

# Explanation of MHLW Karuta

## I I fall in love all over again with my husband, who is Iku-men/ Kaji-men.

Iku-men/ Kaji-men refer to the men who are actively involved in child-rearing (Iku-ji) and housework (Kaji). Average length of time that males, who have children younger than 6 years old, spend on child-rearing and housework is 60 minutes a day, which is at the lowest level among developed countries.

**Reference** Column “Change the society with the first step of dad ~father, invest your time strategically! ~”, Column “Learn, Enjoy, Work and Smile ~promotion of work-life balance”

## Ro The Labour Relations Commission settles the problems between labour unions and companies

The Labour Relations Commission is in charge of examination of unfair labour practices (interference by employers with employees’ participation in labour union activities) and arbitration of labour disputes among employers and labour unions.

**Reference** “Matters concerning the Labor Relations Commission” Section 7-4 (2), Chapter 2 of Part 2

## Ha Let’s receive vaccination aiming at no measles!

Measles is a highly infectious disease with the symptoms of high fever and red rash over the entire body. To prevent the spread of measles, it is effective to acquire immunity through vaccination.

**Reference** “Promotion of measures for vaccination” Section 5-2-(7) of Chapter 2 of Part2

## Ni We provide advice on pension with smile.

The Japan Pension Service (JPS) offers consultation on pension at the branch offices (the former Social Insurance Agency) across the country and the Pension Consultation Center (operated by the All Japan Federation of Certified Social Insurance and Labour Consultant Associations as the “Pension Consultation Center on a Street Corner”). For location of the branch office of JPS and the Pension Consultation Center in your neighborhood, please visit the website of JPS.

**Reference** Foundation of the Japan Pension Service” Section 1-1 Chapter 2 of Part 1  
“The branches across the country” on the website of the Japan Pension Service

URL ▶ <http://www.nenkin.go.jp/>

## Ho Don’t leave it as it is! Get a screening early for prevention and early detection of cancer.

One out of every two suffers from “cancer”, and one out of every three dies of cancer. The progress of medicine has improved the cure rate, and cancer screening is considered very effective to detect cancer at an early stage.

**Reference** “Promotion of cancer screening and research” Section 3 - (1) - 5) Chapter 2 of Part 2



## Convenient! Job information on the Internet

~Hello Work Internet Service~

Hello Work releases job information on the Internet, which can be viewed at your home.

**Reference** Hello Work releases job information on the Internet, which can be viewed at your home.

URL ▶ <http://www.hellowork.go.jp/>

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## Let both father and mother take childcare leave together!

The revised Act on the Welfare of Workers Who Take Care of Children or Other Family Members Including Child Care and Family Care Leave was launched on June 30, 2010 to promote fathers' taking childcare leave. If both father and mother take childcare leave, the period to take Child Care leave can be extended for additional 2 months.

**Reference** "Support for those who work and raise children at the same time" Section 4-7, Chapter 2 of Part 2

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## Health centers support good health of community residents.

Health centers devote to health maintenance, etc. of community residents, for example through screening for hepatitis and AIDS virus, health consultation for intractable diseases and mental issues and guidance on hygiene management for barbers, beauty parlors and restaurants. For location of health center in your neighborhood, please visit the website of the Ministry of Health, Labour and Welfare.

**Reference** "Information on Jurisdiction of Health Centers" on the website of the Ministry of Health, Labour and Welfare. URL.<http://www.mhlw.go.jp/>

URL ▶ <http://www.mhlw.go.jp/>

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## Let's understand the importance of wearing a mask and adequate hand-washing!

It is important for each of us to wash our hands frequently to prevent the spread of novel Influenza and to follow the cough etiquette in order not to give the virus to others around us.

**Reference** Column "Importance of the Cough Etiquette" and "How to wash your hands"

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## We make sure to supply easy-to-understand information to everyone. ~Information is now on release on the website of MHLW~

The Ministry of Health, Labour and Welfare aims at delivering easy-to-understand information from the stand point of the people. The Ministry launched Photo Reports and Policy Reports on the website of MHLW (<http://www.mhlw.go.jp>), with the aim of letting people to know the Ministry's effort in an easier way along with the basic information on the Ministry. In addition, we launched a video channel in YouTube and started to deliver videos relating to the Ministry of Health, Labour and Welfare.

**Reference** Column "Efforts to provide information from the Ministry of Health, Labour and Welfare"

## Ru

### Follow the rules to prevent food poisoning

~ Prevent cross-contamination, Prevent growing germs, Kill germs! ~

To prevent food poisoning, you should follow the three important food safety tips!

“PREVENT CROSS-CONTAMINATION” ~ Wash your hands frequently. Use separate cooking utensils.

“PREVENT GROWING GERMS” ~ Put any food in the refrigerator or freezer right away when you get home from grocery store. Keep food hot or cold. “KILL GERMS” ~ Cook food thoroughly

#### Reference

Food Safety Information

URL > <http://www.mhlw.go.jp/english/topics/foodsafety/index.html>

URL ▶ <http://www.mhlw.go.jp/>

## O

### We support job seekers through vocational training programs with benefits!

~Hello Work as a comprehensive service center for employment support~

Hello Work (Public Employment Security Office) is the regional comprehensive employment service organization that implements vocational consultation/job placement and provides benefits of the Employment Insurance at 545 locations nationwide. For location of Hello Work in your neighborhood, please visit the website of the Ministry of Health, Labour and Welfare.

