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### Please check your receipts for medical costs, which are issued for free.

Since April 2010, hospitals, clinics and pharmacies have been obligated to issue receipts for free, which indicate in detail the examinations and treatments that were taken. The medical institutions, which are not obligated to issue electronic request of receipt may charge the issuance of receipts.

**Reference** The website of the Ministry of Health, Labour and Welfare about “Outline of FY 2010 Revision of Medical Fee.”

URL ▶ <http://www.mhlw.go.jp/>

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### Cough Etiquette to prevent Influenza infection

One of the major routes of Influenza virus infection is droplet infection (infected by health people’s inhaling droplets as infected person sneezed and coughed). It is essential to follow the Cough Etiquette, such as wearing a mask if you cannot stop coughing, not coughing at people, keeping your face away from people around you when coughing suddenly and cover your mouth and nose with tissues if you have, to prevent droplet infection.

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

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## I

### AED to save lives

Automated External Defibrillator (AED) is the medical equipment to recover heart function by giving electric shock (Defibrillator) when arrhythmia occurred to your heart. AED is available to everyone since July 2004, and about 200,000 and more AED were equipped as of December 2008.

**Reference** Column “Promotion of AED ~Effort of Tokyo Disaster prevention & Emergency medical service Association~”

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## No

### Don’t miss a hepatitis virus examination!

Hepatitis virus B and C have a high possibility to remain in your liver and cause chronic hepatitis, which continue to have “the condition that the liver has inflammation”, and may develop cirrhosis/liver cancer.

It is difficult to notice the infection of hepatitis virus by oneself, but infection can be found easily with simple blood sampling. If you have never had such the test before, please take it at least once in a lifetime. It is important to receive proper treatment while the symptom is still mild in order to prevent the development of severer diseases such as liver cancer.

**Reference** Column “Notification for Hepatitis Virus Examination and Hepatitis Treatment ~early detection and early treatment for hepatitis~”, “Comprehensive promotion of measures against hepatitis” Section 5-2-(10) Chapter 2 of Part 2



## Silver Human Resource Centers to allow the elderly to work actively

Silver Human Resource Centers offer community-based temporary, short-term, or light work as well as voluntary activities to retired employees who are looking for opportunities to participate in society. As of the end of March 2009, there were 1,329 centers with 760 thousand members.

**Reference** “Various employment and social participation of the elderly” Section 8-3-(4) Chapter 2 of Part 2

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## Let’s check the minimum wage that supports our life!

The minimum wage is a system under which the government controls the enforceable minimum amount of wages and employers must pay workers at least the minimum wage. There are two types of minimum wages: the “regional minimum wage” set in each prefecture; and the “industry-specific minimum wage” established for the specific industries.

**Reference** “Appropriate management and raise of the minimum wage system” Section 7-3-(2), Chapter 2 of Part 2

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## The National Health Insurance contribution will be lowered when you are forced to lose your job.

Since April 2010, the National Health Insurance contribution (tax) has been lowered for those who lost their jobs due to bankruptcy or dismissal if they apply for the employment insurance benefit at Hello Work and notify the municipality.

**Reference** The website of the Ministry of the Health, Labour and Welfare about “Launch of the measure to lower the National Health Insurance contribution (tax) for job losers due to bankruptcy, etc. and publication of the measures at Hello Work”

URL ▶ <http://www.mhlw.go.jp/>

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## If you have trouble making a living, please contact the welfare office first for assistance.

Welfare office offers support stipulated in the six welfare acts (the Public Assistance Act, the Child Welfare Act, the Mother and Child and Widows Welfare Act, the Public Aid for the Aged Act, the Physically Disabled Welfare Act and the Act for the welfare of persons with intellectual disabilities) and handles the administration concerning the measures for development and rehabilitation. As of April 1, there are 1,237 welfare offices nationwide.

**Reference** The website of the Ministry of Health, Labour and Welfare about the “Welfare Office.”

URL ▶ <http://www.mhlw.go.jp/>

Ke

The Support Station assists the young people even if they are inexperienced. ~Support for vocational independence of the NEETs, etc. ~

In partnership with local authorities, the Ministry of Health, Labour and Welfare established the “Community Youth Support Stations” as the self-sufficiency support network for the young people such as what you may call NEETs in the community. The Support Station provides the comprehensive support measures, including specialized consultation, various programs and employment and job experiences targeting the youth and their guardians.

