

2025
(2025 April~2026 March)

You can read this Health
Calendar in a PDF format
on the Ueda City Website!

Health Calendar

(Information about health check-ups and orientation classes about
infants 0 to 3 years old and vaccination schedules of Ueda City.)



Health Centers

Ueda City Kenko Suishinka (Health
Promotion Division) Area code (0268)

Hitomachi Genki Kenko Plaza Ueda

23-8244/28-7123/28-7124

Maruko Hoken Center **42-1117**

Sanada Hoken Center **72-9007**

Takeshi Kenko Center **85-2067**

Full support since pregnancy until delivery and child-rearing

うえだっこ

Information site



smart
wellness
city

Aiming for a City of Health and Happiness

Project to promote health and happiness
~With good health, get energetic and stay energetic~

City of Ueda 上田市

★Baby Health checkup - Parent classes★

- ① Please go to the health checkups and classes on the venue specified accordingly to your residing neighborhood. There are three places in the city where baby health checkup and classes are held. Please check the schedule and places of exams accordingly to your living area on the pages below.

【For those living in Central Area Ueda】 Refer to Page 2

**Exam place: Hitomachi Genki Kenko Plaza Ueda 1st Floor
Kenshin Hall**

【For those living in Maruko or Takeshi】

Refer to Page 3

Exam Place : Maruko Hoken Center

【For those living in Sanada】

**Exam Place : Sanada Hoken Center, except 4 months and 7 months old babies examinations
Refer to Page 4**

- ② **Information about health check-ups will be sent out to each family address.**

The date and time (check-in time) information of the health checkup will be sent with one or two months in advance. Information on health checkups is available on the Ueda City website. If you have any questions, please contact us.

- ③ **Please come when both the child and the guardian are in good health.**

If you have a fever, cough, runny nose, vomiting, diarrhea or any other symptoms, please get well before coming to the health checkups and classes.

- ④ **If you are unable to come on the scheduled dates, please contact the Hoken Center in your neighborhood area.**

If you are absent on the day of the checkup, without having given a cancelation message, we will give you a confirmation call.

- ⑤ **Please do not eat and drink at the health check-up hall.**

Please do not bring food except for breastfeeding or formula for the babies or water and tea for the infants. Bringing food may make other children want it or they may have food allergies, so we kindly ask for your understanding.



★Health Consultation★

In each area, specialists can measure the height and weight of the babies, receive consultations about child development, measure the adult blood pressure and give guidance about nutrition and health.



Online consultation is also available.

Place	Telephone	Days and hours of attendance
Hito Machi Genki Kenko Plaza Ueda (Kenko Sodan Shitsu)	0268-23-8244	mon, tue, wed, thu, fri 09h~11h30 13h~16h
Shioda Chiiki Jichi Center (Shioda Kouminkan)		1st and 3rd Mondays every month 09h30min ~ 11h
Kawainshi Chiiki Jichi Center (Kawanishi Kouminkan)		1st and 3rd Thursdays every month 09h30min ~ 11h
Maruko Hoken Center	0268-42-1117	twice a month in the mornings need to make an appointment first ※ details at page 3 "Health consultation"
Sanada Hoken Center	0268-72-9007	once a month in the mornings ※ details at page 4 "Health consultation"
Takeshi Kenko Center	0268-85-2067	whenever necessary ※please call in advance to make a reservation.

※ No health consultation on Saturdays, Sundays, National holidays and at the end/the beginning of the year (December 29 - January 3).

【 Ueda Central Area Residents 】 Wellness check and guidance for babies and toddlers

Place of exams: Hito Machi Genki Kenko Plaza ※ exception: the 10 months of age babies exam must be done at one of the designated clinics

Babies and toddlers chechups

4 months / 1 year and 6 months/ 3 years children

① For households with 4 months / 18 months /36 months of age infants with address in the Ueda District (near Central Ueda) , a notice letter will be sent informing the date and time for the individual examination, one or two months prior to the examination date. If you cannot come at the designated date, please call in advance to reschedule to another date. Please call Hitomachi Genki Kenko Plaza Ueda (Health Promotion Division) Telephone: 0268-23-8244

② Babies checkups of residents of Ueda Central Area are held at the Ground Floor o Hitomachi Genki Plaza Ueda, at the Kenshin Hall.

