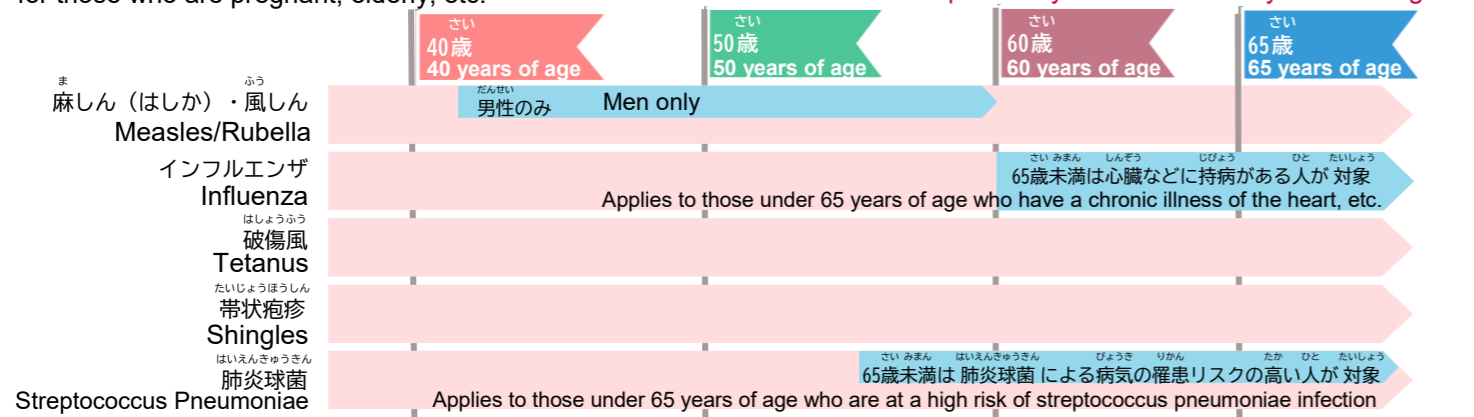


おとな よぼうせつしゅ Vaccination for adults

妊娠中や高齢化により重症化しやすい感染症もあります。 Some infectious diseases are more likely to become serious for those who are pregnant, elderly, etc.

2024年4月現在の情報です。内容が変わる可能性があります。 This information is current as of April, 2024. There is a possibility some details may have changed.



定期接種(公費負担) Routine vaccination (paid by public funds)

任意接種(自己負担) Voluntary vaccination (paid for by yourself)

上記スケジュール表は、『KNOW★VPD!』の https://otona.know-vpd.jp/schedule.html

サイトを参考に作成し、秋田県国際交流協会 で翻訳しています。 ★VPDを知って、子どもを守ろうの会

The above vaccination schedule was created by referencing the KNOW★ KNOW VPD! Protect Our Children

海外渡航のためのワクチン Vaccines for overseas travel

1. 入国時に予防接種証明書(黄皮书)を要求する国へ渡航するため

2. 日本国外で感染症にかからないようにするため

日本国外へ渡航する予定がある場合は、厚生労働省検疫所ウェブサイトを確認し、なるべく早く医療機関に相談してください。

When you plan to travel outside Japan, check the website of the Quarantine Information Office, Ministry of Health, Labour, and Welfare Japan, and consult with a medical institution as quickly as possible.

新型コロナワクチン COVID-19 Vaccine

新型コロナウイルスワクチンの全額公費による接種は、令和6年3月31日で終了します。

令和6年4月1日以降は、65歳以上の方と60~64歳で対象となる方※には、自治体による定期接種(有料)が行われます。また、任意接種として、自費で接種することもできます。

※60~64歳で、心臓、腎臓または呼吸器の機能に障害があり、身の回りの生活が極度に制限される方、HIVによる免疫の機能に障害があり、日常生活がほとんど不可能な方

As of March 31st, 2024, COVID-19 vaccination is no longer paid completely from public funding.

After April 1st, 2024, routine (paid) vaccination is carried out by local administrations for people over 65 years of age, as well as for applicable\* individuals who are 60-64 years of age. Furthermore, it is possible to get vaccinated by paying for it yourself as a voluntary vaccination.