**Reference** Column ‘Supporting young NEET for vocational self-sufficiency ~’efforts of “Support Station”~’ “Support for vocational independence of NEETs” Section 6-4-(3) Chapter 2 of Part2

Fu

If you have any problems in your daily work, please contact the General Labour Consulting for consultation.

~ The General Labour Consulting Corner of the Labour Bureau~

At the General Labour Consulting Corner at the Labour Bureau, the specialized consultants offer consultation service at an interview or on the phone for the workers and the employers concerning various labour-related issues, including dismissal, working conditions, recruitment/employment and bullying at workplace (for free of charge). For location of the General Labour Consulting Corner of the Labour Bureau in your neighborhood, please visit to the website of the Ministry of Health, Labour and Welfare.

**Reference** Column “Efforts at labour consulting ~ example of Osaka Labour Bureau~”, “Promoting comprehensive measures for individual labour-related disputes” Section 7-3-(7) Chapter 2 of Part 2 and the website of the Ministry of Health, Labour and Welfare about the “Information on General Labour Consulting Corner.”

URL ▶ <http://www.mhlw.go.jp/>

Ko

When you are in trouble, the housing allowance is offered to help pay the rent.

Stable housing is indispensable for hunting and getting a job. The “Emergency special measure project for housing allowance (Housing allowance) has been implemented since October 2009 to enable job losers to be engaged in job seeking activity without anxieties.

**Reference** “Emergency special measure project for housing allowance (Housing allowance)” in Section 6-2-(3)-2)-(i) Chapter 2 of Part2

E

You can take HIV test at the health center for free and anonymously.

HIV tests are offered at the health centers nationwide. You can take the test for free and anonymously to protect your privacy.

**Reference** HIV tests are offered at the health centers nationwide. You can take the test for free and anonymously to protect your privacy.

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## Through support is necessary for mental health care at workplace.

About 60% of workers feel strong anxieties, worries and stress concerning their jobs and career lives, and thus, the measures for mental health at workplace is important. The Ministry of Health, Labour and Welfare launched the “website specializing in mental health for workers” called “Kokoro-no-Mimi” (<http://kokoro.mhlw.go.jp/>) .

**Reference**

Column “What overwork causes to health ~Ex. Osaka Occupational Health Promotion Center”, Column “Mental healthcare in workplaces ~Ex. Hokkaido Occupational Health Promotion Center~”, “Improvement of measures for securing workers’ health” Section 7-3-(3)-2) Chapter 2 of Part 2

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A

## Workers’ accident compensation insurance allows you to work without anxieties.

The Worker’s Accident Compensation Insurance is a system to pay insurance benefit in order to protect workers, who are suffering from injuries, diseases, disabilities or unfortunately died at work or during commuting, as well as to their families.

**Reference**

“Situation of workers’ accident compensation” Section 7-3-(4) Chapter 2 of Part 2

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## Don’t forget to check insurance enrollment for the employment scheduled for over 31 days. ~The Employment Insurance Program~

The employment insurance is a system to offer the basic allowance, etc. to the unemployed workers in order to support their lives, to facilitate their job seeking activities and promote their reemployment. Since April 2010, the application criteria of the employment insurance have been eased from “employment scheduled for a period of over six months” to “employment scheduled for over 31 days”, making additional 2.55 million people eligible for the employment insurance benefit.

**Reference**

“Strengthening safety net function of employment insurance” Section 6 2-(3)-1) Chapter 2 of Part2

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## Nonsmoking is the first step for your good health

The fact that tobacco smoking has negative impact on smokers’ health has been scientifically proven. It also causes various negative impacts, including cancers such as lung cancer, premature delivery, stillbirth and declining birth weight, to the people around smokers and fetus.

**Reference**

“Promotion of tobacco control” Section 5-3-(3) Chapter2 of Part2

Yu

## The system to secure life after retirement without anxieties ~the public pension programs~

The benefits of public pension programs, mainly the old age pension, occupy 70% of the income for households of the elderly, and about 60% of them live only on the public pension. The public pension programs have become an indispensable support for the people's life after retirement.

