vaccination intervals

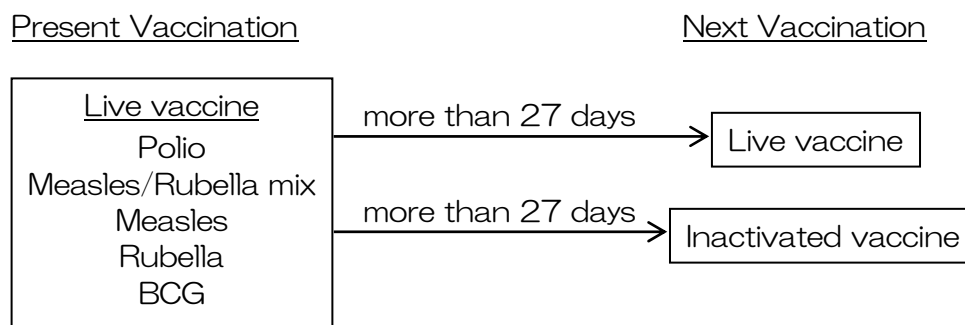
## (1) Vaccination types

Vaccinations are separated into two categories accordingly to how they were produced: Live (attenuated) vaccines or Inactivated vaccines.

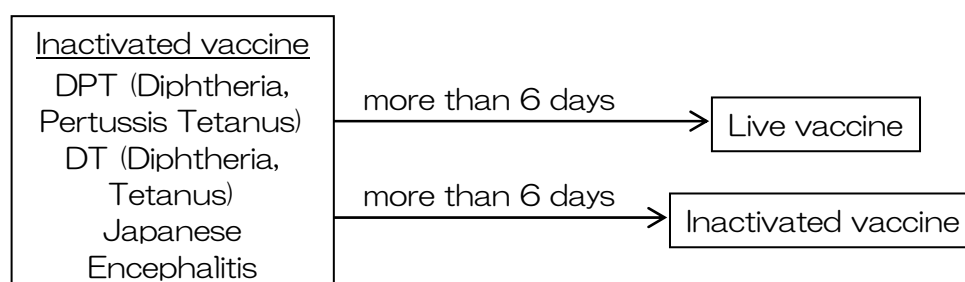
	Type	Notes
Live (attenuated) vaccine	Polio Measles/Rubella mix Measles Rubella BCG (Bacillus Calmette-Guérin)	<ul style="list-style-type: none"> <li>virus has been weakened so that it is no longer dangerous.</li> <li>since the pathogens must multiply, one might present light symptoms of the disease.</li> <li>possible to remain immune for a long period of time, with a single vaccination.</li> </ul>
Inactivated vaccine	DPT (Diphtheria, Pertussis Tetanus) DT (Diphtheria, Tetanus) Japanese Encephalitis	<ul style="list-style-type: none"> <li>made from virulent pathogens that have been killed, hence the pathogens will not multiply within the body.</li> <li>short-lived immune responses, hence a booster shot of 2-3 times or more is required.</li> </ul>

## (2) Interval required for the inoculation of different vaccines

- Live (attenuated) vaccine.....over 27 days required after vaccination
  - Inactivated vaccine.....over 6 days required after vaccination
- However, when receiving the 3 inoculations for the First Period, Initial vaccination for the DPT vaccine, please leave an interval of over 3 weeks between each inoculation.



(After you have been vaccinated with a “Live vaccine”, allow more than 27 days before your next vaccination)



(After you have been vaccinated with an “Inactivated vaccine”, allow more than 6 days before your next vaccination)

**Example:** More than 27 days interval required before next vaccination.

For example, if you received a BCG vaccination on the 1<sup>st</sup>, you can receive a DPT vaccination on the 29<sup>th</sup> or thereafter.

