

# Sendai Multicultural Center News



## Regarding children's vaccination

Last month, A's family moved from their home country to Sendai. It seems like A has some concerns regarding their 8-month-old child.....



A's family

We don't really know much about children's vaccinations. What types of vaccinations are there?

There are two types of vaccinations: "routine vaccinations," which are required by law, and "voluntary vaccinations," which are given only to those who wish to receive them. Today, I will be explaining how routine vaccinations work.

Did you bring your Maternal and Child Health Handbook and the other booklet (Infant and Toddler Edition)?



Multicultural Center staff



Yes, we received those from a service counter.

### Regarding routine vaccinations

In the other booklet that you received along with the Maternal and Child Health Handbook, there is a **list of medical institutions** where you can get your child's **vaccination tickets** and receive vaccinations. For anything other than the BCG vaccine, please visit any of the medical institutions that are on the list to receive vaccinations. Make sure to bring the Maternal and Child Health Handbook and the vaccination tickets with you. Some medical institutions require a reservation, so be sure to contact them before going in for vaccinations. Nevertheless, your child can receive their routine vaccinations when they attend their infant/toddler health checks\*<sup>1</sup>.

If you are unsure about where you should go, inquire at your ward office (see also ★ on the overleaf). If you cannot speak Japanese, you can use the Interpretation Support Hotline (refer to the last page).

\*<sup>1</sup> Infant/Toddler Health Checks.....Health checks to monitor the growth of babies (2-month-old, 4-to-5-month-old, 8-to-9-month-old) and provide parenting advice

### Vaccinations for Children Who Have Yet to Enter Elementary School

	Routine Vaccinations			
Types of Vaccination	• BCG	• Hib	• Rotavirus	• Hepatitis B
		• DPT-IPV (Diphtheria, Whooping cough, Tetanus, Inactivated Polio)	• Chicken pox	• Japanese encephalitis (first dose)
			• MR (Measles, Rubella)	• Pneumococcal conjugate
Venue	Large-scale vaccination	Medical institutions listed in the handbook		
Cost	Free of charge (However, one must pay if they are receiving a vaccination after the predetermined period has passed)			

●Public Foundation of Vaccination Research Center  
"Vaccination and Children's Health"  
(10 languages) <https://www.yoboseshu-rc.com/pages/8/>



Continued on next page →

### Publications in Six Languages

In addition to English, we also have publications in Japanese / にほんご, Chinese / 中文, Korean / 한국어, Vietnamese / Tiếng Việt, and Nepali / नेपाली. They can also be viewed on our website, or found at the Sendai Multicultural Center.





Our child has received some vaccinations  
in our home country.  
When should they be vaccinated in Japan?

The timing of vaccination varies  
for different types of vaccines.  
Please bring your child's vaccination  
record and consult a medical institution.



### Prepare your child's vaccination record

• If your child has received vaccinations outside of Japan.....Prepare a Japanese translation of the vaccination record ahead of time to facilitate the process.

※ For more information regarding vaccination ※  
Source: Okayama Prefecture Center of Immunization

"Vaccination related terms in foreign languages" (Updated October 12, 2021)  
(16 languages)

<https://g.kawasaki-m.ac.jp/yobou/language/document/language211012.pdf>



• If your child does not have a vaccination record  
.....Consult a doctor at a medical institution that offers vaccinations.



What are the risks  
of not vaccinating?

If your child is not vaccinated,  
they will be more susceptible to diseases.



### Risk of not receiving vaccinations

Babies and children have low immunity to diseases.  
Plus, antibodies that babies get from their mother  
weaken overtime.

By receiving vaccinations, their bodies develop  
immunity to diseases through exposure to pathogens.  
If a child catches a disease without having received the  
proper vaccination, they are at risk of experiencing  
various complications\*<sup>2</sup> as a result.

\*<sup>2</sup>Complication.....An illness caused by another  
disease

## What is the Maternal and Child Health Handbook?



- You can obtain a copy from a service counter listed in ★
- Available in 10 languages
- The smartphone application version "Boshimo" is available in 12 languages

### Video explanation available!

"What is the Maternal and Child Health Handbook?" (7 languages)

<https://www.kifjp.org/child/chart>

Website operated by the  
Kanagawa International Foundation  
( <https://www.kifjp.org/child/> )



I see. Are there any other resources about vaccinations that we could refer to?

Have a look at this.  
This publication is also available in languages other than Japanese.



### ●KNOW★VPD! Protect Our Children (NPO)

"Immunization Schedule (April 2023 edition)" (Japanese)

"Multilingual Immunization Schedule (April 2023 edition)"  
(15 languages)

[https://www.know-vpd.jp/feature/vc\\_schedule\\_multilingual.html](https://www.know-vpd.jp/feature/vc_schedule_multilingual.html)

※ Content might differ according to the municipality

※ Information as of October 18, 2023. Content of this publication is subject to change.

★.....Home Health Section of the Ward Office or Public Health and Welfare Section  
of the General Branch in the area where you live



Now that we know  
how vaccination works in Japan,  
we can have some peace of mind!