**Reference** Column "Significance of the public pension program", "Management and operation of universal pension system, which marks its 50th anniversary" Section 8-4, Chapter 2 of Part 2

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Me

## Don't be confused but stay calm in a crisis!

In a disaster such as an earthquake, the government emergently engages in the necessary rescue operation to protect the victims and maintain order in society in cooperation with the local governments, the organizations including Japan Red Cross Society and the people.

**Reference** "Risk management measures conducted by the Ministry of Health, Labour and Welfare" Section 9 Chapter 1 of Part 2

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## Blood donation is essential for our future and can be made by those aged 16 and above.

Blood donation is a volunteer activity to supply blood for free to the patients who need blood transfusion. Those of you aged between 16 and 69 in good health can donate your blood at the blood donation room or mobile blood bank in your neighborhood. Your blood donation is indispensable for the patients' survival.

**Reference** "Recent development in blood business and vaccines supply system" Section 10-3-(5) Chapter 2 of Part 2

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## Eat well balanced meals.

~ Japanese Food Guide Spinning Top~

The Ministry of Health, Labour and Welfare and the Ministry of Agriculture, Forestry and Fisheries jointly compiled "Japanese Food Guide Spinning Top" in June 2005, which clearly shows with illustrations "what" and "how much" we should eat in a day in order to put into practice the "guideline for dietary habits" that indicates the desirable dietary habits.

**Reference** "Nutrition and dietary habits" Section 5-3-(2)-2) Chapter 2 of Part 2

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## We welcome assistance dogs with smile.

Assistance dogs (assistance dogs for physically disabled persons) are the generic name of "guide dogs", "service dogs" and "hearing dogs", which are certified through special training to assist the people who are blind, deaf and have

**Reference** Column "Assistance dogs"

## Hi Join the labour insurance if you employ at least one worker!

Labour Insurance is the collective term for Worker's Accident Compensation Insurance and Employment Insurance. All business entities that employ at least one worker (including part-time workers) must take out the labour insurance program and pay the labour insurance premium in principle regardless of their type of business and size (excluding part of the agriculture, forestry and fishing industry).

**Reference** "Labour Insurance Applications and Contribution Levy System" Section 7-3-(5) Chapter 2 of Part 2

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## Mo Let's promote Positive Action to utilize more women's abilities!

Positive action is a voluntary and active effort of enterprises to eliminate the environment where females have more difficulties than males in exerting their abilities due to the stereotyped perception for gender roles and the discrimination against female workers in the past

**Reference** "Creation of an environment that enables women's continued careers" Section 6-5-(1) Chapter 2 of Part 2

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## Se Childcare mother is another option you can choose along with daycare center.

Childcare mother program (childcare services in a family-type environment) is the service that childcare mothers, who are certified by the mayor of city, town or village, take care of the children mainly under 3 years old of working parents, etc. at their own home in order to offer daycare service in a family-type environment.

## Su Let's aim at all the companies' achieving the employment quota system for persons with disabilities!

The Employment Quota System for Persons with Disabilities is a system to promote the employment of the people with disabilities, which obligates employers to employ over a certain number of disabled persons (statutory employment rate of private companies is 1.8%). The actual employment rate of the all private enterprise (with 56 employees or more) was 1.63% as of June 2009.

**Reference** Column "Promotion of disabled persons' employment ~efforts of "Fujisoft Kikaku Ltd." In Kamakura City, Kanagawa Prefecture", "Expanding employment opportunities through promotion of the employment ratio system" Section 9-4-(2) Chapter2 of Part2

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## N Don't forget to bring your "Medication Notebook" with you to the pharmacy for everyone!

"Medication Notebook" is a notebook to record the names, dosages and number of doses of the drugs you take, which can be obtained at pharmacies. If you show your notebook at the hospital, clinic, dentist and pharmacy, prescription of similar drugs can be checked. The notebook is also useful to prevent side effects if you keep the record of over-the-counter drugs and the name of drugs you had trouble in the past and the foods you are allergic to.

**Reference** Column "Roles of pharmacy for in-home medical care /in-home long-term care"