Okinawa Prefecture

Okinawa Prefecture Tourism Promotion Division

☎098-866-2764　FAX.098-866-2765

http://www.pref.okinawa.jp/

OCVB

Okinawa Convention & Visitors Bureau

☎098-859-6129　FAX.098-859-6222

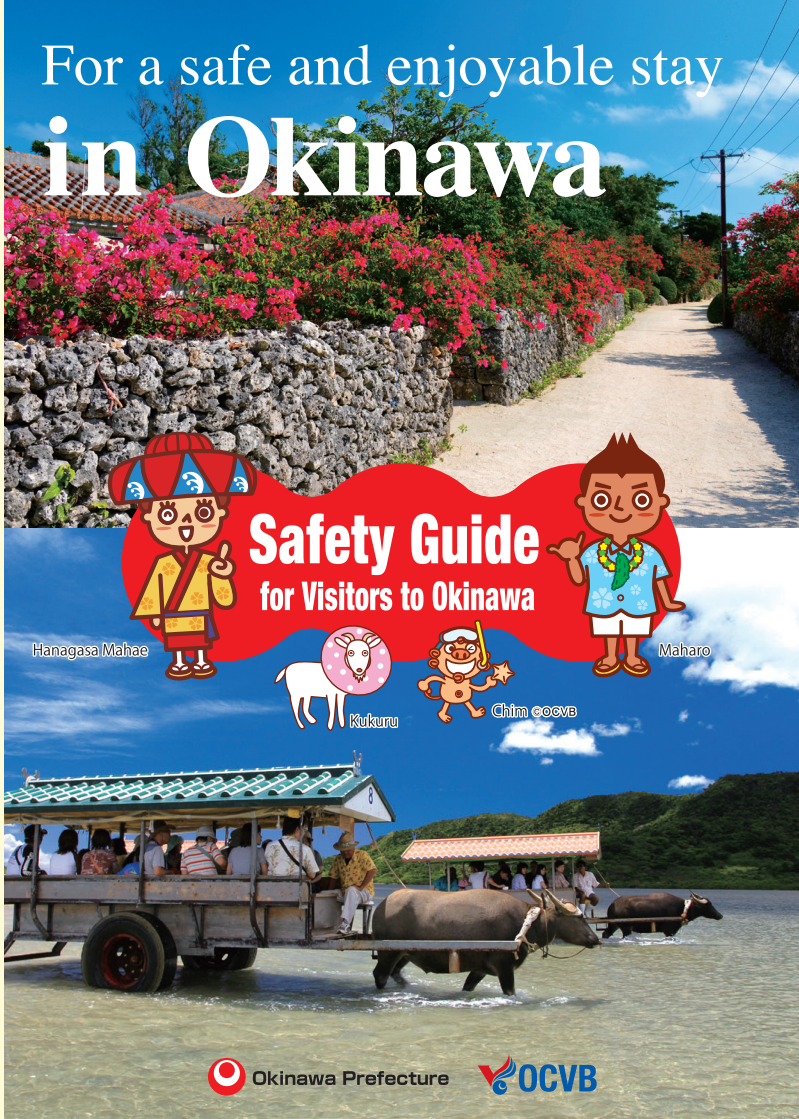
http://www.ocvb.or.jp/

Be Okinawa

https://www.visitokinawa.jp/

2022-03

For a safe and enjoyable stay in Okinawa



Okinawa Prefecture　OCVB

Contacts for Emergencies and Unexpected Incidents

In some locations, only inquiries in Japanese can be handled.
When making an inquiry, please get help from somebody who speaks Japanese.

