



# Let's take anti-rubella antibody test to protect babies

Currently persons infected with rubella are increasing in Kanto district. It exceeds 5 times the amount of patients in last one year. 90% of rubella infected persons this year are adult and especially, they are males in 30s to 50s and females in 20s.



## What is rubella?

If you get rubella, lymph nodes just behind the ears and at the back of the neck may swell, have fever and rash spreads from head to toe. Rubella spreads by direct contact with the nose or throat secretions of an infected person.

In most cases of rubella, symptoms appear within two or three weeks after exposure of the virus so care should be taken not to spread infection to others without notice.

## Woman who wants baby or during pregnancy should be careful especially

If a woman gets rubella particularly during first half period of pregnancy, her baby is at risk of having serious birth defects such as deafness, heart defect, cataracts and mental or body retardation. Persons who are pregnant should not be given vaccination, so they should avoid going in crowd of people or going out. The husband of a pregnant woman and those staying around her should also prevent from infecting rubella.

## Take anti-rubella antibody test for free

Rubella can be prevented with a vaccine. Take anti-rubella antibody test to check if you need to take the vaccine. Currently, you can take the test for free in Saitama prefecture until February 28, 2019.

### ■ Target [Person who has resident registration in Saitama prefecture]

<1> Woman from 16 to less than 50 years old who wants to be pregnant and her spouse (including de facto marriage)

<2> A spouse of a pregnant woman, who was found to be low immune strength of rubella, as a result of pregnant woman medical examination.

※Those who have taken anti-rubella antibody test before, who have already got a rubella vaccination, and who have already suffered rubella, are excluded.

### 風しん抗体検査

を受けましょう

対象者は無料で検査を受けられます

妊娠初期に風しんにかかると、赤ちゃんに障害が与えることがあります。風しんは予防接種で予防できます。まずは、風しんの予防接種がどのくらいか調べるため、風しん抗体検査を受けましょう。

**実施期間：平成30年4月1日～平成31年2月28日**

**対象者**

埼玉県内市町村（さいたま市・川崎市・越谷市・川口市を除く）に住居登録がある方で、次の①または②に該当する方。

ただし、次の方を除きます。

- 風しん抗体検査を受けたことがある方
- 風しんの予防接種歴がある方
- 風しんにかかったことがある方

①妊婦を希望する16歳以上50歳未満の女性とその配偶者（事実婚含む）  
②「妊婦健診の結果、抗体価が低い（Ht値で3.2倍未満）と判明した妊婦」の配偶者

**検査の流れ**

- 1 埼玉県ホームページから「検査申込書」を印刷し、記入しましょう。
- 2 埼玉県ホームページの「検査実施医療機関」から、希望する医療機関に事前に連絡しましょう。
- 3 医療機関に行くときは、対象者の要件が確認できる健康保険証等を持参しましょう。

検査結果から予防接種が必要かどうか医師から説明を受けましょう。

埼玉県保健福祉部保健医療政策課  
 検査室・検査センター（さいたま市）  
 TEL: 048-830-3327  
 FAX: 048-830-4908  
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パブリック・スマートフォンで検査結果を確認  
 埼玉県 風しん抗体検査



## Key to protect rubella from spreading is an adult male

Most of infected persons are male of 30s to 50s which account for about 66% of the whole patients. Most persons in these age are said that they do not get vaccination. Take the test or vaccination to protect rubella from spreading and to protect babies.

Application reception entering nurseries etc. starts in April, 2019

**Nurseries and small-scale childcare services**

Children who need nursing, such as the guardian cannot care the child at home because of work or disease, are cared there.

Children cannot enter the nurseries for infant education or to experience living in a group before entering elementary school.

※Application form is distributed at a city hall, etc.

■ Fujimi-shi

Application received date and time	Reception
11/16(Friday), 17(Saturday) 9:00-17:00	Discussion room, city hall 1F
11/19(Monday) 9:00-15:00	Multi-purpose hall, Plaza Fujimi 2F
11/20(Tuesday) 9:00-15:00	Multi-purpose hall, Mizutani city hall 1F

■ Fujimino-shi (schedule)

[11/25 (Sunday) Main building of city hall, 11/26 (Monday) Ooi branch office]

■ Miyoshi -machi

[11/13 (Tuesday), 14 (Wednesday) 10:00-12:00, 14:00-16:30, Chuo city hall (multi-purpose hall)]

**After-school children's club**

Pupils from 1<sup>st</sup> to 6<sup>th</sup> grade whose guardian cannot care them due to work after school can use this club.

(1) On school days (Monday to Friday)

From after school to 18:30

(2) When the school is off (Saturday, spring, summer and winter holidays)

From 8:00 to 18:30

※Extension from 18:30 to 19:00 will cost money.

■ Fujimi-shi

Application received date and time	Reception
11/10(Saturday) 9:00-12:00	Discussion room, city hall 1F
11/12(Monday) 14:00-16:00	Multi-purpose hall, Mizutani city hall 1F
11/13(Tuesday) 14:00-16:00	Meeting room, Fujimino civil center 3F

■ Fujimino-shi [11/26 (Monday) to 12/1 (Saturday)]

■ Miyoshi-machi

[11/15 (Wednesday), 16 (Thursday) 13:30-18:00 Fujikubo public hall]

**Event of Japanese language class in FICEC in December - Soba noodles cooking**



In Japan we eat Toshikoshi Soba noodles in the end of December wishing for long life in next year.

On December 27, soba noodles cooking lesson is held after Japanese language class is over in FICEC. Japanese lesson class is held in every Thursday (10:00-12:00). Participation is free.

**To call fire extinguisher or ambulance**



119



For 119 emergency call, simultaneous interpretation in multilingual is available in wider region.

■ Available area/**Fujimino-shi, Fujimi-shi, Miyoshi-machi**

■ Handling time/**24 hours, 365 days**

■ Handling languages/**English, Chinese, Korea, Portuguese, Spanish**

■ How to notify

- (1) Call 119
- (2) Tell either it is fire or emergency
- (3) Tell the place (address or some landmark buildings)
- (4) Tell the condition of the patient or the fire
- (5) Tell your name and phone number