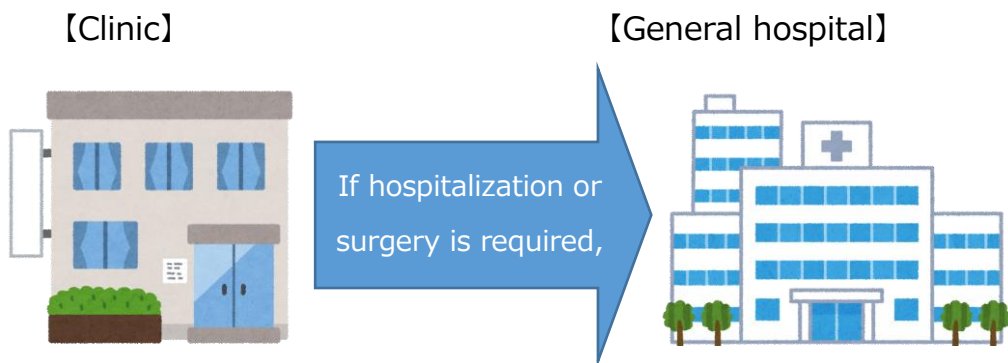


Chapter 7 Live / Illness and injury

If you feel sick, go to a nearby clinic first. You can always find a clinic that addresses your symptoms in Japan. When you go to the clinic, take your health insurance card with you.

7-1 How to choose a hospital

- When you have a mild illness, go to the clinic first.
- If hospitalization or surgery becomes necessary, you will be sent to a large hospital.

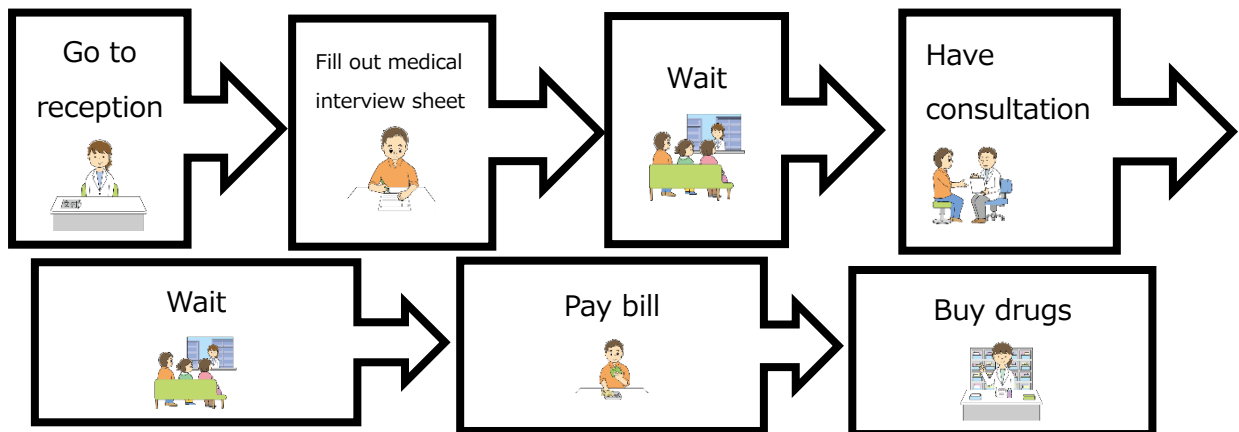


7-2 Health insurance card

- At the hospital, present your insurance card. The person without an insurance card must pay all the costs by himself.







7-3 Flow of doctor consultation



7-4 To live healthy

- Japan has four seasons (spring, summer, autumn, winter), and temperature and humidity change. Learn about each season and stay fit and well.

<p>1. Dress suitable for each season</p> <p>The Japanese wear different clothes depending on the season. Check the weather and temperature in the weather forecast and wear the appropriate clothes for the day.</p> <p>On a cold day, wear socks, shoes, and warm underwear instead of sandals. It is a good idea to wear several layers.</p>	
<p>2. Infectious diseases</p> <p>The winter in Japan is cold, and the air dries. Gargle and wash your hands. When you feel weak, you are likely to get sick. Take rest when you are tired. You can buy medicines at drug stores. It is advisable to search for the right medication when you are healthy.</p>	
<p>3. Dry air and rough skin</p> <p>When the air dries in winter, your skin may dry and become itchy. It is a good idea to buy in advance "itch relief medicine" that suits you at a drugstore.</p>	
<p>4. Snow</p> <p>It may snow in the winter. On snowy days, the road is slippery and dangerous. Be cautious not to fall when you go out. It is better not to ride a bicycle.</p>	



Be aware of tuberculosis!

The number of non-Japanese tuberculosis patients is increasing.

Tuberculosis is infectious to other people.

It's desirable to test before coming to Japan, but if you feel unusual in Japan, consult with a doctor immediately.



Living in Japan and changing environments such as society, culture, and language may make your body and mind unable to respond well.

7-5 How to call 119



■ When? Under what circumstance?

- When a fire breaks out
- When you have sudden pain, high fever, nausea, etc.
and cannot move by yourself



■ What do you tell when calling 119?

- ① Tell if you are calling about "Fire" or "Ambulance."
- ② Tell the place, what happened, and the age of the fainted person.
- ③ Tell your name and phone number.



The use of an ambulance is **free** in Japan!

7-6 Medical information services in foreign languages

■ **To look for a hospital**



"Aichi Medical Information Network"

You can search for hospitals that provide services in foreign languages.

<http://iryojoho.pref.aichi.jp/>



"Aichi Prefectural Emergency Medical Guide"

You can search for emergency hospitals that provide services in foreign languages.

<http://www.qq.pref.aichi.jp/>

■ **To convey the condition of your illness in your native language.**



"Multilingual Medical Questionnaire"

It provides medical questionnaires that help you convey the symptoms of your illness in your native language.

<http://www.kifjp.org/medical/>



"Aichi Medical Interpretations System"

They provide interpretation support for medical care in response to requests from hospitals. The service is available to limited hospitals. Check on the website or phone in advance.

<http://www.aichi-iryuu-tsuuyaku-system.com/>

<"Nihongo" - let's use it!>



My stomach hurts. / I have a fever. / I got injured. / I got burned.