

Information For Foreign Residents

Information on Maternal and Child Health Services

【Inquiries】

Children's Health and Welfare Section(Akita City Public Health Center 2F)

Address : 1-8-3 Yabase-minami,Akita City TEL.018-883-1174

Open Hours : Mon.— Fri. 8:30am.—5:00pm.

//Important Paperwork During Pregnancy and After Delivery//

- During Pregnancy: Please file your pregnancy notification forms to Akita's Neuvolas and obtain your Maternal and Child Health Handbooks (both in English and in Japanese) along with prenatal checkup sheets. Please see attached sheet No.1 for information about your local offices.
- After Delivery: Please submit your birth notification form to your municipal office and receive your mother-child information packet, which includes health checkup sheets for your child. Please see attached sheet No.2 about your local offices.

//Konnichiwa Aka-chan:Hello Baby Visit Consultation Service//

After birth, a nurse or specialist can visit mothers at home who have given a birth to a baby in the past 4 months ago. They can provide advice on child rearing and staying healthy. If you wish to use the service, please call the Children's Health Division:TEL.018-883-1175

//Health Checkups for Infants and Toddlers//

Health Checkups

- Checkups are free.

	Eligibility	Place	Notes
4 month checkup	From 4 months to the day before turning 5 months	Pediatric centers in Akita City	Please bring : Maternal and Child Health Handbook and attached questionnaire.
7 month checkup	From 7 months to the day before turning 8 months		
10 month checkup	From 10 months to the day before turning 11 months		
1.5 year checkup	At 19 months of age *Available till the day before turning 2 years old	Akita City Health Service Center or Kawabe General Welfare and Community Center	(Surveys will be mailed to those without one)
3 year checkup	At 42 months of age *Available till the day before turning 4 years old		

Dental health checkup•Fluoride treatment •Free of charge

	Eligibility	Place	Notes
2 years dental checkup	Between 24 and 26 months of age*Available till the day before turning 28 months of age	Dental Clinics in Akita City	Please call the dental clinic for appointments. Please bring:Maternal and Child Health Handbook, attached health checkup, and a fluoride treatment ticket. (Tickets will be mailed to families without them)
Fluoride Treatment	2 years		
	3 years		
	4 years		
	5 years		

//Routine Immunization//

Please contact the representative for immunization at the Health Management Division.
TEL.018-883-1179

//If you want to consult someone about child care//

A nurse, nutritionist, or dental hygienist will be able to visit you to provide consultation.
Please feel free to call the Children's Health Division.

あきた し にほん ご きょうしつ

秋田市日本語教室

まいにち せいかつ ひつよう しよきゅうにほんご べんきよう
毎日の生活に必要な初級日本語を勉強しませんか！

- にち じ もくようび 日 時 木曜日 18:30~20:00
- ば しよ こうりゅうかん あう あきたしなかとおりいっちょうめ 場 所 にぎわい交流館AU(秋田市中通一丁目4-1)
- ひ よう むりよう きょうざいひ じつぴ 費 用 無料(教材費は実費)
- にゅうもん しよきゅう しよきゅう しよちゅうきゅう クラス 入門、初級I、初級II、初中級
- と あ さき あきたしやくしよ きかくちょうせいか 問い合わせ先 秋田市役所 企画調整課 ☎018-888-5464

Email: ro-plmn@city.akita.lg.jp

URL: <https://www.city.akita.lg.jp/shisei/kokusaikoryu/1012831/1003032.html>

Akita City Japanese Language Class

Let's study Japanese together!

- Date & Time Thursday 18:30-20:00
 - Location Nigiwai Koryukan AU (1-4-1, Nakadori, Akita City)
 - Fee Free (Textbooks and other materials are at your own expense)
 - Levels Introductory, BeginnerI, BeginnerII, Intermediate
 - Inquiry Planning and Coordination Section, City of Akita TEL:018-888-5464
- Email: ro-plmn@city.akita.lg.jp
URL: <https://www.city.akita.lg.jp/shisei/kokusaikoryu/1012831/1003032.html>

秋田市日语教室

一起学习日常日语吧!