 Days you should not receive a vaccination.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		① Vaccinated with BCG	2 Day 1	3 Day 2	4 Day 3	5 Day 4
6 Day 5	7 Day 6	8 Day 7	9 Day 8	10 Day 9	11 Day 10	12 Day 11
13 Day 12	14 Day 13	15 Day 14	16 Day 15	17 Day 16	18 Day 17	19 Day 18
20 Day 19	21 Day 20	22 Day 21	23 Day 22	24 Day 23	25 Day 24	26 Day 25
27 Day 26	28 Day 27	② Can receive DPT vaccine from this day forth.	30			

《Memo》

For DPT Vaccines (Diphtheria, Pertussis Tetanus)

During the First Period, Initial vaccinations, After the first vaccination the second and third vaccination shots are taken between the 21<sup>st</sup> day and the 56<sup>th</sup> day. If your child becomes feverish from a cold during the interval period, please contact a physician or doctor for consultation.

## 6 Group vaccination and individual vaccination procedures

There are two methods of receiving vaccinations. As a group, or individually.

### (1) Group vaccinations for infants

① Vaccination venue

Sanjo area: Sanjo City Public Health and Welfare Center (Higashi-Honjikōji 2-1)  
tel 33-9530

Sakae area: Sanjo City Sakae Health Center (Niibori 1311) tel 45-4111 ext. 502

Shitada area: Sanjo City Shitada Health Center (Ogibori 1182-1) tel 46-5914

② Vaccination schedule & target.....Please refer to the Sanjo City homepage or the Health calendar column from the Koho Sanjo (community newsletter) which is issued on the 16<sup>th</sup> of each month.

③ Things to bring.....Maternity health-record book and vaccination questionnaire (will be mailed to you once your infant is approximately 2 months old)

④ Others.....Please place, one of the individual nametag stickers onto the vaccination questionnaire.

※ For group vaccinations, one may receive their inoculation at either areas; Sanjo, Sakae or Shitada. But please contact your local service center/city office when requesting a vaccination at a location different from the area you live in.

### (2) Individual vaccinations for infants

• We do not give individual notifications for vaccinations. When your infant reaches the target age and is in good health, please contact your local designated medical facility for a vaccination appointment.

• Please be aware with the interval times required between each vaccination, especially when also going to a group vaccination session.

※ For ONLY the 2<sup>nd</sup> period Measles/Rubella combination vaccine will you receive a notice when your child is ready for their next vaccination.

- ① Vaccination type.....DPT : 3 months to 7.5 years of age  
and target age BCG : 3 months to the day before the 6<sup>th</sup> month  
Measles/Rubella : 1<sup>st</sup> Period: 12 months to 24 months  
: 2<sup>nd</sup> Period: Over 5yrs, but under 7yrs old  
also 1 year before entering school  
Japanese Encephalitis: 3 years to 7.5 years old
- ② Vaccination venue...Designated Medical Facility (refer to page 8 for designated medical offices located within the city)

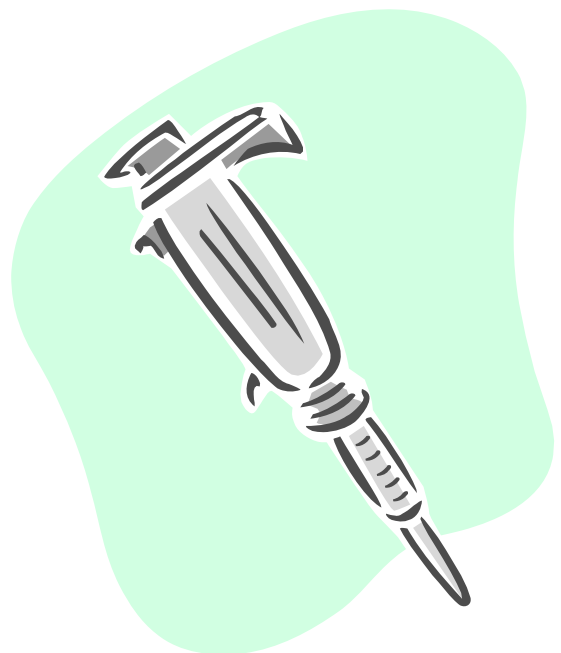
- ③ Things to bring.....Maternity health-record book, vaccination questionnaire and medical examination voucher.
- ④ Others Please place, one of the individual nametag stickers onto the vaccination questionnaire and medical examination voucher.