Accidents and unexpected incidents

- Local police stations …… ☎110
- Ambulance …… ☎119
- Maritime accidents …… ☎118
- Okinawa Police Headquarters …… ☎098-862-0110
- 11th Regional Coast Guard Headquarters ☎098-867-0118

Contacts for Transport Information and Typhoon Information

Okinawa City Monorail	☎098-859-2630
Japan Road Traffic Information Center	☎050-3369-6666
Naha Airport Building	
Domestic Flight Terminal	☎098-840-1179
International Flight Terminal	☎098-840-1350
Weather and typhoon information (Okinawa Meteorological Observatory Weather Center)	☎098-833-4290
Okinawa Bus	☎098-862-6737
Ryuku Bus Kotsu	☎098-852-2510
Naha Bus	☎098-852-2500
Toyo Bus	☎098-947-1040
Okinawa Bus Association	☎098-867-7386
Okinawa Taxi Hire Association	☎098-855-1344
Okinawa Prefectural Hotel and Ryokan Environmental Health Association	☎098-861-4166
Okinawa Rental Car Association	☎098-859-3825
Inquiries about air service availabilite etc.	
ANA	☎098-861-8800
JAL, JTA, RAC	☎098-891-8201
SKY	☎0570-039-283
Solaseed Air	☎0570-037-283
Jetstar	☎0570-550-538
Peach Aviation	☎0570-001-292

Contact information for international airlines

China	China Eastern Airlines	☎098-891-9055
	JUNEYAO AIRLINES	☎098-840-1888
	Air China	☎098-866-8661
	Beijing Capital Airlines	☎86-10-95375
Taiwan	China Airlines Mandarin Airlines	☎098-863-1013
	EVA Air	☎0570-666-737
	Tigerair Taiwan	☎03-6455-0242
Hong Kong	Hong Kong Airlines	☎050-3852-0709
	Cathay Dragon	☎03-6746-1000
Korea	Asiana Airlines	☎0570-082-555
	Jin Air	☎0570-031032
	Jeju Air	☎0570-001-132
	T'way Airlines	☎06-6224-0123
	Eastar Jet	☎+82-1544-0080
	Korean Air	☎0088-21-2001

Contact information of airlines may be changed or temporarily suspended due to the effects of COVID-19. Please confirm the websites of the airlines for the latest information.

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Safety in the Sea

The sea is beautiful, but you must always be prepared. Pay attention to the weather and your physical condition.

Call 118 to report accidents in the sea

Snorkeling

5 safety points

❶ It looks easy, but it takes practice

Learn how to use the snorkel, mask and fins.

❷ Floating isn't easy

Wear a life jacket and wetsuit for more buoyancy.

❸ The sea is beautiful, but hazardous

Swim in designated areas, check the weather and tides, and don't take risks.

❹ Watch your physical condition

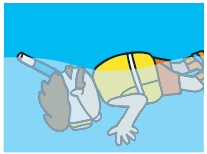
Know your limits and don't go in if you're not in good condition. No drinking alcohol. Accidents involving the middle-aged are increasing.

❺ Don't go alone

When you go in the sea, never go alone.
Take a break after an hour.
Taking appropriate breaks and drinking enough water is also important.

Accidents happen

Learn from an expert or a snorkeling instructor.
Be sure to carefully practice first, in shallow waters where you can stand.



If you lower your chin, the tip of the snorkel goes under and lets water in.

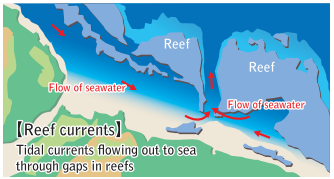
Blow out hard to clear the water from the snorkel.

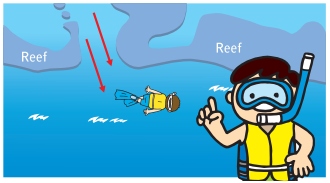
Keep your chin up so the tip of the snorkel stays above the water.

Reef currents

What is a reef current?

It's a strong current that flows out between gaps in a reef.
They often occur where a deep channel is formed between coastal reefs.





If you feel yourself being carried out to sea

❶ Don't swim against the current. Swim parallel to the shore across the current.
❷ When you get out of the reef current, aim for the nearest land.
❸ It's best to avoid getting caught in reef currents at all.

The 11th Regional Coast Guard Headquarters and Ishigaki Coast Guard Office provide Okinawa Reef Current information at their websites.

For ocean safety information
https://www6.kaiho.mlit.go.jp/11kanku/kisyou.html

Call 118 to report accidents in the sea.

Diving

5 safety points

1 Improve your dive skills

Learn the necessary diving skills, and always aim to improve them.