10-months old health checkup

● items to bring
① maternal and child handbook
② questionnaire (the one for Ueda area)
③ bath towel ④ diaper to change
⑤ my number health insurance / Certificate of eligibility and the Welfare medical benefits certificate
(it will be used in case of a treatment or exam not included in the scope of the ten months check-up)

10 months examination is held on the scheduled month accordingly to the baby date of birth
(please refer to the table on the right and choose one clinic)

Scheduled month	Baby date of birth
April	2024. May .16~June .15
May	2024. Jun.16~July.15
June	2024.July.16~Aug.15
July	2024.Aug.16~Sep.15
August	2024. Sep.16~Oct.15
September	2024. Oct.16~Nov.15
October	2024. Nov.16~Dec.15
November	2024. Dec.16~2025.Jan.15
December	2025. Jan.16~Feb.15
January	2025. Feb.16~Mar.15
February	2025. Mar.16~Apr.15
March	2025. Apr.16~May.15

Approved panel physicians to perform 10-months health checkup * Appointment needed

•Please call to make an appointment at latest by the day before the desired date.
In case you are unable to go to the appointment, please call to cancel it.
•Health check-ups take some time. There may be waiting time for the doctor's examinations. Please make sure you have plenty of time.
•Please make sure that the person accompanying the child is someone who takes care of the child on a daily basis.
•Please come with someone who speaks Japanese.

Approved clinics for 10 months checkup	Address	Telephone (Area code 0268)	Ten month examination attendance hours
Uedahara Ladies & Maternity Clinic	Uedahara 455-1	26-3511	Tue. Wed. Fri. Sat. Sun. 9:00 am
Ueda Byoin	Chuo 1-3-3	22-3580	Mon. 1:00 pm -2:00 pm / Wed. 2:30 pm -3:30 pm
Koda Clinic	Koaso1833	38-3065	Mon. Tue. Wed. Fri. From 2:30 pm (Subject to change)
Sakuranooka Kodomo Clinic	Kojima 699-1	71-6171	Tue. Thu. Fri. 2:00 pm - 2:30 pm (Subject to change)
Sasaki Shonika lin	Tokiwagi 5-1-19	27-7700	Mon.Tue. Wed. Fri. From 2:30 pm (Thu afternoon : clinic is closed)
Sugiyama Clinic	Chuo Kita1-2-5	26-8200	Mon. 3:00 pm - 4:00 pm (Subject to change)
Miyasaka Naika Shonika lin	Tokida 2-5-3	22-0759	Tue. Thu. Fri. 2:00 pm (Subject to change)
Murakami lin	Ote 1-2-6	22-3740	Mon. - Fri. 9:00 am - 11:30 am (Subject to change)
Yamada Naika lin	Shimonogo Otsu 351-1	26-8181	Mon. Tue. Wed. Fri. From 2:30 pm (1 person a day)
Yoshida Kodomo lin	Tokiri 1-7-97	24-1222	Reception until 11:00 am or until 5:00 pm (Closed on thursdays and fridays)

2-years dental check-up

The dental chech-up will take place at an approved dental clinic by the City of Ueda. A notice letter will be sent to the families when the child is age 2 yrs - 2yrs and 3 mos . Please fill in the questionnaire (light orange color paper) and bring it when the child comes to the dental checkup.

Individual consultations with public health nurses, certificated nutritionists, dental hygienists, etc. are available in addition to the dates listed. Please refer to Health Consultation on page 1.



Guidance

7 months old

●time schedule
reception time: from 9:20 am start time: from 9:45 am

Please make an appointment in advance by LINE・Web or by phone.
Appointment telephone : 0268-23-8244

LINE appointment



Web appointment



●Items to bring
① Maternal and child handbook
② Questionnaire for 7 months (1 page) ③ Child health booklet
③ bath towel ④ diaper to change ④ baby carrier

age	7 month baby		
tasks	body measurement , 7months old development and teeth brushing explanation, guidance about starting giving baby food twice a day , tasting, child-rearing consultation		
Exam date	date of birth	Exam date	date of birth
Apr.16 (wed)	2024.Sep.1-Sep.15	Apr.30 (wed)	2024.Sep.16-Sep.30
May.13 (tue)	2024.Oct.1-Oct.15	May.29 (thu)	2024.Oct.16-Oct.31
Jun.10 (tue)	2024.Nov.1-Nov.15	Jun.26 (thu)	2024.Nov.16-Nov.30
Jul.8 (tue)	2024.Dec.1-Dec.15	Jul.24 (thu)	2024.Dec.16-Dec.31
Aug.5 (tue)	2025.Jan.1-Jan.15	Aug.28 (thu)	2025.Jan.16-Jan.31
Sep.10 (wed)	2025.Feb1-Feb.15	Sep.25 (thu)	2025.Feb.16-Feb.28
Oct.9 (thu)	2025.Mar.1-Mar.15	Oct.30 (thu)	2025.Mar.16-Mar.31
Nov.11 (tue)	2025.Apr.1-Apr.15	Nov.27 (thu)	2025.Apr.16-Apr.30
Dec.11 (thu)	2025.May.1-May.15	Dec.17 (wed)	2025.May.16-May.31
Jan.15 (thu)	2025.Jun.1-Jun.15	Jan.29 (thu)	2025.Jun.16-Jun.30
Feb.10 (tue)	2025.Jul.1-Jul.15	Feb.26 (thu)	2025.Jul.16-Jul.31
Mar.12 (thu)	2025.Aug.1-Aug.15	Mar.26 (thu)	2025.Aug.16-Aug.31

