



2024 Minamiuonuma City Infant Health Examination Calendar



Infectious Diseases Preventive Measures in Infant Health Checkups

As a precautionary measure against infectious diseases in group infant health checkups, individuals (or chaperones) with any of the following symptoms are not allowed to receive check-ups.

Persons experiencing any of the following symptoms within 2 days, 1 day or the same day of the check-up:

- Fever (above 37.5°C) • Runny nose • Coughing • Rash(es) • Diarrhea • Vomiting • Red eyes • Eye discharge
- Difficulty breathing (labored breathing) or serious fatigue

※If you are in doubt about what to do, please contact the Health Division.

—District Breakdowns—

- [All]** All districts in Minamiuonuma
- [North]** Yamato area, Omaki • Jonai • Ikazawa districts
- [South]** Shiozawa area, Muikamachi district



For health checkup inquiries and notifying in case of absence, please contact:

Minamiuonuma City Healthcare Division
TEL 025-773-6811 FAX 025-773-6839

Shiozawa Health Center



Childcare Station HonoBono



Kenyukan



For maps of each location, please check the QR Codes above or the reverse side of this paper

- The doors will open 30 minutes before check-in begins.
- For the Childcare Station HonoBono, doors will open 15 minutes before check-in begins.



Please come to your 4mo. old health checkup wearing a tape-attachment diaper!

Checkups	What to Bring	District	Location	Check-in Times	Health Exam Dates (based on infant's D.O.B.)											
					Dec.2023	Jan.2024	Feb.2024	Mar.2024	Apr.2024	May.2024	Jun.2024	Jul.2024	Aug.2024	Sep.2024	Oct.2024	Nov.2024
4 mo. old Health Check-up	<input type="checkbox"/> Maternity Health Record Book <input type="checkbox"/> Completed Medical History Form <input type="checkbox"/> Healthy Parent & Child Survey 21 <input type="checkbox"/> HonoBono User Registration Form <input type="checkbox"/> Bath Towel <input type="checkbox"/> A spare tape-attachment diaper	All	Childcare Station HonoBono	13:15-13:30 (Born 1 st -15 th)	April 18 (Thu.)	May 30 (Thu.)	June 27 (Thu.)	July 25 (Thu.)	August 29 (Thu.)	September 26 (Thu.)	October 31 (Thu.)	November 28 (Thu.)	December 19 (Thu.)	January 30 (2025) (Thu.)	February 27 (2025) (Thu.)	March 13 (2025) (Thu.)
				14:15-14:30 (Born 16 th -31 st)												
Chewing Class [Appointments must be scheduled at least one day in advance.]	<input type="checkbox"/> Maternity Health Record Book <input type="checkbox"/> Completed Medical History Form <input type="checkbox"/> Weaning Beginner's BOOK <input type="checkbox"/> HonoBono User Registration Card <input type="checkbox"/> Bath towel	All	Childcare Station HonoBono	9:45 ~	April 24 (Wed.)	May 22 (Wed.)	June 26 (Wed.)	July 31 (Wed.)	August 28 (Wed.)	September 25 (Wed.)	October 30 (Wed.)	November 27 (Wed.)	December 25 (Wed.)	January 22 (2025) (Wed.)	February 26 (2025) (Wed.)	March 26 (2025) (Wed.)
				10:00												
10mo. Health Check-up	10-Month-Old Health Checkups are done individually and must be scheduled at a hospital. Please do not forget.															
1 yr old Dental Check-up	<input type="checkbox"/> Maternity Health Record Book <input type="checkbox"/> Completed Medical History Form <input type="checkbox"/> Bath towel <input type="checkbox"/> Spare toothbrush <input type="checkbox"/> ¥300 for fluoride rinse <input type="checkbox"/> HonoBono User Registration Card	All	Childcare Station HonoBono	13:15 ~	April 24 (Wed.)	May 22 (Wed.)	June 25 (Tue.)	July 31 (Wed.)	August 28 (Wed.)	September 24 (Tue.)	October 30 (Wed.)	November 26 (Tue.)	December 17 (Tue.)	January 28 (2025) (Tue.)	February 26 (2025) (Wed.)	March 26 (2025) (Wed.)
				13:35												
1.5 yr old Health and Dental Check-up	<input type="checkbox"/> Maternity Health Record Book <input type="checkbox"/> Completed Medical History Form (2 copies) <input type="checkbox"/> Healthy Parent & Child Survey 21 <input type="checkbox"/> Bath towel <input type="checkbox"/> Spare toothbrush <input type="checkbox"/> ¥300 for fluoride rinse	※Please double check the district breakdowns		13:00 ~	Sep.2022	Oct.2022	Nov.2022	Dec.2022	Jan.2023	Feb.2023	Mar.2023	Apr.2023	May.2023	Jun.2023	Jul.2023	Aug.2023
		North	Kenyukan		April 12 (Fri.)	May 17 (Fri.)	June 7 (Fri.)	July 12 (Fri.)	August 30 (Fri.)	September 27 (Fri.)	October 18 (Fri.)	November 8 (Fri.)	December 6 (Fri.)	January 10 (2025) (Fri.)	February 21 (2025) (Fri.)	March 14 (2025) (Fri.)
		South	Shiozawa Health Center		April 19 (Fri.)	May 10 (Fri.)	July 19 (Fri.) [Kenyukan]	August 9 (Fri.)	September 13 (Fri.)	October 11 (Fri.)	November 15 (Fri.)	December 20 (Fri.)	January 17 (2025) (Fri.)	February 14 (2025) (Fri.)	March 21 (2025) (Fri.)	
2 yr old Dental Check-up	<input type="checkbox"/> Maternity Health Record Book <input type="checkbox"/> Completed Medical History Form <input type="checkbox"/> Bath towel <input type="checkbox"/> Spare toothbrush <input type="checkbox"/> ¥300 for fluoride rinse	All	Kenyukan	13:15 ~	April 11 (Thu.)	May 23 (Thu.)	June 20 (Thu.)	July 11 (Thu.)	August 22 (Thu.)	September 19 (Thu.)	October 17 (Thu.)	November 21 (Thu.)	December 12 (Thu.)	January 23 (2025) (Thu.)	February 20 (2025) (Thu.)	March 6 (2025) (Thu.)
				13:35												
2.5 old yr old Dental Check-up	<input type="checkbox"/> Maternity Health Record Book <input type="checkbox"/> Completed Medical History Form <input type="checkbox"/> Bath towel <input type="checkbox"/> Spare toothbrush 1 本 <input type="checkbox"/> ¥300 for fluoride rinse	All	Kenyukan	9:15 ~	April 11 (Thu.)	May 23 (Thu.)	June 20 (Thu.)	July 11 (Thu.)	August 22 (Thu.)	September 19 (Thu.)	October 17 (Thu.)	November 21 (Thu.)	December 12 (Thu.)	January 23 (2025) (Thu.)	February 20 (2025) (Thu.)	March 6 (2025) (Thu.)
				9:35												
3 yr old Health and Dental Check-up	<input type="checkbox"/> Maternity Health Record Book <input type="checkbox"/> Completed Medical History Form (2 copies) <input type="checkbox"/> Healthy Parent & Child Survey 21 <input type="checkbox"/> Eye and Ear Survey <input type="checkbox"/> Urine sample <input type="checkbox"/> Bath towel <input type="checkbox"/> Spare toothbrush <input type="checkbox"/> ¥300 for fluoride rinse	※Please double check the district breakdowns		13:00 ~	Mar.2021	Apr.2021	May.2021	Jun.2021	Jul.2021	Aug.2021	Sep.2021	Oct.2021	Nov.2021	Dec.2021	Jan.2022	Feb.2022
		North	Kenyukan		April 26 (Fri.)	May 24 (Fri.)	June 21 (Fri.)	July 26 (Fri.)	August 23 (Fri.) [Kenyukan]	September 20 (Fri.)	October 25 (Fri.)	November 22 (Fri.)	December 13 (Fri.) [Kenyukan]	January 24 (2025) (Fri.) [Kenyukan]	February 7 (2025) (Fri.)	March 7 (2025) (Fri.)
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【Locations for Health Exams & Classes】