2 Take care of your health

If you have a chronic illness, take advice from your doctor first. Leave plenty of time after diving before getting on a plane.

3 Don't overdo it

If you aren't in the right physical or mental condition for diving on the day, have the courage to pass it up.
Get plenty of sleep, don't drink heavily the day before, and look after your physical condition.

4 Plan and discuss thoroughly

Besides checking dive time, depth, and gas pressure, thoroughly cover entry and exit methods, precautions at each point, hand signals, emergency procedures and so on.
If there's anything you don't understand, ask the dive staff.

5 Inspecting your equipment keeps you safe

Using poorly maintained equipment is very dangerous.
Keep your equipment in perfect condition to enjoy safe diving.

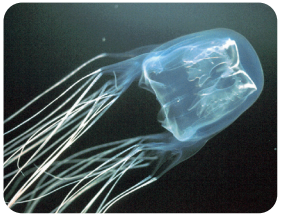
Beware of dangerous sea creatures

The beautiful coral reefs are home to many types of animal, and some of them are poisonous.
Learn how to avoid injury from these dangerous creatures. They won't hurt you if you avoid touching or provoking them unnecessarily.

Jellyfish net

Swim inside the jellyfish net.
*The jellyfish net may not prevent all jellyfish from getting through.

Box Jellyfish



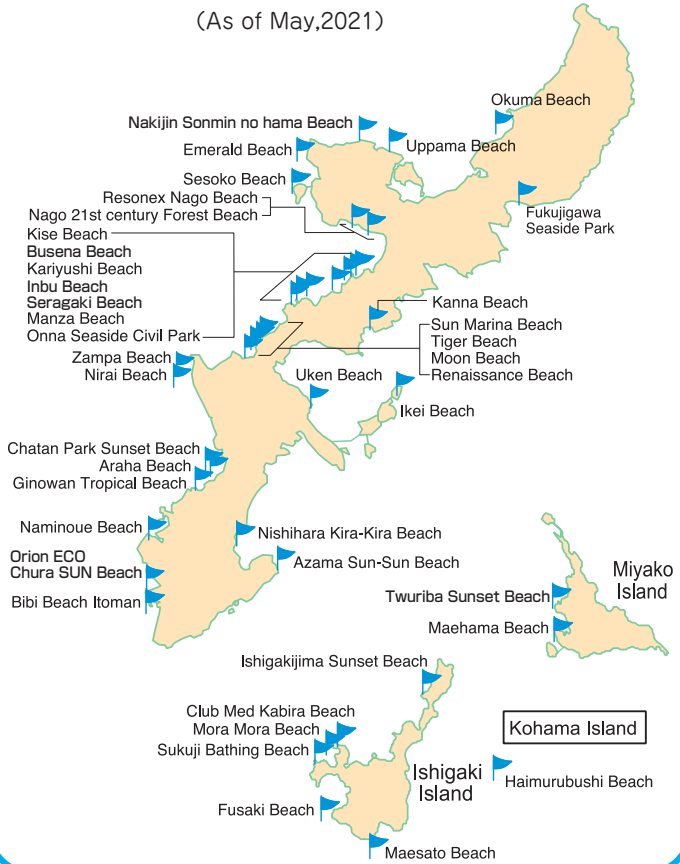
This jellyfish appears from May to October.
It can be found in water as shallow as 50 cm. Its sting is very painful and can cause shock.

First Aid for box jellyfish stings

1. If you're stung, get out of the sea right away. Do NOT rub the affected area.
2. Pour plenty of vinegar on the affected area.
   * Vinegar is only effective for box jellyfish stings. Do not use it for other jellyfish stings.
3. Gently remove the tentacles by hand.
4. If it hurts, apply ice or cold water.
   * If the victim stops breathing, perform artificial respiration and heart massage immediately.