1 year old

●time schedule
① reception time: 9:10 am start time: 9:30 am
② reception time: 10:30 am start time: 10:45 am

Please make an appointment in advance by LINE ・ Web or by phone.
Appointment telephone : 0268-23-8244

LINE appointment



Web appointment



●Items to bring
①Maternal and child handbook
②questionnaire for 1 year old (1 page) ③ bath towel
③ diaper for change ③ baby drinking cup ③ teeth brush

age	1 year old		
tasks	body measurement , 1 year old development and tooth brushing explanation, guidance about weaning food and tasting, child-rearing consultation		
Exam date	date of birth	Exam date	date of birth
Apr.9 (wed)	2024.Mar.1-Mar.15	Apr.23 (wed)	2024.Mar.16-Mar.31
May.14 (wed)	2024.Apr.1-Apr.15	May.28 (wed)	2024.Apr.16-Apr.30
Jun.11 (wed)	2024.May.1-May.15	Jun.25 (wed)	2024.May.16-May.31
Jul.15 (tue)	2024.Jun.1-Jun.15	Jul.23 (wed)	2024.Jun.16-Jun.30
Aug.19 (tue)	2024.Jul.1-Jul.15	Aug.27 (wed)	2024.Jul.16-Jul.31
Sep.3 (wed)	2024.Aug.1-Aug.15	Sep.17 (wed)	2024.Aug.16-Aug.31
Oct.7 (tue)	2024.Sep.1-Sep.15	Oct.22 (wed)	2024.Sep.16-Sep.30
Nov.12 (wed)	2024.Oct.1-Oct.15	Nov.26 (wed)	2024.Oct.16-Oct.31
Dec.10 (wed)	2024.Nov.1-Nov.15	Dec.24 (wed)	2024.Nov.16-Nov.30
Jan.14(wed)	2024.Dec.1-Dec.15	Jan.28 (wed)	2024.Dec.16-Dec.31
Feb.4(wed)	2025.Jan.1-Jan.15	Feb.25 (wed)	2025.Jan.16-Jan.31
Mar.11 (wed)	2025.Feb.1-Feb.15	Mar.25 (wed)	2025.Feb.16-Feb.28



【Maruko・Takeshi District】 Health check-ups for babies and

Place : Maruko Hoken Center

Baby examination ages and schedules

4 months old	
<ul style="list-style-type: none"> ● time schedule: in the afternoon ● reception time: it will be informed 1 month prior to the exam ● what to bring ① Maternal and child booklet ② completed questionnaire (2 pages) ③ child health booklet (kodomo noto) ④ bath towel ⑤ other the child may need 	
Date	Birth date
Apr. 10 (thu)	2024. Nov-Dec
Jun 5 (thu)	2025. Jan-Feb
Aug 7 (thu)	2025. Mar
Sep 4 (thu)	2025. Apr
Oct 2 (thu)	2025. May
Nov 13 (thu)	2025. Jun
Dec 4 (thu)	2025. Jul
Jan 8 (thu)	2025. Aug
Feb 5 (thu)	2025. Sep
Mar 5 (thu)	2025. Oct

10 months old	
<ul style="list-style-type: none"> ● time schedule: in the afternoon ● reception time: it will be informed 1 month prior to the examination ● what to bring ① Maternal and child booklet ② completed questionnaire (Maruko・Sanada・Takeshi form) 1 page ③ child health booklet (kodomo noto) ④ bath towel ⑤ other the child may need 	
Date	Birth date
Apr. 18 (fri)	2024. May-Jun
May. 23 (fri)	2024. Jul
Jun. 20 (fri)	2024. Aug
Jul. 18 (fri)	2024. Sep
Aug. 22 (fri)	2024. Oct
Sep. 12 (fri)	2024. Nov
Oct. 24 (fri)	2024. Dec- 2025. Jan
Jan. 23 (fri)	2025. Feb-Mar
Marr. 19 (thu)	2025. Apr

1 year and 6months old	
<ul style="list-style-type: none"> ● time schedule: in the afternoon ● reception time: it will be informed 1 month prior to the examination ● what to bring ① Maternal and child booklet ② completed questionnaire 3 pages ③ child health booklet (kodomo noto) ④ bath towel ⑤ dental brush ⑥ other the child may need 	
Date	Birth date
May. 15 (thu)	2023. Sep-Oct
Jul. 2 (wed)	2023. Nov-Dec
Sep. 2 (tue)	2024. Jan-Feb
Nov. 4 (tue)	2024. Mar-Apr
Jan. 13 (tue)	2024. May-Jun
Mar. 10 (tue)	2024. Jul-Aug