### (3) Group vaccination for schoolchildren (Shitada only)

- ① Vaccination type.....DT (Diphtheria, Tetanus): 6<sup>th</sup> grade student and target age
- ② Vaccination venue.....Elementary schools in Shitada
- ③ Things to bring.....Vaccination questionnaire
- ※ When the target age is reached for your child, you will receive a notification.

### (4) Individual vaccination for schoolchildren

- ① Vaccination type.....Japanese Encephalitis 2<sup>nd</sup> Period.: 4<sup>th</sup> grade student and target age DT (Diphtheria, Tetanus): 6<sup>th</sup> grade student
- ② Vaccination venue.....Designated Medical Facility (refer to page 8 for designated medical offices located within the city)
- ③ Things to bring.....Maternity health-record book, vaccination questionnaire and medical examination voucher.
- ※ When the target age is reached for your child, you will receive a notification.



【Notes and precautions when receiving individual vaccinations】

- Vaccination dates, and times may differ and change accordingly with medical facilities. Please confirm dates and times with chosen medical facility beforehand.
- You may receive free vaccinations outside of the city, as long as it is within the prefecture. But, there are a number of medical facilities such as the Niigata University Medical & Dental Hospital Niigata daigaku kuishigakusougoubyouin 新潟大学医歯学総合病院 where such services do not apply. If you require vaccination outside the city, please contact the Sanjo City Office Health Promotion Division or your local Health and Welfare Center for more information.
- Payment will be required when receiving vaccination from non-designated medical facilities.

【Designated Medical Facilities for Individual vaccinations】

Medical Facility	Address	Phone number	Vaccination						
			DPT	DT	Measles Rubella Mix	Measles	Rubella	Jap. Encephalitis	BCG
Ishiguro Internal Medicine	Minami Yokkamachi 3-6-29	35-8151	○	○	○	○	○	○	○
Kuwabara Pediatric Clinic	Kōya 2-10-8	32-0501	○	○	○	○	○	○	○
Sanjo General Hospital	Tsukanome 5-1-62	32-1131	○	○	○	○	○	○	○
Saiseikai Sanjo Hospital	Ōnohata 6-18	33-1551	○	○	○	○	○	○	○
Saito Pediatrician	Ishigami 2-15-35	31-1755	○	○	○	○	○	○	○
Sakauchi Pediatric Clinic	Minami Shinbo 1-3	35-6633	○	○	○	○	○	○	○
Shitada Watanabe Clinic	Ōaza Ogibori 1289-13	46-2002	×	○	×	×	×	×	×
Tanaka Internal Medicine Clinic	Sugoro 2-101-1	32-8100	○	○	○	○	○	○	○
Nakajima Clinic	Niibori 1305-1	45-7777	○	○	○	○	○	○	×
Mizuno Internal Medicine Clinic	Tsukioka 1-23-48	32-3582	○	○	○	○	○	○	×
Yoshizawa Clinic	Nishi Ōsaki 1-9-28	38-3961	○	○	○	○	○	○	○
Ladies Clinic Ishiguro	Aramachi 2-25-33	33-0150	○	○	○	○	○	○	○
Watanabe Pediatric Clinic	Higashi Sanjo 1-2-26	34-1432	○	○	○	○	○	○	○

※ ○: Facilities that offer vaccination

※ ×: Facilities that do NOT offer vaccination

## 7 Precautions to consider before receiving immunization

- (1) Vaccination will be performed after the doctor has completed the examination and explanation, and has also received the guardian's permission.  
With regards to the pending vaccination, please read the booklet "Vaccinations and your child's health" 「yobou usesshu 予防接種と子どもの健康」 and the notes and precautions from the vaccination questionnaire and understand the possible side-effects. If there are any concerns, please consult your local doctor for more information before vaccination.
- (2) On the morning of the vaccination, please keep a close eye on the condition of your child and confirm that there are no unusual changes from the norm. Even if you have an appointment for a vaccination, if you believe your child to be even slightly ill, please consult a doctor to determine if your child is able to receive a vaccination.
- (3) Always bring the vaccination questionnaire 「yoshinryo 予診票」, and maternity health-record book 「bo shi kenkoutechou 母子健康手帳」 with you. And the medical examination voucher 「iyushiken 受診券」 when receiving an individual vaccination.
- (4) The vaccination questionnaire is very important for the vaccination doctor. The guardian is responsible to bring and fill-out the questionnaire.
- (5) The guardian who is most familiar with the child's day-to-day condition should bring the child to their vaccination.