Beaches with jellyfish nets

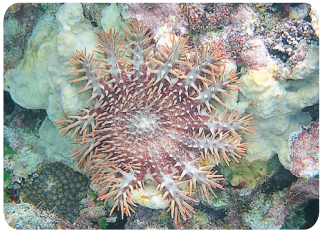
(As of May,2021)



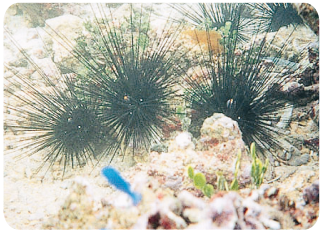
- The setting of jellyfish-prevention nets shall be considered at the bathing beaches registered under the Ordinance. (Okinawa Prefecture Ordinance for the Prevention of Water-related Accidents and Protection of Swimmers)
- The timing of installing jellyfish-prevention nets varies depending on the beach, and so some beaches may not have the nets yet.
  Visitors are recommended to directly confirm the state at the beach.

Other dangerous creatures of the sea

If you get injured, apply first aid and go to hospital.Don't judge your condition yourself.



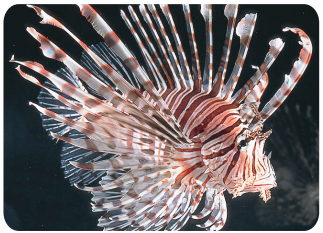
Crown-of-thorns starfish



Sea urchin

Stonefish

Striped catfish eel



Lionfish

Flower urchin

First Aid

Remove any large, visible spines, and bathe in 40 to 45°C water. You can also put hot water in a plastic bag and apply it to the affected area. Be careful not to burn yourself.

Sea anemone(Phyllodiscus semoni)

Sea anemone(Actineria villosa)

First Aid Avoid rubbing the affected area. Wash off any stingers with seawater, then apply ice or cold water. DO NOT use vinegar. It may cause the stingers to trigger more.

Blue-banded sea snake

Geography Cone

First Aid Clean the wound and get the victim to a hospital as quickly as possible.

Portuguese Man O' War

First Aid

Wash off the tentacles with seawater and apply ice or cold water. DO NOT use vinegar.

All species of blue ringed octopuses

First Aid

Do not attempt to suck venom from the wound with your mouth. Clean it and get the victim to a hospital as quickly as possible.

Source: Okinawa Prefecture Institute for Public Health and Environment

In Order to Have a Fun Island Trip

There are no convenience stores or drug stores on islands other than the main island of Okinawa, Miyako Island, or Ishigaki Island.

●Each island has its own culture and traditions, and is surrounded by abundant nature. The calm atmosphere and quiet daily life differs from Okinawa Island, Miyako Island, and Ishigaki Island.

Part of Okinawa's charm lays in the inconvenient areas. In order to enjoy your island trip, please abide by the following:

1. Bring more than the usual amount of medicine

When the weather is bad or a typhoon hits the islands, the length of time for items to be out of stock may unexpectedly increase.

Types and amounts of clinical medicine are limited, so not all types of medicine are able to be prescribed. If you run out or even have a doctor consultation, there is a chance that prescriptions will unable to be filled or may be changed to a generic brand.

- **Please know how much medicine you have been prescribed daily.** (For those staying for a length of time, please bring a Patient Referral Document from your attending physician.)
- **Please bring extra medicine for chronic diseases.**
- **Please bring prescription medication for if/when you have fits.**

2. Visit a doctor as soon as you do not feel well

As soon as you start to feel unwell, such as headaches or stomachaches, **please consult a doctor within the day, as soon as possible.** (It may take time to get to a consultation if coming from the ocean or mountains.)

3. Please be on time to doctor's appointments!

Doctors are assets to the islands. Some outer island clinics only have one doctor and/or nurse on hand.

Attend a consultation during a clinic's business hours, and please do not visit a clinic outside business hours unless for an emergency.

You can check the business hours of each clinic here:

—Okinawa Prefectural Hospital Bureau—

Heatstroke and Ultraviolet Rays

Heatstroke

What is heatstroke?

Heatstroke is the general term for the condition where the balance of water and sodium in the body is lost in a hot environment and your body becomes unable to regulate its temperature. It can lead to death. But it can be prevented easily, and proper first aid can save the lives of heatstroke victims.

Onsite First Aid

❶Move to a cool place

Move to a cool place with shade and a breeze, or an air-conditioned room.

