2013 Hachinohe City Routine Immunization Schedule [November 1st 2013 Version]

The schedule for Routine Immunizations in Hachinohe City is as detailed below. Confirm the target ages for all vaccinations.

**Immunization Cost:** Free (Only if during the designated time period)

**Where:** Individual vaccinations at participating medical facilities (List provided)

- Year Round (Double Vaccines are from August until October)
- What to bring: maternal and child health handbook, pre-immunization questionnaire
  - If you don’t have a maternal and child health handbook, contact the Health Promotions Section and apply to receive one.
  - If you don’t have a pre-immunization questionnaire, confirm that the medical facility has questionnaires when making an appointment.

### Vaccine Type | Target Age | Typical Immunization Age | Number of shots and waiting period | Notes
--- | --- | --- | --- | ---
**BCG** | Between 3~12 months after birth | Between 5~8 months after birth | 1 shot | 
**Quadruple Vaccine (Diphtheria Whooping Cough Polio Tetanus)** | Between 3~90 months after birth | Between 3~12 months after birth | 3 shots in a 20~56 day time period | Quadruple Vaccines are for those who have not yet received Triple Vaccines, Live Polio Vaccines and separate Inactivated Polio Vaccines. Those who have already started Triple Vaccines and Polio Vaccines must receive all Triple Vaccine and Polio Vaccine shots.
**Triple Vaccine (Diphtheria Whooping Cough Tetanus)** | Between 3~90 months after birth | Between 12~18 months after birth | 1 shot, to be received at least 6 months after the Initial shots in the 1st Round. | Children eligible for Quadruple Vaccines may receive Triple Vaccine and Polio Vaccine instead depending on the availability.
**Polio (poliomyelitis)** | Between 3~90 months after birth | Between 12~18 months after birth | 1 shot, to be received at least 6 months after the Initial shots in the 1st Round. | 
**Double Vaccine (Diphtheria and Tetanus)** | 6th year of Elementary School | 3 shots with at least 20 days in between each shot. | Vaccination will be provided from Aug~Oct. Receive your shots at participating medical facilities during this time period.
**Measles and Rubella** | Between 12~24 months after birth | Between 12~15 months after birth | 1 shot | Children that have caught either measles or rubella can also receive Measles and Rubella Combined Vaccine.
**Japanese Encephalitis** | Between 36~90 months after birth | 3 years old | 2 shots in a 6~28 day time period | Exceptional cases of people who didn’t receive vaccinations due to a less active encouragement of routine immunizations can be received what ever vaccines they are lacking until reaching 20 years of age.
| Between 36~90 months after birth | 4 years old | 1 shot, to be received about 1 year (11~13 months) after receiving the initial round of shots. | (Exceptional case: Those born between April 2, 1995 ~ April 1, 2007 that have not received a total of 4 shots)
| 2nd Round | 9 years and over; under 13 years | 4th year of Elementary School | 1 shot | 
**H. influenzae type b (Hib)** | Between 2~60 months after birth | Between 2~56 months after birth | 4 shots | First Round: 3 shots in a 27~56 day time period.
| Between 7~11 months after birth | | 3 shots | Booster Shots: 1 shot in a 7~15 month time period after the initial round (3 shots).
| Between 12~60 months after birth | | 1 shot | 
**Pediatric Pneumococcal Vaccine** | Between 2~60 months after birth | Between 2~6 months after birth | 4 shots | First Round: 2 shots with at least 27 days between shots. To be finished before the 1st birthday. Booster shots will not be conducted and a booster shot will be given.
| Between 7~11 months after birth | | 3 shots | Booster Shots: 1 shot after the 1st birthday and at least 60 days after the initial round of shots. (Typical immunization period is 12~15 months after birth)
| Between 12~23 months after birth | | 2 shots | Booster Shots: 1 shot to given after the child reaches 12 months of age and at least 60 days after the initial round of shots.
| Between 24~60 months after birth | | 1 shot | 

* The number of shots for Hib and Pediatric Pneumococcal Vaccines vary by age vaccinations were begun. Typical Immunization starting age is between 2~5 months after birth.
* Age at 1st vaccination differs from Ways to consider infant age during immunizations shown on back. Be sure to confirm the number of shots if vaccinations were begun near the borderline of the eligible age group.
* Those in the eligible age group who optionally started vaccination shots with the goal of finishing by 2012, can get the remaining shots they need.