#### Reference

Column “The situation of comprehensive employment service in regions ~In the case of Hello Work Sakai~”

“Locations of Hello Work” on the website of the Ministry of Health, Labour and Welfare

URL ▶ <http://www.mhlw.go.jp/>

## Wa

### Home helper is a strong supporter for our family.

Home helper is formally called as home-visit care worker. A home helper visits the house of the physically weak or disabled elderly to help them have a meal and bathing.

#### Reference

“1. Securing safe and high-quality long-term care” and “2. Measures to secure human resources for welfare and nursing care” Section 8, Chapter 2 of Part2

## Ka

### Minseiiin / Jidouiiin are working actively as a supporter in the community!

Minseiiin (commissioned welfare volunteer) offer consultation on social welfare from the standpoint of residents all the time and provide necessary support to them. In addition, they work as Jidouiiin (commissioned child welfare volunteer), who watch children in the community for their healthy and safe lives and offer counseling/support concerning anxieties toward child-rearing and pregnancy.

#### Reference

“Minseiiin / Jidouiiin “on the website of the Ministry of Health, Labour and Welfare

URL ▶ <http://www.mhlw.go.jp/>

Yo

## Good work with good fellows for better life

~ Engagement in nursing care work~

Amid the current harsh employment climate, there is still a shortage of human resources engaged in nursing care services. Care worker has been reported as a tough work, but on the other hand, long-term nursing care is expected to create many employment opportunities in the future.

**Reference** Column “Founding a company in the field of long-term care ~ Advancing from other kind of business: Example of “Eternal Advance” in Sapporo-city Hokkaido~”, Column “People who help patients’ feeling and their longevity ~messages from the nursing care field~”, “1. Securing safe and high-quality long-term care” and “2. Measures to secure human resources for welfare and nursing care” Section 8, Chapter 2 of Part2

Ta

## Overeating and lack of exercise cause “metabo”

~ metabolic syndrome ~

Metabolic syndrome (visceral fat syndrome) is a combination of at least two of hyperglycemia, hypertension, and hyperlipidemia in addition to obesity due to visceral fat. It causes arteriosclerosis and rapidly increases the risk of fatal diseases such as heart diseases and cerebral apoplexy.

**Reference** “Promotion of measures against lifestyle-related diseases through national campaign” Section 5-3-(2)-2) of Chart 2 of Part 2.

Re

## The system to prove solidarity and to improve my own town

~Red Feather Community Chest Movement~

Red Feather Community Chest Movement is a community chest to “help the people who need support in your town”, and has been a national charity drive with the tradition and achievements since its establishment in 1947. The campaign has been taken place simultaneously in principle from October 1 to December 31 across the country from Hokkaido to Okinawa.

**Reference** The website of the Ministry of Health, Leisure and Welfare about “Community Chest.”

URL ▶ <http://www.mhlw.go.jp/>

So

## Please recognize that a woman with that mark is pregnant.

~Maternity Mark~

The Maternity Mark was selected from the entries so that the mark helps to facilitate attention to pregnant women, for example when they are on the public transportation. Many municipalities distribute goods with the mark as they give maternal and child health handbook out. The mark is also often put on the priority seats on the train, etc.

**Reference** Column “Efforts of municipalities on Maternity Mark”

Tsu

## We would like to communicate our wish to support people with disabilities ~Improvement in the welfare service for people with disabilities~

It is necessary to create a society where everyone, whether being disabled or not, mutually respects human rights and personalities. It is important to improve daily life support, communication support such as sign language and employment support so that people with disabilities can actively continue their community life as a member of the society.

**Reference** “Support for Community Life for People with Disabilities” Section 9 Chapter 2 of Part 2

Ne

## Students, non-working wives and those who have studied abroad need special attention on the deemed period of the pension program.

The “deemed period (period subject to aggregation)” is included in the period entitled for pension benefit, such as the old age pension, but not reflected in the amount of benefit. More concretely, the deemed period includes: (1) the period before March 1986 when the enrollees who could have joined the national pension plan did not do so; (2) the period before March 1991 when the beneficiaries did not join the national pension plan because of being a student; and (3) the period from and after April 1961 when the participants had been abroad.

**Reference** Please refer to the information on “Old Age Pension” on the website of Japan Pension Service.

URL ▶ <http://www.nenkin.go.jp/>

Na

## The Supervision Office solves your problems such as wage trouble ~Labour Standards Supervision Office~

The Labour Standards Supervision Office offers consultation service at 321 locations across the country concerning labour conditions such as wages and work hours, workplace environment and the Worker's Accident Compensation Insurance system. For location of the Labour Standards Supervision Office in your neighborhood, please visit the website of the Ministry of Health, Labour and Welfare.

**Reference** Column “What the labour standard inspectors do ~episode of Osaka Minami Labour Standards Inspectors Office ~” and the website of the Ministry of Health, Labour and Welfare about “Consultation Desk (Labor Standards Supervision Office).”

URL ▶ <http://www.mhlw.go.jp/>

Ra

## Nenrinpic helps to enrich your lives and health with a reason for living.

Nenrinpic is a nickname of the National Health and Welfare Festival, which is a comprehensive festival for sports, culture, health and welfare mainly for the elderly. Since its launch in 1988, Nenrinpic has been held annually.

**Reference** The website of the Ministry of Health, Labour and Welfare about the “National Health and Welfare Festival (Nenrinpic).”

URL ▶ <http://www.mhlw.go.jp/>