❷Remove clothing and cool off

Loosen clothing and apply ice or cold water to the neck, armpits, and groin to cool the body.

❸Consume fluids and salts

Drink cold water or sports drinks. (However, do not give fluids to a person who is not fully conscious.)

❹Go to hospital

If the person is not fully conscious and can't take fluids by themselves, take them to hospital immediately.

Prevention

○Take frequent drinks

○Limit time spent swimming in the sea when the sun is high.

○Use a hat or parasol

○Stay out of the heat, wear open-necked clothing and so on.

○When playing sports or other activities that involve sweating, consume plenty of fluids and salts.

○Be careful when tempereture rises rapidly.

○Use a fan indoors.

Ultraviolet rays

Okinawa's ultraviolet rays

The ultraviolet rays in Okinawa are stronger than in other regions. Sunburn caused by ultraviolet rays causes fever, blistering and pain. Severe sunburn can require hospitalization. To avoid damaging your health, take precautions against ultraviolet rays.

Prevention

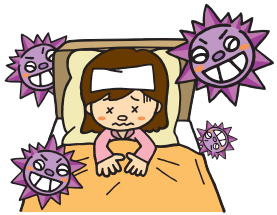
○Wear a hat
○Cover up with clothing
○ Be sure to cover yourself with sunblock and reapply appropriately
○Make use of shade
○Wear sunglasses

Preventing Infectious Disease

Infectious diseases particular to Okinawa Prefecture

- Cases of leptospirosis have been reported.

In the summer there are many opportunities to have fun in rivers, but it can occasionally result in Leptospira infection through the skin. If you have a sudden fever, conjuctivitis, and aching muscles 5 to 14 days after going in a river, consult a doctor.



Beware of influenza

- In Okinawa, influenza spreads in the summer too. Wash your hands and gargle frequently.

Prevent secondary infection

An infected person can infect those around them.

- Fever, coughing, sneezing, vomiting, diarrhea etc.
- Consult a doctor promptly.

Block the transmission routes

- Recommend a mask to a person with a cough.
- Take care when cleaning up diarrhea or vomit.
- Norovirus gastroenteritis spreads through secondary infection.

Obtain information about the spread of infectious diseases. ★

- Okinawa Infectious Diseases Information Center TEL 098-987-8211
- Okinawa Prefecture Regional Health Department ····· TEL 098-866-2215

Consult the nearest public health center ★ ★

- Northern Health Center ····· TEL 0980-52-2714
  (Hokubu, Iheya, Izena regions)
- Central Health Center ····· TEL 098-938-9886
  (Chubu region)
- Naha Public Health Center (Naha City)····· TEL 098-853-7971
- Southern Health Center ····· TEL 098-889-6351
  (Urasoe City, Nambu region, outlying islands, Minami and Kita Daitojima regions)
- Miyako Health Center ····· TEL 0980-72-2420
  (Miyako region)
- Yaeyama Health Center ····· TEL 0980-82-3240
  (Yaeyama region)

*Inquiries in Japanese only

Disaster Response

What to do in a Typhoon

Do not go outside, stay in your hotel: flying objects may hit you or you will be blown away.

Carefully watch the weather information before going out even when the storm is gone.

Keep away from glass windows when it is stormy.

Stay away from the beaches even after a typhoon passes through. Waves remain high.

Buses, monorails, planes, ships and other transportation may be affected, so check that services are running first.

If you are traveling in a group or on a package tour, consult your travel agent.

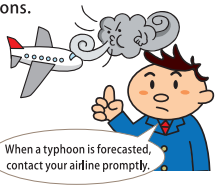
If you have an individual ticket, directly contact the airline that you have booked with.

*Use the following sites to obtain information about typhoons.

Japan Meteorological Agency
http://www.jma.go.jp/jma/index.html

Okinawa Tourism Information Website "Be.Okinawa"
https://www.visitokinawa.jp/

「Be.Okinawa」



What to do in a Major Earthquake

If you are in a hotel

- Stay away from furniture and glass windows, keep yourself low and protect your head from falling objects.
- Do not rush outside. Falling pieces of glasses and tiles may hit you outside.
- Open the door of your guest room to secure your evacuation route.
- Stay there until the shakes are over. Then, follow the instruction of hotel staff.