3 years old	
<ul style="list-style-type: none"> ● time schedule: in the afternoon ● reception time: it will be informed 1 month prior to the examination ● what to bring ① Maternal and child booklet ② completed questionnaire 3 pages ③ child health booklet (kodomo noto) ④ bath towel ⑤ container with collected urine sample (container was sent out by post mail) ⑥ other the child may need <p>* Please do at home the vision and hearing test reading the name of the six drawings and confirming if the child point to the correct drawing. (the vision and hearing test sheet is attached to the health check up table "kenko shinsa hyo")</p>	
Date	Birth date
Apr. 4 (fri)	2022. Mar
Jun. 6 (fri)	2022. Apr-May
Aug. 1 (fri)	2022. Jun.1- Jul.15
Sep. 5 (fri)	2022. Jul.16-Aug.31
Nov. 7 (fri)	2022. Sep.1-Oct.15
Dec. 5 (fri)	2022. Oct.16-Nov.30
Mar. 6 (fri)	2022. Dec-2023. Feb

2 years dental examination

The dental check-up will take place at a designated dental clinic in Ueda City. A notice letter will be sent to the families when the child is age 2 yrs - 2yrs and 3 mos . Please fill in the questionnaire (light orange color paper) and bring it when the child comes to the dental check-up.

Guidance

7 months old guidance	
<ul style="list-style-type: none"> ● time schedule in the morning ● reception time 9:30 am~9:40 am ● program body measurements, 7 months old development and tooth brushing explanation, guidance about weaning and start giving baby food twice a day , food tasting, child-rearing consultation ● what to bring ① Maternal and child handbook ② completed questionnaire (1 page) ③ child health booklet (kodomo noto) ④ bath towel ⑤ other the child may need 	
Date	Birth date
Apr. 24 (thu)	2024 September
May. 20 (tue)	2024 October
Jun. 17 (tue)	2024 November
Jul. 16 (wed)	2024 December
Aug. 20 (wed)	2025 January
Sep. 18 (thu)	2025 February
Oct. 15 (wed)	2025 March
Nov. 18 (tue)	2025 April
Dec. 18 (thu)	2025 May
Jan. 20 (tue)	2025 June
Feb. 17 (tue)	2025 July
Mar. 12 (thu)	2025 August

One year old guidance	
<ul style="list-style-type: none"> ● time schedule in the morning ● reception time 9:30~9:40 ● program body measurements, 1 year old development and tooth brushing explanation, guidance about weaning and food tasting, individual consultation ● what to bring ① Maternal and child handbook ② completed questionnaire (1 page) ③ child health booklet (kodomo noto) ④ bath towel ⑤ other the child may need 	
Date	Birth date
Apr. 25 (fri)	2024 March - April
Jun. 18 (wed)	2024 May
Jul. 17 (thu)	2024 June
Aug. 21 (thu)	2024 July
Sep. 19 (fri)	2024 August
Oct. 16 (thu)	2024 September
Nov. 19 (wed)	2024 October
Dec. 19 (fri)	2024 November
Jan. 21 (wed)	2024 December
Feb. 18 (wed)	2025 January
Mar. 13 (fri)	2025 February

Consultation

Health consultation		
Need an appointment first		
Please call first and make an appointment before coming. (telephone: 42-1117)		
<ul style="list-style-type: none"> ● Consultation time 9:00 am ~11:30 am ● program consultation with public nurses, nutritionists, dental hygienists height-weight measurement, others. * odontological consultation ★ only days marked with a star ● what to bring ① Maternal and child handbook ② bath towel ③ other the child may need 		
Month	Day	
2025 Apr	8 (tue)	22 (tue) ★
May	7 (wed)	22 (thu) ★
Jun	3 (tue)	19 (thu) ★
Jul	1 (tue)	24 (thu) ★
Aug	5 (tue)	19 (tue) ★
Sep	9 (tue)	25 (thu) ★
Oct	14 (tue)	30 (thu) ★
Nov	11 (tue)	25 (tue) ★
Dec	9 (tue)	23 (tue) ★
2026 Jan	6 (tue)	22 (thu) ★
Feb	3 (tue)	19 (thu) ★
Mar	11 (tue)	24 (tue) ★

Please call in advance the Maruko Hoken Center in case you need a health guidance with the nurses or nutritionist on a date not available at the chart on the left.



【Sanada District】Health check-ups for babies and guidance

Place: Sanada Hoken Center, (exceptions: 4 months and 7 months exams, that will take place at Central (downtown) Ueda, in the Hito machi genki Kenko Plaza Ueda

Infant Examination

4-months health check-up

- time schedule: in the afternoon
- reception time: it will be informed 1 month prior to the examination
- what to bring
 - ① Maternal and child booklet
 - ② completed questionnaire 2 pages
 - ③ child health booklet
 - ④ bath towel
 - ⑤ other the child may need

this exam is for children 4 months~5 months of age
*** Attention: this exam will take place at Central Ueda in the Hito machi genki-Kenka Plaza Ueda 1st floor Kenshin Hall.**

2 years old odontological examination

The dental check-up will take place at a designated dental clinic in Ueda City. A notice letter will be sent to the families when the child is age 2 yrs - 2yrs and 3 mos. Please fill in the questionnaire (light orange color paper) and bring it when the child comes to the dental check-up.

