

## ☉ Medical and General Assistance Hotlines

### **Naka International Lounge**

English & Chinese speaking staff can provide helpful advice on healthcare and medical services available in Yokohama.

*New location next to Naka Ward Office (see pg. 2)*

**Tel: 045-210-0667**

### **Foreign Resident Advisory Center**

**03-5320-7744**

Advisory desk dispensing general information useful for living in Japan.

Mon - Fri 09:30 - 17:00 Lunch Break 12 - 1

### **Yokohama City Emergency Medical Information Hotline (Japanese Only)**

**045-201-1199**

Open year-round, 24 hours

### **Japan Helpline**

Free 24 hour advisory, assisting the international community with reliable advice and resources for 40 years. Insightful advice on medical, including AIDS testing.

**team@jhelp.com**

Multiple language assistance by phone

**0570-000-911**

### **Yokohama City Medical Information**

**www.city.yokohama.lg.jp/lang/en/06/**

(English)

### **Nurse's medical advice for children**

**045-201-1174** (Japanese only)

18:00 - midnight, Mon. to Fri. 13:00 midnight, Sat.

9:00 - midnight, Sun./National Holidays/12/29 - 1/3

### **Emergency After-Hours Medical Treatment**

#### **Yokohama After Hours Emergency Medical**

**Center** (Yokohama-shi Yakan Kyubyo Senta)

**045-212-3535** (Japanese Only)

1-1, Sakuragicho, Naka-ku

18:00 - 24:00 daily for Internal Medicine and Pediatrics

Mental Health Care Counseling Services

### **Tokyo English Life Line**

(free, confidential telephone counseling)

**03-5774-0992** Daily 9:00 - 23:00

03-4550-1146 Counseling Service in English

### **www.telljp.com**

Free Interpretation Services

MIC Kanagawa

(Non-Profit Organization Multilingual Society

Resource Kanagawa)

Dispatch of volunteer interpreters

**045-314-3368**

Chinese, Korean, Portuguese, Tagalog, Spanish,

Thai, English available

### **Medical Emergency Interpreter Service**

**03-5285-8185**

(English, Chinese, Korean, Thai) 9-8pm

### **Yokohama Dental Health and Medical Center**

**045-201-7737** (Japanese only)

(Yokohama-shi Shika Hoken Iryo Senta)

6-107, Aioi-cho, Naka-ku

19:00 - 23:00 daily

10:00 - 16:00 on Sunday, holiday, and Dec. 29 - Jan. 4

Tokyo Inochi No Denwa - Yokohama Branch

**045-335-4343** 24 hours English available

**045-335-4343** 24 hours AIDS consultation

**045-336-2477** Spanish 10:00 - 14:00, 19:00 - 21:00

Wed. Thu. Fri. Sat.

**045-336-2488** Portuguese 10:00 - 21:00 Wed

### **AMDA International Medical Information Center**

General medical information and insurance advice as well as free interpretation support.

Ask your doctor to call

**03-5285-8088**

English, Chinese, Spanish, Korean and Thai:

Mon - Fri 9:00 - 20:00

Portuguese: Mon, Wed, Fri 9:00 - 17:00

Tagalog: Wed 13:00 - 17:00

Vietnamese: Th: 13:00 - 17:00

**http://eng.amda-amic.com/index.php**



This handbook is supported by: The public benefit activities of the Ippan Zaidan Hojin The Bluff Clinic, in Yokohama.

#### **The Bluff Medical and Dental Clinic**

THE BLUFF Medical and Dental CLINIC  
82 Yamate-cho, Naka-ku, Yokohama 231-0862  
Kanagawa, Japan