**Check the back as well**
**Vaccine Type** | **Target Age** | **Typical Immunization Age** | **Number of shots and waiting period**
--- | --- | --- | ---
Cervarix | Young girls from 6th year of elementary school until the 1st year of high school | 1st year of Middle School | 3 shots

The waiting time period differs by vaccine type. Discuss the type of vaccination you will receive with the medical facility and wait the appropriate amount of time in between shots.

- The same vaccine will be given in 3 shots.
- No matter what type of vaccine you receive, finish your vaccination within 1 year.

**Type of Vaccine** | **Waiting period between shots**
--- | ---
Cervarix | 2nd shot: 1 month after the 1st
3rd shot: 6 months after the 1st
Gardasil | 2nd shot: 2 months after the 1st
3rd shot: 6 months after the 1st

* During the 1st year of Middle School, which is the Typical Immunization age, notices and pre-immunization questionnaires will be distributed at Middle Schools.
* Due to reports of side-effects in the form of serious chronic pain post-vaccination, the Ministry of Health, Labour and Welfare stated on June 14th, 2013 that, although the cause and effect relationship with immunizations is unknown and immunizations will continue to be administered, a proactive encouragement of immunization should not be conducted until the frequency of reports becomes more clear and an adequate provision of information can be given to citizens. The city is not proactively encouraging immunization, but we are still accepting routine immunizations, so please acquire an understanding of the effects and risks involved with the process before accepting an immunization.

**Precautions when receiving vaccinations**

**Checklist before receiving vaccines**

1. Does your child feel well?
2. Do you understand the vaccines that your child will receive today?
   - Read either the "Vaccination and Child’s Health" information pamphlet or the notices on each type of vaccine.
3. Do you have your maternal and child health handbook?
4. Did you fill out the pre-immunization questionnaire?
5. Have you kept your child’s clothing clean?
6. Will an adult knowledgeable about your child’s health accompany them?

**When receiving a different vaccine, wait the designated time period detailed below**

| Live Vaccine | BCG, Measles, Rubella, Chicken Pox, Mumps, etc. | Wait more than | Live Vaccine
| Inactivated Vaccine | Quadruple, Triple and Double Vaccine, Polio, Japanese Encephalitis, H. influenzae type b (Hib), Pediatric Pneumococcal, Influenza, Hepatitis B, etc. | Wait more than 6 days | Inactivated Vaccine

**Precautions before receiving vaccinations**

If you catch any of the following illnesses, it may be difficult to gain immunity. Therefore please wait for a certain time period after recovering before receiving vaccinations. Also if you have any contact with people that have caught the these illnesses, then wait then the designated incubation time before receiving vaccinations just to be safe.

<table>
<thead>
<tr>
<th>Illness</th>
<th>Waiting period until Immunization</th>
<th>Incubation Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measles</td>
<td>About 4 weeks</td>
<td>About 2 weeks</td>
</tr>
<tr>
<td>Rubella, Mumps, Chicken Pox</td>
<td>About 2~4 weeks</td>
<td>About 2~3 weeks</td>
</tr>
<tr>
<td>Exanthema subitum, Hand foot and mouth disease, Fifth disease</td>
<td>About 1~2 weeks</td>
<td>About 2~3 weeks</td>
</tr>
<tr>
<td>Convulsions (Spasms, Fever convulsions)</td>
<td>About 3 months after the last episode</td>
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</tbody>
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**Ways to consider infant age during immunizations**

Example: If born on October 8th
1. Between 3~12 months after birth: From the day before becoming 3 months old (Jan. 7) until the day before the 1st birthday (Oct. 7)
2. Between 3~90 months after birth: From the day before becoming 3 months old (Jan. 7) until April 7th of the 7th year.
3. 9 years and over: under 13 years: From the day before the 9th birthday (Oct. 7) until 2 days before the 13th birthday (Oct. 6)

**If through illness your child is unable to receive vaccines in the target age group**

If due to a specific illness, your child is unable to receive vaccines during the target age group, it is possible to receive vaccines as routine immunizations for up to 2 years after the day that immunization is considered possible. (There is a limit to certain age groups) If this applies to you then contact the Health Promotions Section in advance.

Inquiries: Hachinohe City Health Promotions Section TEL:43-2111 Extensions 550, 606