3 years old check-up

- time schedule: in the afternoon
 - reception time: it will be informed 1 month prior to the examination
 - what to bring:
 - ① Maternal and child booklet
 - ② complete questionnaire 3 pages (enclosed in the baby booklet)
 - ③ child health booklet (kodomo noto)
 - ④ bath towel
 - ⑤ container with collected urine sample (container was sent out by post mail)
 - ⑥ other the child may need
- *make at home beforehand the test of the baby capacity of seeing and hearing. (enclosed in the baby booklet)

Date	Birth date
Jun. 20 (fri)	2022. Mar - May
Sep. 9 (tue)	2022. Jun - Aug
Dec. 9 (tue)	2022. Sep - Nov
Mar. 3 (tue)	2022. Dec - 2023. Feb

Consultation

Health Consultation

- reception time: 9:30 am~11:00 am
- ※don't need appointment
- program

height and weight measurement, consultation with public nurses・nutritionists・dental hygienists.

*** dental consultation ★ only the days marked with a star.**
- what to bring
 - ① Maternal and child booklet
 - ② bath towel
 - ③ other the child may need

Apr.17 (thu) ★
May.16 (fri)
Jun.24 (tue) ★
Jul.10 (thu)
Aug.29 (fri) ★
Sep.30 (tue)
Oct.28 (tue) ★
Nov.28 (fri)
Dec.16 (tue) ★
Jan.30 (fri)
Feb.27 (fri) ★
Mar.10 (tue)

If you need an appointment with nurses, nutritionists or about other health issues, on a date not available on these schedule charts, please contact the Sanada Hoken Center by phone.



10 months health check-up

- time schedule: in the afternoon
- reception time: it will be informed 1 month prior to the examination
- what to bring
 - ① Maternal and child booklet
 - ② completed questionnaire (Maruko・Sanada・Takeshi form) 1 page
 - ③ child health booklet (kodomo noto)
 - ④ bath towel
 - ⑤ other the child may need

Date	Birth date
May.23 (Fri)	2024. Jun-Jul
Jul.18 (Fri)	2024. Aug-Sep
Sep.12 (Fri)	2024. Oct-Nov
Nov.25 (Tue)	2024. Dec- 2025-Jan
Jan.27 (Tue)	2025. Feb-Mar
Mar.13 (Fri)	2025. Apr-May

1 year and 6 months health check-up

- schedule time: in the afternoon
- reception time: it will be informed 1 month prior to the examination
- what to bring
 - ① Maternal and child booklet
 - ② completed questionnaire 3 pages
 - ③ child health booklet (kodomo noto)
 - ④ bath towel
 - ⑤ teeth brush
 - ⑥ other the child may need

Date	Birth date
May.23 (Fri)	2023. Aug-Sep
Jul.18 (Fri)	2023. Oct-Dec
Sep.12 (Fri)	2024. Jan-Feb
Nov.25 (Tue)	2024. Mar-Apr
Jan.27 (Tue)	2024. May-Jun
Mar.13 (Fri)	2024. Jul-Aug

Guidance

7 months old

- time schedule

reception time 9:20~ start time 9:45~

Please make a reservation online using LINE・Web or by telephone.

- what to bring
 - ① Maternal and child booklet
 - ② completed questionnaire 1 page
 - ③ child health booklet (kodomo noto)
 - ④ bath towel
 - ⑤ baby carrier
 - ⑥ other the child may need

LINE
Reservation



Web
Reservation



Age	7 months old babies		
Tasks	body measurements, 7 months old development and tooth brushing instruction, guidance about weaning and start giving baby food twice a day, food tasting, individual consultation		
Place	Hito machi genki-Kenka Plaza Ueda 1st floor Kenshin Hall		
Date	Date of birth	Date	Date of birth
Apr. 16 (wed)	2024.Sep. 1 - Sep. 15	Apr. 30 (wed)	2024. Sep. 16-Sep.30
May. 13 (tue)	2024.Oct. 1 - Oct. 15	May. 29 (thu)	2024. Oct. 16-Oct.31
Jun. 10 (tue)	2024.Nov. 1 - Nov. 15	Jun. 26 (thu)	2024. Nov. 16-Nov.30
Jul. 8 (tue)	2024.Dec. 1 - Dec. 15	Jul. 24 (thu)	2024. Dec. 16-Dec.31
Aug. 5 (tue)	2025. Jan. 1 - Jan. 15	Aug. 28 (thu)	2025. Jan. 16-Jan.31
Sep. 10 (wed)	2025. Feb. 1 - Feb. 15	Sep. 25 (thu)	2025.Feb. 16-Feb.28
Oct. 9 (thu)	2025. Mar. 1 - Mar. 15	Oct. 30 (thu)	2025.Mar. 16-Mar.31
Nov. 11 (tue)	2025. Apr. 1 - Apr.15	Nov. 27 (thu)	2025.Apr. 16-Apr.30
Dec. 11 (thu)	2025. May. 1-May. 15	Dec. 17 (wed)	2025.May. 16-May.31
Jan. 15 (thu)	2025. Jun. 1 - Jun.15	Jan. 29 (thu)	2025.Jun. 16-Jun.30
Feb. 10 (tue)	2025. Jul. 1 - Jul.15	Feb. 26 (thu)	2025.Jul. 16-Jul.31
Mar. 12 (thu)	2025. Aug. 1 - Aug.15	Mar. 26 (thu)	2025.Aug. 16-Aug.31