## Notice: Dispatching Community Interpretation Supporters

The Sendai Multicultural Center provides interpreting assistance at administrative offices through the "Interpreter Support Hotline", a three-way call service. If it is difficult to explain the system or documents, a "Community Interpreter Supporter" who can interpret is dispatched to the office instead.

### Languages Available

→ Chinese, Tagalog, Vietnamese, Nepali, Korean, Hindu, Russian, Spanish, Thai, English

### Can interpret for

→ Paperwork at government offices, personal consultations or home visits for nurseries and schools, etc.

[Can not interpret for]: Medical services, classroom support, events (school entrance ceremonies, sports festivals, etc.), or parties

### Can dispatch to

→ Within Sendai City (City Hall, Ward Offices, nurseries, kindergartens, elementary, junior high, and high school)

### Dispatch available

→ In principle, 9:00 a.m. to 5:00 p.m. on weekdays. (In principle, interpretation service is available for 2 hours).

### Interpreter dispatch fee

→ Free of charge (0 yen)

### How to apply

- Dispatch locations such as government offices, nurseries, schools, as well as foreign residents can apply to use this service
- In principle, you must apply to any of the following offices at least one week before the date of dispatch.

### Where to Apply

- Sendai Multicultural Center  
For contact information, refer to the last page
- Sendai Tourism, Convention and International Association International Relations Department  
TEL : 022-268-6260

Email : [kokusaika@sentia-sendai.jp](mailto:kokusaika@sentia-sendai.jp)

Monday to Friday 9:00 a.m. to 5:00 p.m.

※Both offices are closed during the year-end and New Year holiday (December 29 to January 3)

Please see the following website for more details:

[https://int.sentia-sendai.jp/com\\_support/en/](https://int.sentia-sendai.jp/com_support/en/)



## Advisor Corner "Child rearing in relation to immunization"

### Thoughts and experiences from advisors on this issue's theme

Unlike Japan, Canada does not use the Maternal and Child Health Handbook. Instead, a booklet called the Child Health Passport is distributed to guardians to keep track of a child's growth and vaccination record up to the age of five. Although there is no requirement to use the Child Health Passport, those who would like to enroll their child in a public childcare facility or primary school must prove that their child has been vaccinated against diseases such as measles and polio, and the Child Health Passport is useful in that it provides an overview of all the vaccinations that the child has received up to that point. In addition, all medical expenses for children enrolled in the national health insurance scheme are covered by the government, demonstrating the level of support Canada provides to its residents in terms of health care.

The Canadian government also has several policies in place to support families raising children. For example, families with children younger than the age of 18 are eligible for two monthly subsidies. The Canadian Child Benefit, which is paid by the Canada Revenue Agency, is available to all families across the

country with the amount of the payment being determined by a family's income and the amount of taxes paid. The other subsidy is paid by the provincial government to residents of the province. In British Columbia, this subsidy is commonly referred to as Milk Money.

Childrearing support varies not only from country to country, but also from municipality to municipality. If you are not familiar with your local government's policies, this is a good time to do some research.

(Advisor Z)

Each advisor writes in the "Advisor Corner" each issue in all language versions. The Japanese translation for each is on our blog. Please have a look.

# Sendai Multicultural Center

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## 仙台多文化共生センター



Opening Hours Daily 9:00 a.m. to 5:00 p.m. (Closed during the New Year's holidays and 1 to 2 days per month for maintenance)

Address Sendai International Center Conference Bldg. 1F, Aobayama,  
Aoba-ku, Sendai, 980-0856

TEL (022) 265 - 2471

FAX (022) 265 - 2472

Email [tabunka@sentia-sendai.jp](mailto:tabunka@sentia-sendai.jp)

URL <https://int.sentia-sendai.jp/e/exchange/>



### ■ Advice in foreign languages

We are able to give advice in many languages for daily-life troubles or problems. Please call the Interpretation Support Hotline on (022) 224-1919.

Languages available: English, Chinese, Korean, Vietnamese, Nepali, Tagalog, Thai, Portuguese, Spanish, Russian, Indonesian, Italian, French, German, Malay, Khmer, Burmese, Mongolian, Sinhala, Hindi, Bengali, and Ukrainian

### ■ Other Services

We have lecture rooms, a children's playroom, a bulletin board, and book rental. We also have spaces for interaction and information on citizen activities.

## Specialist Consultations for Foreign Residents

We periodically hold specialist consultations with lawyers, administrative scriveners and so on. If there are matters that are affecting your life in Sendai, please feel free to have a consultation. Consultations are confidential, and are limited to 30 minutes per person. Consultations are held from 1:00 p.m. to 4:00 p.m.

You can check the consultation dates on our website.

<https://int.sentia-sendai.jp/e/exchange/consultation.html>



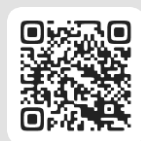
Administrative Scrivener

Lawyer

Labour Bureau

Immigration Bureau

Tax Accountant



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