

©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/o6/

(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

Yokohama Health News

2018 Spring Issue

BEWARE
THE
POLLEN



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

www.bluffclinic.com



BEWARE THE POLLEN ▶

FLU NUMBERS MAY BE EBBING, BUT NEWCOMERS TO THE COUNTRY WILL HARDLY HAVE THOUGHT SO, CONSIDERING THE VAST NUMBER OF JAPANESE THEY SEE STILL WALKING AROUND WITH FACE MASKS.

The dreaded hay fever season is now upon us, with Kanagawa Prefecture reporting the country's earliest rise in pollen this year. Meteorologists are warning that cedar and cypress pollen will be at record levels in the coming months due to heavy snowfall in some regions and other contributing weather factors.

Newcomers are often surprised by the sight of so many hay fever sufferers in Japan, officially estimated to afflict approximately 25% of the population. Hay fever was uncommon in Japan until the economic surge of the 1960s, when vast lands were committed to the planting of cryptomeria and cypress trees for the construction industry. Then, as cheaper imports decreased their demand, the trees were left unattended to produce increasing levels of pollen each year. Now the youngest of the trees planted all those years ago are reaching maturity, so this problem is going to stay with us for quite a while.

Consult your physician for relief. For home remedies, look no further than your local drug store which will have entire sections of the store dedicated to everything from the usual medications, to nasal sprays, humidifiers, air purifiers and a full fashion range of the latest mask designs.

Photo: Lzfi Dreamstime.com

NEW JAPANESE MEDICAL FEES AND PROCEDURES

AFTER PROLONGED, INTENSE DELIBERATIONS, THE HEALTH, LABOR AND WELFARE MINISTRY ANNOUNCED THE LATEST CHANGES TO THE FEE STRUCTURE FOR MEDICAL CARE IN JAPAN WHICH WILL BE IMPLEMENTED ON APRIL 1.

The challenges to meet the diversifying needs of a rapidly aging society are many, and uppermost in the considerations have been efforts to control rising costs across the universal care system. However, changes introduced recently charges a ¥5,000 surcharge for non-emergency patients going to a hospital with over 500 beds without a referral in order to encourage use of local clinics and avert a crush on larger facilities for treatment of less serious conditions such as colds, and allowing them to focus their resources on treatments requiring specialists. As of April 1, that fee will be charged at

any hospital with over 400 beds. Use of generic drugs will be incentivized across the system. Telemedicine will now be recognized under the insurance for consultation with physicians, although there are various conditions attached, including the requirement to attend face-to-face sessions for 6 months prior to starting the online consultations. Insurance coverage has been extended to numerous treatments previously only available outside of the system, to include gender reassignment and robot-assisted endoscopic surgeries.

For further information in English or Chinese, we recommend that assistance be sought at local ward offices offering interpretation services. The International Lounge at the Naka Ward Office can provide general assistance in English. For any specialist consultation at the large hospitals, consult your local physician for referrals first in order to avoid additional surcharges.

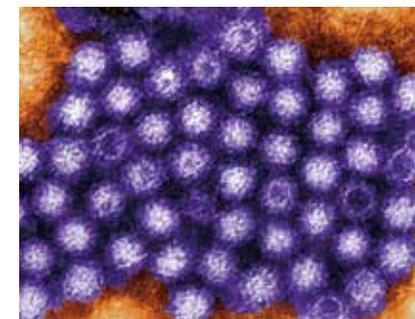
Japan Health Update

The worst of the flu season is thankfully behind us, leaving in its wake historic levels of infection and hospitalization around the world, starting last summer in the Southern Hemisphere (their winter), notably in Australia. Japan was hard hit by both the A and B types, compounded by a shortage of vaccines early in the season.

Then came news from the Winter Olympics in Pyeongchang of the other winter scourge, a large norovirus outbreak affecting over 1,000 staff at the Olympic Village. Fortunately, the spread was contained, but not before infecting a few unlucky athletes.

Noroviruses (*below*) are widely considered the most common culprits of acute gastroenteritis around the world, and is prevalent in the cold months, often referred to as the 'winter vomiting bug.' However, recent trends and mounting outbreaks have public health officials expressing concern over the spread of infections over longer peak periods. America's CDC estimates that noroviruses are responsible for over half of the food-borne disease outbreaks in the world each year, and not all of it is from food contamination. The Health and Welfare Ministry are calling for greater vigilance over not only food safety, but also hygiene practices such as frequently washing hands and closing toilet seat cover before flushing to prevent their spread.

Photo: Charles D. Humphrey, USDCP



Art tell Communication

Helping kids express their feelings through art

A workshop for parents

WITH AMANDA COX, MA, IMFT
A BILINGUAL COUNSELOR EXPERIENCED WITH INDIVIDUALS, FAMILIES, AND CHILDREN, AMANDA FORMERLY LED CHILDREN AND WOMEN'S SUPPORT GROUPS AT WINDOWS BETWEEN WORLDS, A NONPROFIT DEDICATED TO TRANSFORMING TRAUMA THROUGH ART

WHERE: YOKOHAMA COUNTRY & ATHLETIC CLUB
BAY VIEW ROOM

WHEN: SATURDAY, APRIL 21ST
4 - 6 PM

FREE & OPEN TO THE PUBLIC

Please register at <https://tinyurl.com/tellartcommunication>

Sponsored by the Bluff Clinic

Malteser International PRESENTS

First-Aid Instructor Course

BECOME A CERTIFIED INSTRUCTOR AND MAKE A DIFFERENCE

A 1 week course in English by a specialist from Europe will train and certify participants to become First-Aid Instructors. The course covers practical skills to save lives including basic First-Aid and CPR.

No previous experience or training required.

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

Cost : ¥10,000 Sign-up: <https://goo.gl/u8Z7LP>

DATE	LOCATION	TIME
Saturday March 24th to Friday 30th, 2018	Saint Maur International School Upper Rec Hall	From 09:00 to 17:00

Saint Maur International School www.stmaur.ac.jp