1 year old guidance class

- reception time: 9:30 am ~9:40 am * don't need reservation
- program

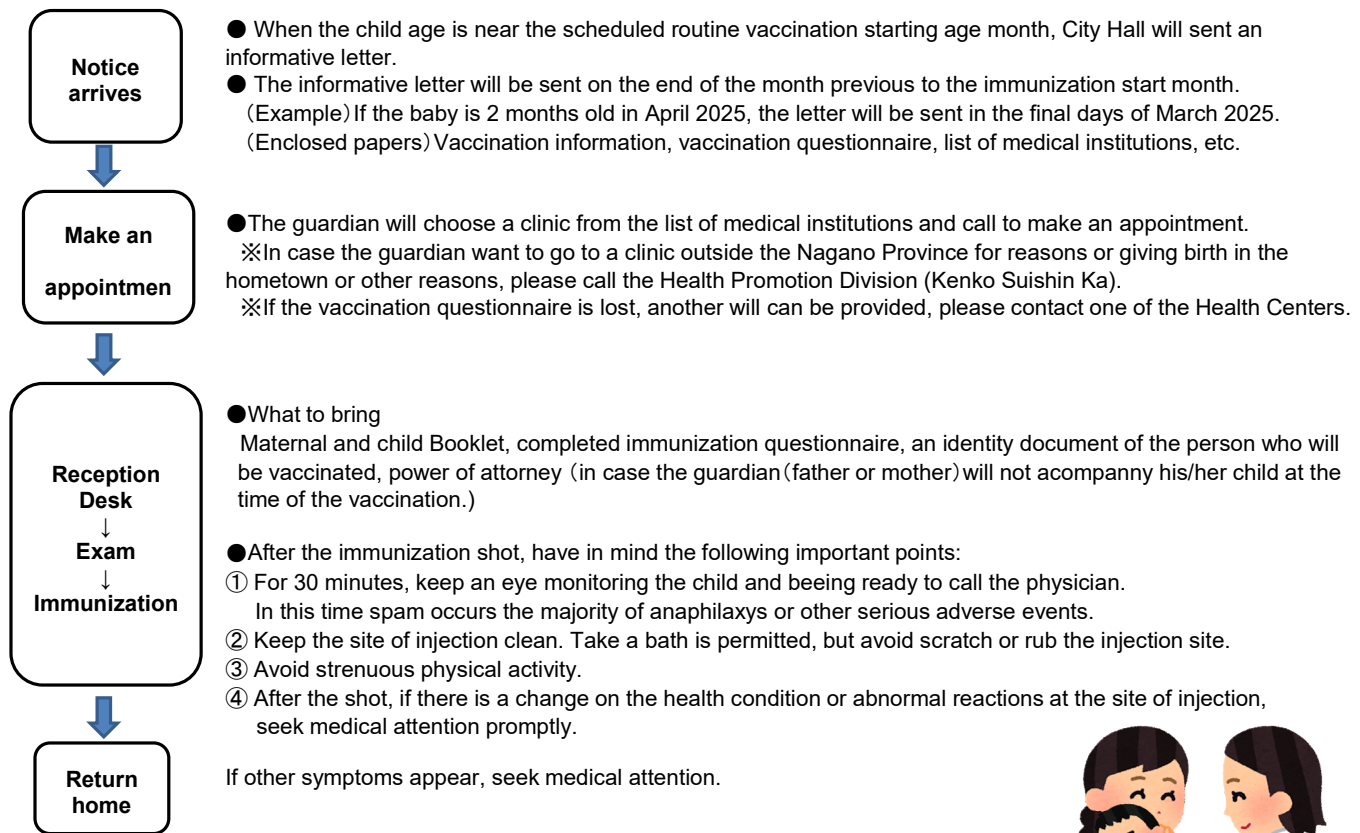
body measurements, 1 year old development and tooth brushing instruction, guidance about weaning, food tasting, child-rearing consultation.
- what to bring
 - ① Maternal and child booklet
 - ② completed questionnaire 1 page
 - ③ bath towel
 - ④ mug cup for toddlers
 - ⑤ tooth brush
 - ⑥ Other the child may need

Date	Date of birth	Date	Date of birth
May. 27 (tue)	2024. Feb-May	Aug. 26 (tue)	2024. Jun-Aug
Nov. 20 (thu)	2024. Sep-Nov	Feb. 19 (thu)	2024. Dec - 2025. Feb

Vaccinations of Ueda City

Please try to get the vaccine within the designated period. The recommended vaccines and the eligible ages covered by public purchased vaccines may change during the year due to government policy. In this case, updates will be posted on the municipality official magazine or by other means.

