


Know hospitals near where you live before you become ill.

Hospitals in Kamakura 	Kodomo QQ Kids Emergency 	Multilingual medical questionnaire 	"Guide for when you are feeling ill" (JNTO) 	Emergency Assistance Japan 
	Guideline to take your child to emergency ENG CHN	23 languages by NPO International Community Hearty Konandai and Kanagawa International Foundation ENG CHN KOR		ENG

Emergency hospitals/ out of hours medical treatment

Shonan Kamakura General Hospital (24H/general) <u>0467-46-1717</u> ENG CHN 	Kamakura oral health center (emergency dental care) <u>0467-47-8119</u> 
Out of hours treatment center (internal medicine/pediatrics *depends on day) <u>0467-22-7888</u> 	Fujisawa City Hospital (24H/general and pediatrics (severe symptoms)) <u>0466-25-3111</u> 


Going to a doctor

- You need to choose medical specialty to go to (ex. dermatologist, ears/nose/throat, orthopedics)**
 - Make appointment** Many clinics require appointments, however, there are clinics that will see you according to order of arrival.
 - Go to reception** If you do not speak Japanese, you can get medical interpretation support from MIC Kanagawa. (Ask your hospital first.) → **P14**
 - Doctor will see you.**
 - Receive treatment/medicine and pay the fee.** [Inside-hospital prescription in nai-shoho 院内処方] Receive prescription medicine within the hospital/clinic. [Outside-hospital prescription in gai-shoho 院外処方] Receive prescription medicine outside hospital/clinic. Take the prescription to pharmacy or drugstore nearby to receive medicine. (Many are adjacent to the clinic.)
- ! You can ask AMDA medical information center for advice when not sure.**  **ENG CHN KOR SPA POR VIET TAG THAI UKR**




What to take to hospital/clinic

- Health Insurance card**
*You will need to pay in full if you don't have the insurance card.
- Medical certificate (医療証)** iryō-sho
- Cash**
- Medicine booklet (お薬手帳)** o kusuri techo
*Hand in your medicine booklet (record of medications) when receiving medicine. If you don't have it, they will give you one.


Medical system and subsidies

Health Insurance System  **ENG**


Medical expense subsidies Covered by city. Register to receive certificate.

Children	Medical Subsidy for Children <small>shoni iryo-hi josei seido</small> 小児医療費助成制度	▶ 子ども家庭相談課 <small>kodomo katei sodan ka</small> 0467-61-3896 
People with disabilities	Medical Subsidy for People with Disabilities <small>shogaisha iryo-hi josei seido</small> 障害者医療費助成制度	▶ 障害福祉課 <small>shogai fukushi ka</small> 0467-61-3975 
Single parent	Medical Subsidy for Single Parent Family <small>hitori oya katei iryo-hi josei seido</small> ひとり親家庭医療費助成制度	▶ 子ども家庭相談課 <small>kodomo katei sodan ka</small> 0467-61-3896 

*if the child is born in Kamakura, no formalities required.


Multilingual medicines booklet 

Health checkups are partially covered by the local government. Kamakura City hall will send you a letter if applicable.

Adult health checks <small>seijin-kenko shinsa</small> 成人健康診査 	Vaccinations <small>yobo-sesshu</small> 予防接種 
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 **Aging: You and your family member**

Worried if you can keep living alone? Want to ask someone about it? Need to know about/use Kaigo-Hoken (long-term care insurance for the aged) ? → Ask for Kamakura's system and services.


Any consultation on aging	▶ 高齢者いきいき課 <small>koureisha iki iki ka</small> <u>0467-61-3899</u> 
Inquiry, consultation on Kaigo-hoken	▶ 介護保険課 <small>kaigo hoken ka</small> <u>0467-61-3947</u>


There is Kaigo-hoken system in Japan, a system to support the elderly.  **"KAIGO HOKEN"(by Aichi pref.)** **ENG CHN KOR POR TAG**


 **Tax and Pension**

You will receive paperwork to pay tax. There are "National Pension" (国民年金) and "Welfare Pension" (厚生年金) in Japanese pension system.

Inquiries	▶ 納税課 <small>nozei ka</small> <u>0467-61-3911</u>	Inquiries	▶ 保険年金課 <small>hoken nenkin ka</small> <u>0467-61-3963</u>
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 National Tax Agency JAPAN **ENG**

 About Japanese pension system (Japan Pension Service) **ENG CHN KOR SPA POR VIET TAG THAI NEP IND KHM MON MYA RUS やさ日**

 "For foreign residents working in Japan - Don't forget to pay resident tax!" (Ministry of Internal Affairs and Communications) **ENG**