\*Applicable individuals are 60-64 years of age, have a heart, kidney, or respiratory disorder and have significant impediment to their daily lives, or have immune disorder from HIV that makes it mostly impossible for them to have a normal daily life

Akita International Association

公益財団法人 秋田県国際交流協会

〒010-0001 秋田市中通2-3-8 アトリオン1階

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Opening Hours 月~金、第3土曜日 9:00-17:45

Mon~Fri, every 3rd Saturday

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生活情報誌 えいあいえい!!!



目次 Table of Contents

P.1 予防接種とは What is vaccination?

P.2 子どもの定期予防接種の受け方 How to get routine vaccinations for children

P.3 予防接種のスケジュール Vaccination schedule

P.4 大人の予防接種 Vaccination for adults

Newsletter 26 English Free 2024.06発行

秋田県に住んでいる外国人の方に、子どもと大人の予防接種について紹介します

We will offer information about vaccination, for children and adults, to foreign nationals living in Akita Prefecture.



予防接種とは What is vaccination?

ワクチンを投与して感染症にかかりにくくすることを予防接種といいます。 Vaccination is when a vaccine is administered in order to make it more unlikely to catch an infectious disease.

定期接種と任意接種 Routine vaccination and voluntary vaccination

予防接種には、定期接種と任意接種があります。 For vaccination, there are routine vaccinations and voluntary vaccinations.

	予防接種に関する法律 Laws related to vaccination	費用負担 Personal expenses
定期接種 Routine vaccination	受けることが決められている You are required to get these vaccinations	原則なし Free of charge as a general rule
任意接種 Voluntary vaccination	受けることが決められていない You are not required to get these vaccinations	あり You must pay expenses

集団接種と個別接種 Group vaccination and individual vaccination

定期接種には、集団接種と個別接種があります。 For routine vaccination, there is group vaccination and individual vaccination.

	集団接種 Group vaccination	個別接種 Individual vaccination
接種日時 Vaccination date and time	市町村が指定した日時 Date and time decided by the municipality	保護者とかかりつけの小児科で相談して決定 Decided through consultation between the guardian and regular pediatrician
接種場所 Vaccination location	市町村が指定した場所 Location decided by the municipality	医療機関(診療所や病院など)を保護者が選んで決定 A medical institution (clinic, hospital, etc.) chosen by the guardian

# 子どもの定期予防接種の受け方 How to get routine vaccinations for children



市町村によって、内容が異なります。  
予約が必要な医療機関もあります。事前に確認してください。

The details may differ depending on the municipality.  
Some medical institutions require an appointment, so check ahead of time.

## 持ち物 Things to bring



- 母子手帳 Maternal and Child Health Handbook
- 健康保険証 Proof of Insurance Card

予診票が事前に配布されている市町村もあります。  
予診票を持っている場合は、持っていきます。

Some municipalities also distribute vaccine screening questionnaires ahead of time.

If you have a vaccine screening questionnaire, take it with you.

予診票の多言語版はこちらのウェブサイトで見ることができます

You can find vaccine screening questionnaires in multiple languages at this website:



<https://www.yoboseshu-rc.com/pages/8/>

★ (公財) 予防接種リサーチセンター  
Public Foundation of Vaccination Research Center

## 予防接種を受けることができない場合 Cases where the child cannot get vaccinations

- 発熱がある When the child has a fever
- 重い急性疾患にかかっている When the child has a serious acute illness
- 予防接種でアナフィラキシーをおこしたことがある When the child has suffered anaphylaxis from a previous vaccination
- 医師によって受けることができないと判断されたとき When a doctor judges that the child cannot receive a vaccination



## 母子手帳とは? What is a Maternal and Child Health Handbook?

- 市町村の窓口でもらうことができます You can receive this at your local municipal office.
- 母子手帳の紹介動画があります There is a video to teach you about the Maternal and Child Health Handbook.
- 「母子手帳ってなあに?」(7か国語) What is the Maternal and Child Health Handbook? (7 languages)



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

★ (公財) かながわ国際交流財団が運営するウェブサイトです  
Website administered by Kanagawa International Foundation, a Public Interest Incorporated Foundation

# 予防接種をしないリスク Risks of not getting vaccinated

予防接種を受けずに感染した場合、いろいろな合併症を起こす危険があります。

予防接種を受けることで、予防することができます。

If a child is infected with a disease without getting vaccinated, there is a risk of dangerous complications occurring.

If the child is vaccinated, this danger can be protected against.

おたふく風邪で耳が聞こえなくなる場合があります



Mumps can cause permanent hearing loss.