How to get vaccinated



Warnings regarding the vaccination

Cases in which the child cannot get the immunization

1. It is without doubt that the child present a fever (more than 37.5°C)
2. A child with a severe acute illness
3. A child who has suffered from anaphylaxis in the past as a reaction to any components of the vaccine to be applied.
4. Other cases, accordingly to the physician judgement.

Must consult the physician in advance and ponder carefully before get the immunization

1. If the child has cardiovascular, renal, hepatic, hematologic, developmental disorder, etc. primary illnesses.
2. If the child presented high fever or generalized rashes two days within receiving any vaccination.
3. If the child had seizures (convulsions) in the past.
4. If the child or close relatives have been diagnosed with congenital immunodeficiency in the past.
5. If the child is allergic to any component of the vaccine to be administered.
6. If the child is sensitive to natural rubber (latex), which is a component of the vaccine vial stopper.

In case of having had an infection disease prior to the immunization

Come after fully recovered in order to get the immunization.

Because the virus infection will lessen the effectiveness of the vaccine, let each interval indicated below pass before receiving the immunization.

The physician will decide if the immunization is permissible.

- Hand, foot and mouth disease, Erythema infectiosum (fifth disease or slapped cheek), cold or flu, etc. ⇒ 1 or 2 weeks after fully recovery
- Rubella, Varicella, Mumps (Parotitis), etc. ⇒ 2 or 4 weeks after full recovery
- Measles ⇒ approximately 4 weeks after full recovery

Routine vaccinations (public-purchased vaccines) and eligible ages					Eligible age span		Recommended age (Since January 2025)																					
Vaccines Eligible ages, vaccine intervals and number of doses					0 month	1 month	2 months	3 months	4 months	5 months	6 months	7 months	8 months	9 months	10 months	11 months	1 year	2 years	3 years	4 years	5 years	6 years	7 years	7.5 years				
【Rotavirus】 Oral Live Vaccine To protect against rotavirus. Each brand name vaccine has a different number of doses. For both vaccines the infant can only receive the first dose no later than age of 14 weeks and 6 days. Rotarix: 2 doses, with an interval of 27 days or more, can be given until the infant has 24 weeks and 0 days. RotaTeq: 3 doses, with intervals of 27 days or more between doses, can be given to the infant until 32 weeks and 0 days after birth.																※Please consult at your clinic/hospital and choose one of the vaccines.												
【Hepatitis Type B】 Inactivated vaccine Vaccine to prevent hepatitis B. 3 doses under 1 year old 2 doses with an interval of 27 days or more apart. 1 booster dose at least 139 days after the first dose.																												
5 combined vaccines 【DPT-IPV-Hib】 Inactivated Vaccine to prevent pertussis, diphtheria, tetanus, infantile paralysis and Hib. ※ Not applicable if received a dose from the DPT-IPV or the Hib vaccine. 4 doses between 2 mos and under 7 yrs and 6 mos old. Primary series: 3 doses with intervals of 20 days up to 56 days apart between doses. Booster : 1 dose with interval of 6 months up to 18 months after primary series.																												
4 combined vaccines 【DPT-IPV】 Inactivated vaccine Vaccine to prevent pertussis, diphtheria, tetanus and infantile paralysis. ※ Not applicable if received a dose of the 5 combined (DPT-IPV-Hib) vaccine. 4 doses between 2 mos and under 7 yrs and 6 mos old. Primary series: 3 doses with intervals of 20 days up to 56 days apart between doses. Booster : 1 dose with interval of 12 months up to 18 months after primary series.																Children who received the 5 combined vaccine or the 4 combined vaccine, will receive a 2 combined vaccine after 11 years birthday and before 13 years birthday												
【Haemophilus Influenzae Type B (Hib) 】 Inactivated vaccine To prevent infections caused by <i>Haemophilus influenzae</i> type b. ※ Not applicable if started received a dose of the 5 combined (DPT-IPV-Hib) vaccine. 4 doses between 2 mos and under 5 yrs old. Primary series: 3 doses with intervals of 27 days up to 56 days apart between doses before 1st birthday. Booster : 1 dose, with interval of 7 months up to 13 months after primary series.																Accordingly to the age when the child started receiving the 1st dose of the Hib and the Pediatric Pneumococcal vaccines, the number of doses to be received will change.												
【Pediatric Pneumococcal】 Inactivated vaccine To prevent infections caused by pneumococcus. 4 doses between 2 mos and under 5 yrs old. Primary series: 3 doses, with intervals of more than 27 days apart between doses, before 2nd birthday. Booster : 1 dose, after 1st birthday, interval of 60 days or more after primary series.																												
【BCG】 Live vaccine Vaccine to prevent tuberculosis. 1 dose before 1st birthday (standard interval: from ages 5 to 8 months)																												
【Measles・Rubella】 Live vaccine Vaccine to prevent measles and rubella. 1st dose: 1 dose after 1st birthday but before 2nd birthday . 2nd dose: one year before primary school																												
【Varicella (Chickenpox)】 Live vaccine Vaccine to prevent varicella. 2 doses after 1st birthday but before 3rd birthday. 2 doses, with interval of more than 3 months apart (standard interval: more than 6 months up to 12 months apart)																												
【Japanese Encephalitis】 Inactivated vaccine Vaccine to prevent Japanese encephalitis. Primary series and 1st Booster: 3 doses, after 6 months old but before 7 years and six months old (recommended age: start 1st dose immunization after 3rd birthday) Primary series: 2 doses with interval of 6 to 28 days apart 1st Booster: 1dose, after primary series, interval of more than 6 months apart (the recommended interval is more than 1 year)																2nd Booster : 1 dose after 9 years birthday but before 13 years birthday												
Vaccines Eligible ages, vaccine intervals and number of doses					(Since January 2025)																							
					0 month	1 month	2 months	3 months	4 months	5 months	6 months	7 months	8 months	9 months	10 months	11 months	1 year	2 years	3 years	4 years	5 years	6 years	7 years	7.5 years				