If you are outdoors

- Crouch on the ground and protect your head from falling objects.
- Stay away from block walls, cliffs, coast, rivers and narrow roads.
- Run to a nearby open space.

If you are driving

- Slow down and park your car on the shoulder of the road. Turn off the motor.
- Wait inside the car until the major shakes are over.
- Turn on the radio for emergency information.
- Do not lock the doors, with your key inside, when you leave the car.

Tsunami

- Beware of tsunami; a tsunami may follow a major earthquake. If you are driving on the coast or near a river, make a shelter to a higher ground or a tall building.

When you hear a Tsunami Alert

★When you hear a Tsunami Alert★

- Immediately leave the coastal area and run to a high ground or an upper level of a sturdy building.
- Inquire those around you if you do not know where to evacuate. If you are at an accommodation facility, check and see the evacuation route from your room in advance.
- Warn swimmers in the beach to evacuate, and quickly run away from the coast.
- Do not ever approach the sea until the tsunami alert has been completely lifted.

★Check the Elevation★

- At major tourist sites, you will find signs to show the elevation from the sea level.
- Make sure you reach a shelter above sea level as high as possible, when you are evacuated.
- Check the elevation of the place when you are visiting a coastal area.

★Cooperate in Evacuation★

- In case of evacuation, act promptly and follow the instruction of the hotel staff and local people.
- Help evacuate someone who is in need of assistance or ask for help to people nearby.

See the following for Disaster Information

For your safety, check the Okinawa Disaster Prevention and Information Portal Site

This portal site provides information and related services concerning possible disasters in Okinawa.

- Information issued by local authorities including evacuation advisories, evacuation orders, and information on areas open as evacuation centers
- Information issued by the Meteorological Agency including weather advisories and alerts, emergency warnings, earthquake and tsunami information
- Information issued by the Fire and Disaster Management Agency for protection of the public
- Registration to receive disaster prevention information by email or social media

Registration is free of charge!

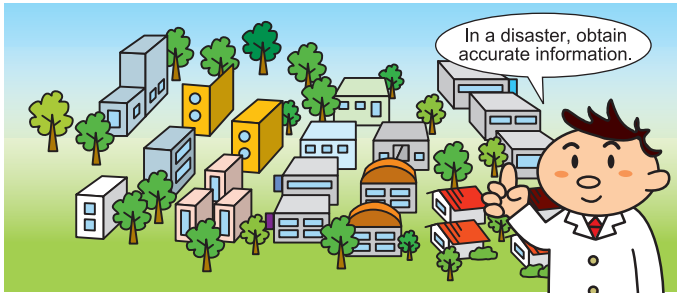
Check the URL and QR code in advance

PC http://www.bousai.okinawa.jp/eng

Mobile http://www.bousai.okinawa.jp/eng/sp

PC Mobile

Enquiries about the portal site: Disaster Prevention and Risk Management Division, Office of the Governor of Okinawa Prefecture TEL 098-866-2143



Beware of theft from vehicles!

★ 3 steps to avoid becoming a victim ★

- Do not leave valuables in your vehicle!
- Make sure to lock the doors of your vehicle!
- Do not park on the road!

Be careful with your belongings

Crime prevention points

- ◆ Carry your valuables (wallets, mobile phones, bags, etc.) close to your body.
- ◆ Use coin lockers or similar storage options.
- ◆ Do not leave your personal belongings anywhere, even for a short time.

Do Not Drink and Drive!

STOP!! 飲酒運転

Drinking and driving is unforgivable!
Do not drink and drive or let anybody else drink and drive!

Sleeping it off is no guarantee!

【Morning-After Driving】
Roughly 25% of people arrested for drunk driving are Morning-After Drivers (driving between the hours of 6 and 10 AM). If you are going to be driving the next day, make sure you keep your drinking to within the appropriate amount.

Beware of touts

◎We ask for the cooperation of residents and visitors in ensuring that patrons of entertainment districts can enjoy their visit, free of harassment by touts.

