

# H1N1 Influenza vaccine

Initial supplies of H1N1 flu vaccine are limited. Our country has recommended that people with higher risk of medical complications from H1N1 flu receive the vaccine before others. The vaccine may cause side effects such as puffiness, fever, serious symptoms. If you want to receive the vaccine, please understand the risks, and then decide for yourself.

## About H1N1 flu

Most people have only a mild case of H1N1 flu, and the flu drug Tamiflu and Relenza are effective against H1N1 flu. But people who have basic diseases, pregnant women and children may become seriously ill.

## What are basic diseases?

The following diseases are basic diseases. If you have questions about whether you should receive the vaccine, consult your primary care doctor.

Chronic respiratory illness, Chronic cardiac disease, Chronic kidney disease, Chronic liver disease, Neurological disease, Neuromuscular disease, Blood disease, Diabetes, Immunocompromised condition by diseases or treatments, Pediatric chronic disease

## Vaccination schedule and necessary papers

You must make an appointment with a medical institution to receive the vaccine.

Don't make appointments with many medical institutions.

Targets	Appointment start dates	Necessary papers
Pregnant women	November 2	Maternal and child health handbook
People who have basic diseases	November 2	Health insurance card *If you receive the vaccine at other than your primary care doctor, you need <i>Yusen-sesshu-taishosha-shomeisho</i> issued by your primary care doctor.
Children 1 to 6 years of age	November 16	Maternal and child health handbook, Health insurance card, Alien registration card
Elementary school 1st to 3rd graders	December 2	
Guardians of children under 1 year of age	December 17	
Elementary school 4th to 6th graders and Junior high school students	Late December to first half of January	Health insurance card, Student identification card, Driver's license, Alien registration card
People 18 years of age and under	December or January	
People 65 years of age and older	December or January	

## Vaccination expense

1st time	¥ 3,600
2nd time	¥ 2,550 (If a medical institution where you receive the 2nd time is different from the 1st time, the expense of the 2nd time is ¥3,600.)

## List of medical institutions for H1N1 flu vaccination in Chino City

Hospital / Clinic		Tel
Harada Naika Kokyuu Care Clinic	原田内科呼吸ケアクリニック	0266-82-7055
Hiraide Clinic	平出クリニック	0266-72-1661
Ikeda Iin	池田医院	0266-73-0555
Jibiinkoka Mita Iin	耳鼻咽喉科三田医院	0266-73-9233
Kanazawa Shinryojo	金沢診療所	0266-72-3227
Kitayama Shinryojo	北山診療所	0266-78-2310
Maesima Shinryojo	前島診療所	0266-78-2324
Oguchi Iin	小口医院	0266-72-2619
Oshin Clinic Chino	往診クリニックちの	0266-82-4104
River Side Clinic	リバーサイドクリニック	0266-72-7010
Sakurai Naika Iin	櫻井内科医院	0266-72-6010
Sanada Iin	眞田医院	0266-73-0731
Suwa Chuo Byoin	諏訪中央病院	0266-72-1000
Togariishi Shinryojo	尖石診療所	0266-71-6211
Tomoni Naika Iin	ともみ内科医院	0266-82-0424
Tsukada Iin	塚田医院	0266-72-9898
Uehara Naika Shonika Iin	上原内科小児科医院	0266-72-2636

## Contact:

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Every 3rd Thursday  
10:00am - 5:00pm