About the Haemophilus Influenza Type B (Hib) and Pediatric Pneumococcal Vaccines

Hib

- ① Infants age 2 mos through 7 months at the time of the 1st dose (total: 4 doses)
【primary series】 until 1st birthday, 3 doses with interval 27 days or more between doses (standard interval: 27 to 56 days apart)
【booster】 after the primary series, interval of 7 months or more, then receive 1 booster dose (standard interval: 7 months to 13 months apart)
- ② Infants age more than 7 mos but before the date of 1st birthday at the time of the 1st dose (total: 3 doses)
【primary series】 before 1st birthday, 2 doses with interval more than 27 days between doses (standard interval: 27 to 56 days apart between doses)
【booster】 after the primary series, interval of 7 months or more, then receive 1 booster (standard interval: 7 months to 13 months apart).
- ③ Child aged 1 year through before 5 years old at the time of the 1st dose (total: 1 dose)

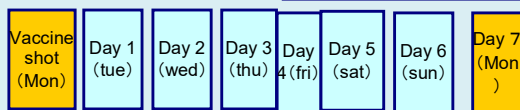
Pediatric Pneumococcal

- ① Infants age 2 mos through 7 months at the time of the 1st dose (total: 4 doses)
【primary series】 until 2 years old, 3 doses with interval of more than 27 days between doses
 ※ If receive the 2nd dose after 1st birthday, it will not receive the 3rd dose of the primary series.
【booster】 after the primary series, interval of 60 days or more, then receive 1 booster after 1st birthday.
- ② Infants age more than 7 months but before the date of 1st birthday at the time of the 1st dose (total: 3 doses)
【primary series】 until 2 years old, 2 doses interval of more than 27 days between doses.
【booster】 after the primary series, interval of 60 days or more, then receive 1 booster after 1st birthday.
- ③ Toddler age 1 year to 2 years old at the time of the 1st dose (total: 2 doses)
 interval between doses of 60 days or more
- ④ Children age 2 years old and younger than 5 years old at the time of the first dose (total: 1 dose)
 It will receive one dose.

How to count the required intervals

In case of 6 or more days interval

Example: The vaccine was given on Monday



★ 1 week later, same weekday (in this example is Monday), is OK.

Start counting on the day after the shot and count until 6, the next day another shot can be given.

● 20 (twenty) or more days required interval between immunizations

As the example at the left, start counting the next day after the shot and count until 20, the next day can receive the next dose.

(20 days or more means 3 weeks later, same weekday).

● 1 month required interval between immunizations

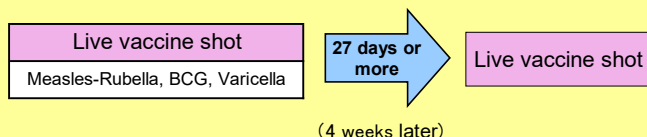
In case the shot was applied at April 15, the next permissible day after having passed 1 month it will be on May 15.

If the shot was applied May 31, as it doesn't exist June 31, the next permissible day to receive the next immunization will be on July 1.

※shot day is day 0 (zero), the next permissible day will be the same weekday (Monday).

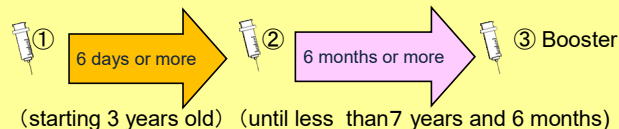
Required intervals between vaccines

For different vaccines, the interval between immunizations were revised, being eliminated the restrictions for required intervals, except for the case below, that still requires the described interval.



★ For the same vaccine, let pass the required interval between doses that was specified for that

Example: Japanese encephalitis



● Various vaccinations at the same time ●

If deemed as necessary by the physician, more than one vaccine can be received at the same visit.