Childcare Station HonoBono	Address : 3079 Yokawa, Minamiuonuma
	<ul style="list-style-type: none"> ☆4 mo. old Health Check-up ☆Chewing Class (Weaning Class) ☆1 year-old Dental Check-up

Yukiguni Yamato Hospital Kenyukan 2nd Floor	Address : 4115 Urasa, Minamiuonuma
	<ul style="list-style-type: none"> ☆1 1/2 year old Health & Dental check-up (【North】 districts) ☆2-year-old Dental Check-up ☆2 1/2-year-old Dental Check-up ☆3-year-old Health & Dental Check-up (【North】 districts)

Shiozawa Health Center 2nd Floor	Address : 1370-1 Shiozawa, Minamiuonuma
	<ul style="list-style-type: none"> ☆1 1/2-year-old Health & Dental Check-up (【South】 districts) ☆3-year-old Health & Dental Check-up (【South】 districts)

2024 Minamiuonuma City Infant Health Examination Calendar

Notices for individual health check-ups will not be sent out. Please make note of the health exam dates on this calendar relevant to your child.

Health examinations are conducted to assist your child's healthy growth and development. They are different from the medical and dental health check-ups for nursery school. Please try to get your check-up done during the appropriate month!

- ① Health examinations are scheduled based on your child's date of birth. Please check the calendar on the reverse side for your child's specific health checkup dates.
- ② If you can't make your scheduled check-up date, please contact the Healthcare Division in advance.
- ③ We ask that you please read the **Infectious Diseases Preventive Measures in Infant Health Checkups** (on the reverse side.) and for your understanding and cooperation in following these measures.

※Please make sure to confirm the date, location, and check-in time before going to your designated check-up. Dates and check-in times on this calendar are susceptible to change. Please check the Minamiuonuma City website for updates.



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