日本脳炎やロタウイルスで死亡することがあります



Diseases such as Japanese Encephalitis and Rotavirus can cause death.

麻疹(はしか)で知能障害になったり、死亡することがあります  
Measles can cause permanent cognitive damage and death.



ヒブや肺炎球菌で重い後遺障害になったり、死亡することがあります  
Bacterial infections such as Hib or streptococcus pneumoniae infections can cause serious chronic conditions and death.



# 予防接種のスケジュール Vaccination schedule

5. Let's make a vaccination plan for your child

## List of recommended periods for routine vaccination (Category A disease)

[Note] The starting date for calculating the vaccination interval is the day following the day of vaccination.

	1-month-old 6 weeks after birth	2-month-old 14 weeks 6 days after birth	3-month-old 2 weeks 0 days after birth	4-month-old 6 weeks 0 days after birth	5-month-old 14 weeks 6 days after birth	6-month-old 32 weeks 0 days after birth	7-month-old 32 weeks 0 days after birth	8-month-old
Rotavirus infection (see page 14)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	
Oral live attenuated human rotavirus vaccine (monovalent vaccine)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	
5-valent oral live attenuated human rotavirus vaccine (5-valent vaccine)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	

\*The standard vaccination period for the initial vaccination is between 2 months after birth and 14 weeks 6 days after birth.

	1-month-old 6 weeks after birth	2-month-old 14 weeks 6 days after birth	3-month-old 2 weeks 0 days after birth	4-month-old 6 weeks 0 days after birth	5-month-old 14 weeks 6 days after birth	6-month-old 32 weeks 0 days after birth	7-month-old 32 weeks 0 days after birth	8-month-old
Hepatitis B (See page 16)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	
Hib infection (See page 17)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	
Pediatric pneumococcal infection (See page 19)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	
Diphtheria (D) (DPT-IPV-DPT-IPV) Phase 1 (DPT-IPV-DPT-IPV) Phase 2 (DT)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	
BCG/Bacille Calmette-Guérin (See page 26)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	
Measles (M) Rubella (R) (MR+M+R) (See page 27)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	
Varicella (chickenpox) (See page 30)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	
Japanese encephalitis (See page 31)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	
Human papillomavirus infection (See page 34)	1-month-old 6 weeks after birth		2-month-old 14 weeks 6 days after birth		3-month-old 2 weeks 0 days after birth		4-month-old 6 weeks 0 days after birth	

\*1: Persons born between April 2, 2007 and October 1, 2009 may receive the phase 1 vaccine as a routine vaccination if aged 6 months to no later than 90 months, or 9 years old to no later than 13 years old.  
\*2: Persons born between April 2, 1995 and April 1, 2007 who were unable to receive the phase 1 and 2 vaccine are able to receive the vaccine as a routine vaccination if under the age of 20.



（公財）予防接種リサーチセンター「予防接種と子どもの健康 2023年度版(外国語版)」より抜粋。  
多言語版の冊子をこちらのウェブサイトで見ることができます。(10か国語)

Excerpt from the foreign language version of Vaccination and Children's Health, 2023 version, published by Public Foundation of Vaccination Research Center.

The brochure can be viewed in multiple languages at this website (10 languages).

市町村によって、内容が異なります。  
外国語版は2023年度版です。内容は変わる可能性があります。  
Depending on the municipality, details may change.  
This is the 2023 version of the foreign language brochure.  
There is a possibility some details may have changed.

# 母国で予防接種を受けたことがある What if vaccination was done in the home country?

日本以外で予防接種を受けたことがある場合は、接種記録を準備しましょう。  
接種記録は、日本語訳を準備しておくと手続きがスムーズです。

In the case vaccination has been done in a country other than Japan, prepare a vaccination record.

If you can prepare a Japanese language translation of the vaccination record, the paperwork will go more smoothly.

接種記録がない場合は、予防接種を受ける医療機関の医師に相談してください。

If you do not have a vaccination record, please consult with a doctor at the medical institution where vaccination will be performed.

## 予防接種のことは Language related to vaccination

「外国語予防接種用語集」  
“Foreign Language Vaccination Terms Compilation”



<https://g.kawasaki-m.ac.jp/yobou/language/index.html>

★ 出典：岡山県予防接種センター  
Source: Okayama Prefectural Vaccination Center