Directly accosting specific persons to solicit them as customers or employees of adult entertainment businesses is prohibited.

Churasan Campaign

Building a welcoming community

These are crime prevention activities that all prefectural residents are undertake so that Okinawa Prefecture will remain attractive and crime-free and offer peace and security to locals and visitors alike.

poisonous snakes

Beware of Habu!

Identification

The head of snakes in the habu family is covered in many small scales, while other kinds of snakes have larger scales. The pattern on the body of the habu looks like the picture below.

Habu patterning

Hime habu
There are black spots on the gray or brown body.

Habu
There are black complex patterns on the yellow or white background. Eats mice so is often found near houses

Habu facts

More active from April to November, it doesn't hibernate and is active most of the year. It is nocturnal and during the daytime it hides in walls, holes and thickets. It eats mainly mice. It is good at climbing trees and swimming. It doesn't jump.

Sakishima habu
Black zigzag pattern on a brown background

What to do if you get bitten First Aid

❶ Keep calm and check if it was a habu.

Even if you can't identify the type of snake, the habu leaves two fang marks. It may leave from one to four bite marks. Within five minutes, the bitten area swells and becomes very painful.

❷ If you think it's a habu bite, call loudly for help and ask to be taken to hospital.

If you run, the poison circulates faster, so go to hospital by car. If you must walk, go slowly.

❸ If it will take time to get to hospital, loosely bind the affected part leaving enough space to insert a finger.

Bind the wounded part in the nearest location from the heart to reduce bleeding. Absolutely do not attempt to use a thin cord or similar item as a tourniquet. Tight binding will stop blood circulation and make an adverse effect. Please be sure to unbind once every 15 minutes.

Fatal! Please see a doctor if you are bitten by a habu snake.

【Inquiries about habu】

■ Okinawa Prefecture Health and Medical Department, Hygiene and Drug Division
TEL.098-866-2055

■ Health and Biolgy Team,Institute of Health and Environment
TEL.098-987-8223

*Inquiries in Japanese only

Protect the Okinawa rail and Iriomote wildcat from traffic accidents

These creatures are getting hurt and killed

On the northern part of the main island and on Iriomote Island, drive slowly and enjoy the views.

A crested serpent eagle on a branch

A healthy Iriomote wildcat

Okinawa rails crossing the road

You can avoid harming the Okinawa rail, Iriomote wildcat and other animals by driving more slowly.

The Okinawa rail, Iriomote wildcat and other rare animals are getting hurt in traffic accidents. Visitors to Okinawa should drive slowly enough to stop for wildlife on the roads. If you do accidentally hit an animal with your car, it will not be treated as a crime. Please report the incident so that the animal can be cared for.

Contact

Okinawa rail and Ryukyu rat

- Kuina Line ····· TEL 090-6857-8917
- Ministry of the Environment Yambaru Wildlife Conservation Center Ufugi Nature Museum TEL 0980-50-1025

Iriomote wildcat and crested serpent eagle

- Iriomote Wildlife Center ····· TEL 0980-85-5581

Crested serpent eagle

- Ishigaki Nature Conservation Office ·· TEL 0980-82-4768

A prompt call can help save a precious life.

*Inquiries in Japanese only

Contacts for emergency illness or injury

Northern Region

Okinawa Prefectural Hokubu Hospital	☎0980-52-2719
Northern Okinawa Medical Center EN	☎0980-54-1111

Central Region

Heartlife Hospital EN	☎098-895-3255
Chubu Tokushukai Hospital EN ZH KO RU TH	☎098-932-1110
Nakagami Hospital EN	☎098-939-1300

Naha, Urasoe, Southern Region

University of the Ryukyus Hospital EN	☎098-895-3331
Urasoe General Hospital EN ZH KO ES PT	☎098-878-0231
Makiminato Central Hospital EN	☎098-877-0575
Okinawa Prefectural Nanbu Medical Center & Children's Medical Center EN ZH KO PT	☎098-888-0123
Naha City Hospital EN	☎098-884-5111
Ohama Daiichi Hospital EN	☎098-866-5171
Okinawa Kyodo Hospital EN	☎098-853-1200
Tomishiro Central Hospital EN ZH KO ES PT	☎098-850-3811
Okinawa Daiichi Hospital	☎098-888-1151
Nanbu Tokushukai Hospital EN ZH KO RU ES TH	☎098-998-3221