Tel: 045-641-6961

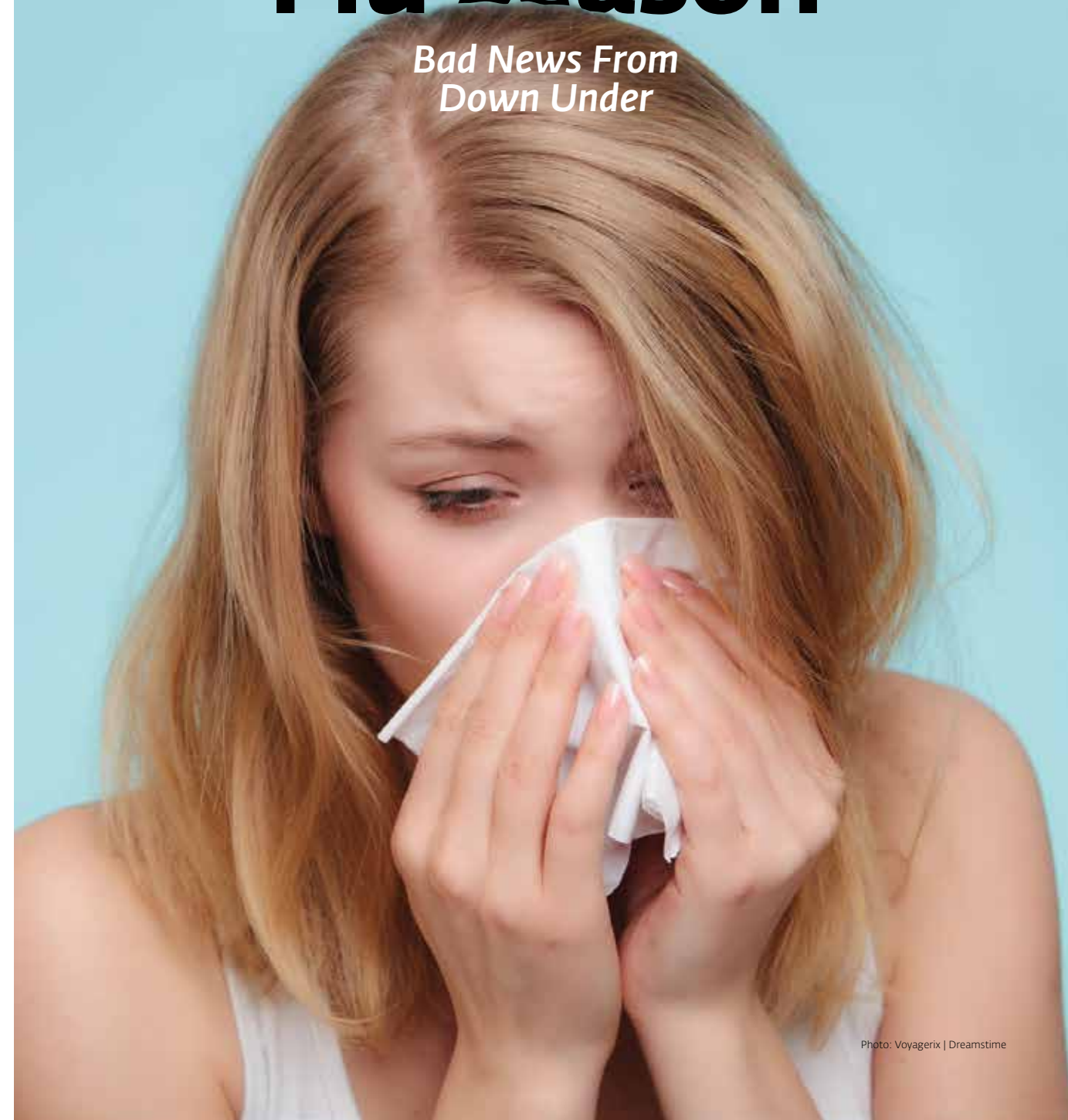
Fax: 045-651-5130

E-mail: [reception@bluffclinic.com](mailto:reception@bluffclinic.com)

[www.bluffclinic.com](http://www.bluffclinic.com)

## Heads Up For Flu Season

Bad News From Down Under



**FLU SEASON ►**  
COUNTRIES IN THE  
NORTHERN HEMISPHERE ARE  
TAKING NOTE OF A RECORD  
SEASON OF INFLUENZA  
IN AUSTRALIA AND NEW  
ZEALAND.

Although the trends do not necessarily portend replication in other regions, health organizations such as Center for Disease Control in the US and National Health Service in the UK are monitoring the situation carefully as many states in Australia, including central and southern Queensland, New South Wales, Victoria, Tasmania South Australia, recorded historic numbers of laboratory-confirmed infections. Queensland has seen a particular surge in hospitalizations resulting from influenza. The outbreak peaked in July-August, which is winter in the Southern Hemisphere. The official figure for the season exceeded 2016 - 2017 by nearly 50%.