## 8 Precautions to consider when filling out the immunization questionnaire

- (1) Does your child appear to be different from usual?  
Even without a temperature, there are plenty of sicknesses one can catch which begin with cold-like symptoms. Even if you suspect a slight symptom, please consult a doctor. If a symptom is present, please record the time it began along with the symptoms itself.
- (2) Just in case, take your child's temperature at home.  
Before the inoculation, at the venue or medical facility, the child's temperature will be taken. If the child's temperature is over 37.5°C, vaccination will not be possible. To be prepared, please take your child's temperature at home. If you suspect a slight elevated temperature than usual, please consult a doctor.
- (3) Is your child experiencing diarrhea?  
Polio vaccination is not possible when the child is experiencing diarrhea as the vaccination effect is weakened. Please postpone the vaccination.
- (4) Does your child have any eczema's?  
BCG vaccination may be impossible if the inoculation area is covered in eczemas.
- (5) Has your child ever experienced any spasms and/or convulsions?  
Before vaccination, please consult with your local doctor.

- (6) Does your child have any heart, kidney or liver conditions?  
Before vaccination, please consult with your local doctor.
- (7) Has your child experienced any side-effects from previous vaccinations?  
If you child experienced any side-effects or felt ill in anyway during a previous vaccination, please consult with your local doctor.

## 9 Things to consider after the vaccination

- (1) Observe your child's condition for up to 30mins after his/her vaccination either at the vaccination venue or at a location where you can quickly contact a doctor. Immediate side-effects can appear during this point in time.
- (2) After vaccination, be warned that side-effects may appear 4 weeks after a 'live vaccine' inoculation or 1 week after an 'inactivated vaccine' inoculation.
- (3) Please keep the vaccinated area clean. Bathing on the day of vaccination is not a problem, but avoid rubbing the vaccinated area.
- (4) On the day of vaccination, live your daily normal life, but avoid any strenuous exercises.
- (5) After vaccination, if any abnormal reactions occur to the vaccinated area or if there are any changes to the physical condition, immediately consult a doctor.

## 10 Immunization Q & A

- Q1 Up to what age can one receive the BCG vaccination?  
A1 Please get the vaccination while your child is between 3 months old and 2 days before the child turns 6 months old. Please do not delay, and receive the vaccination with time to spare.  
After the child becomes 6months old, the vaccination is optional, but payment will be charged.  
Also, after receiving the BCG vaccination, if the vaccinated arm presents symptom of becoming red or puffy with 10 days, contact the medical facility where you received the vaccination.
- Q2 Which vaccination should be taken first? Also, is there a good method for not forgetting about pending vaccinations?  
A2 The desired method of vaccinating would be is to find and decide on a family doctor. And once your child reaches 3 months of age, get the DPT inoculation and the BCG inoculation 2 days before the child's 6<sup>th</sup> month birthday at your local designated medical facility. When getting individual vaccinations, make an appointment for the next vaccination while you are already there.
- Q3 When can my child get the measles/rubella vaccination?  
A2 The first period for the measles/rubella mixed vaccination is when the child is from 12 months old to just before 24 months old. The second period vaccination is from 5 years of age to just before 7 years of age, or a year before the child enters school. If your child had been infected with measles or rubella, they are not eligible to receive the measles/rubella mix vaccination. Please consult your doctor and get an inoculation for the virus which the child has yet to be infected by.  
If your child falls outside of the target age, payment will be charged for the vaccination.

※ If any changes are to be made to the given information, notification will be given out on the 広報さんじょう(Kōhō Sanjo) or Sanjo City Homepage.

◆ Immunization Consultation Phone Service (Consultation Hotline Corner) ◆

To help spread and obtain correct information and knowledge with regards to the immunization program, the “Immunization Hotline” was created to assist with your needs. If you have any questions, or require any consultation with regards to vaccinations, please contact the following number.

★ Foundation	Immunization Research Center	☎ 03-3341-7720
	Consulting times Monday & Friday	13:00-16:00