- 授课时间 星期四 晚上18:30~20:00
- 地点 Nigiwai Koryukan AU
(秋田市中通1-4-1)
- 会费 免费(教材费自理)
- 等级 入门, 初级1, 初级2, 初中级
- 咨询 秋田市政府 企画调整课
TEL: 018-888-5464
Email: ro-plmn@city.akita.lg.jp
URL: <https://www.city.akita.lg.jp/shisei/kokusaikoryu/1012831/1003032.html>

아키타시일본어교실

일본어를 공부합시다!

- 일시 목요일 오후 18:30~20:00
- 장소 니기वाई 교류관AU
(아키타시 나카도리 1-4-1)
- 비용 무료 (교재비는 실비)
- 레벨 입문, 초급 1, 초급 2, 초중급
- 문의처 아키타시 기획조정과
TEL: 018-888-5464
Email: ro-plmn@city.akita.lg.jp
URL: <https://www.city.akita.lg.jp/shisei/kokusaikoryu/1012831/1003032.html>

Akita City Japanese Language Class

Sabay-sabay tayo mag-aral ng nihongo!

- Araw at oras Huwebes 18:30-20:00
- Lugar Nigiwai Koryukan AU (1-4-1, Nakadori, Akita City)
- Bayad Libre (Bumiling pangsariling materyales)
- Antas Pagpapakilala, Baguhan I, Baguhan II, Panggitna
- Makipag-ugnayan Planning and Coordination Section, City of Akita TEL : 018-888-5464
Email: ro-plmn@city.akita.lg.jp
URL: <https://www.city.akita.lg.jp/shisei/kokusaikoryu/1012831/1003032.html>

秋田県外国人相談センター

日本語での相談が難しい方のために、秋田県外国人相談センターでは外国語(中国語、韓国語、英語、タガログ語)での相談を無料で受け付けています。

- 日本語で相談できる曜日と時間
月曜日～金曜日と、第3土曜日(次の週の月曜日はお休みです) 9:00～17:45
- 外国語で相談できる曜日と時間
木曜日 13:00～17:00

※タガログ語は曜日と時間に関わらず、事前予約が必要です

☎018-884-7050 ✉soudan21@aiahome.or.jp FAX 018-825-2566

問 公益財団法人秋田県国際交流協会(AIA) Akita International Association
秋田市中通二丁目3-8 アトリオン1階 <http://www.aiahome.or.jp>

Akita Support Center for Foreign Residents(Located in the Akita International Association)

At the Akita Support Center for Foreign Residents, we provide confidential consultation in Chinese, Korean, English and Tagalog free of charge.

Foreign language consultation: Thurs, 1 p.m.-5 p.m.

☎018-884-7050 ✉soudan21@aiahome.or.jp FAX 018-825-2566

秋田县外国人咨询中心(位于秋田县国际交流协会内)

秋田县外国人咨询中心, 外语(汉语, 韩语, 英语, 菲律宾他加禄语)咨询免费受理中。

外语咨询时间 星期四13:00-17:00

☎018-884-7050 ✉soudan21@aiahome.or.jp FAX 018-825-2566

아키타시일본어교실

아키타현 외국인상담센터는 외국어(한국어, 중국어, 영어, 타갈로그어) 상담을 무료로 접수하고 있습니다.

외국어로 상담 가능한 요일과 시간: 목요일 13:00-17:00

☎018-884-7050 ✉soudan21@aiahome.or.jp FAX 018-825-2566

Akita Consultation for Foreign Residents Center (Nasa loob ito ng opisina ng Akita International Association)

Sa Akita Ken Consultation for Foreign Residents Center, maari kayong kumunsulta ng libre sa mga wikang banyaga (Chinese, Korean, English at Tagalog).

Araw at oras upang kumunsulta sa ibang wika : Huwebes 13:00 - 17:00

※Ang konsultasyon sa Tagalog ay walang nakatakdang araw at oras, tumawag po kayo at magpareserba.

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