The reasons for this year's infection rate have not yet been established, and it will be some time before similarities in influenza strains or efficacy of the recommended vaccines can be confirmed for Japan.

Japan has already reported some unseasonably early cases of suspected infections this fall, so the Ministry of Health and Welfare are bracing for a heavy season.

As always, consult your doctor for information on this season's strains and vaccines available. Most hospitals in Japan, including the Bluff Clinic, will have the updated vaccine formulations ready by the beginning of October.

Practice sound prevention in your daily activities.

**Avoid contact with infected people. Spread of infection is not necessarily airborne, so wash hands frequently, and avoid touching eyes, nose and mouth.**



## Assistance for Tourists and Non-Japanese Speakers

As Japan gears up for another record tourism year, the heavy influx anticipated for the World Cup 2019 and the 2020 Olympics has meant a welcome increase in services available for foreign travelers which are also well noting for the resident international community.

*The Japan National Tourism Organization has prepared a guide for travelers which provides useful information for medical facilities by area and services, with the range of languages available.*

◀ Go to: [www.jnto.go.jp/emergency/eng/mi\\_guide.html](http://www.jnto.go.jp/emergency/eng/mi_guide.html)

## NEW APP FOR THE BLUFF MEDICAL PASSPORT

**Following the popular print edition, the Bluff Medical Passport app is now available for iOS and Android devices from the Bluff Clinic Public Benefit Activitie.**

Through the app, users can record their medical information and symptoms and have them instantly translated into the target language. It also has a wide selection of phrases for both users and healthcare professionals, allowing for two-way communication. Medical history and other useful information can be saved for future use. The app can also be used offline.

**tell**

TELL PRESENTS:

# STRESS MANAGEMENT: FINDING YOUR BALANCE

Yokohama Country & Athletic Club, Bay View Room  
[www.ycac.or.jp](http://www.ycac.or.jp)

Saturday October 14th from 16:30-18:00  
FREE and open to the public

For further information please email: [outreach@telljp.com](mailto:outreach@telljp.com)

TELL will be delivering a 90 minute presentation on stress management and finding balance in your life. The talk will include information about what stress is and how we, adolescents to adults, can deal with stress in a healthy way. Space is limited to only 50 people. RSVP today!

RSVP- <http://events.eventzilla.net/e/tell-presents-stress-management-finding-your-balance-2138928706>

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[WWW.BLUFFCLINIC.COM](http://WWW.BLUFFCLINIC.COM) [WWW.YCAC.OR.JP](http://WWW.YCAC.OR.JP)

The Bluff Clinic Presents

Saint Maur International School  
St John  
Malteser International  
Order of Malta Worldwide Relief

# FIRST AID COURSE

Become certified in First Aid and  
**MAKE A DIFFERENCE!!**

This 8-hour + course conducted in English by Malteser trained instructors will teach participants in acquiring the basic practical skills needed to save lives.

The course will be held over three days on :  
- Thursday, November 09th 2017, from 9:00 a.m. to 12:00  
- Thursday, November 16th 2017, from 9:00 a.m. to 12:00  
- Thursday, November 23rd 2017, from 9:00 a.m. to 12:00  
(light snacks and refreshments are included, no lunch)

No medical background or previous First Aid experience is necessary ; you need only a desire to learn and help others.

- + Cost : only 3,000 yen / person
- + Venue : Saint Maur International School  
Lower Rec Hall
- ✉ Contact : [Connie Baker <firstaidstmaur.ac.jp>](mailto:Connie.Baker@firstaidstmaur.ac.jp)

The Malteser are an internationally recognized charity organization ([www.malteser-international.org](http://www.malteser-international.org)). Their first aid training program (in common with St John's Ambulances) ensures the latest techniques and course contents.

The Bluff Medical and Dental Clinic ([www.bluffclinic.com](http://www.bluffclinic.com))



<http://q-r.to/banQ14>



The link to download and obtain a free ID code is at: [www.bluffclinic.com/digital-medical-passport/](http://www.bluffclinic.com/digital-medical-passport/) or scan the QR code, above.

Sponsored by: The Bluff Clinic/Malteser Erste Hilfe/Saint Maur International School