Miyako Region

Okinawa Prefectural Miyako Hospital EN	☎0980-72-3151

Medical Interpretation is Available in the Following Languages

EN English ZH Chinese KO Korean RU Russian ES Spanish PT Portuguese TH Thai

*A symbol indicates that phone support is also available in that language.
Example: EN

*Support may not be available depending on the nature of the inquiry or when a staff member that speaks the language in question is not available.

*Hospitals receive emergency care facility designations for fixed periods.
Call in advance to make sure the hospital can take an emergency patient.

How to use an emergency care hospital

Ambulance
Call 119

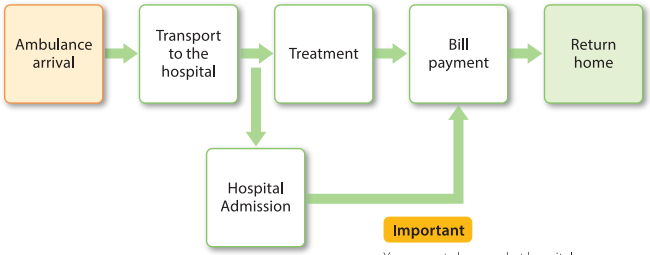
Be transported to an emergency care hospital in the event of a traffic accident or other emergency.

If you need an ambulance, show the sentence below to a nearby Japanese person so they will call one for you.

救急車を呼んでください。

(Please call an ambulance.)

Procedure from arrival of the ambulance



Important

You cannot choose what hospital you will be brought to. Depending on your condition, you may be given treatment without questioning, so it is important to fill out p. 27.

*3

AED

There is a device that can be used if someone has heart problems and collapses while out of the home. This device is called an Automated External Defibrillator (AED). When actually using the device, you find illustrated instructions inside the AED package after you open it, so follow those instructions. Many airports and other public facilities have AEDs.

List of medical institutions that accept overseas visitors

List of medical institutions around Japan that are well-prepared to accommodate foreign patients.
http://www.jnto.go.jp/eng/arrange/essential/emergency/mi_guide.html#search

Reference source : *3 Japan Foundation for Emergency Medicine, Others : JIS T0103:2005

How to use medical institutions and important points

Procedure
from hospital reception
to payment

Reception

Fill out medical sheet.

Receive doctor examination and treatment, and receive a prescription.<1>

Complete payment.<2>

Submit prescription to pharmacy and purchase medications.<3>

If you do not need doctors' assistance.

- Nearby pharmacy
- Drugstore

∗ Consult a pharmacist, if possible.
∗ Some types of medicines cannot be purchased at night when the pharmacist is not there.

Important

The medical care system varies by country. Avoid difficulties by learning about them in advance. Ask for a general estimate of the treatment cost at reception.

∗ There is a limited number of medical institutions that can accommodate other languages.

<1> Be sure to listen carefully to the explanation of the examination results.

<2> Payment here is the cost for treatment received up to this point. Keep in mind that payment by credit card is only accepted at major hospitals. Clinics generally accept cash only.

With cash-free international travel medical insurance, no payments are necessary.
Note: The cash-free conditions vary by insurance company. Please check beforehand.

<3> You will be charged separately at the pharmacy for any medicine you need. Some medical institutions provide in-house prescriptions.

Reference source : JIS T0103:2005

症状・病状説明のための指さしシート

Page for pointing to symptoms and their descriptions.

痛みや症状の程度を示します
Please indicate the severity of your pain or symptoms.

我慢できる Tolerable

かなり辛い Very severe

- 頭が痛い
  I have a headache.

*4
- 熱がある
  I have a fever.

*6
- めまいがする
  I feel dizzy.

- 腹が痛い
  I have a pain in my abdomen.
- 胃が痛い
  I have a stomachache.
- 下痢
  I have diarrhea.

- 眼が痛い
  My eye hurts.
- 見えない・見えにくい
  I cannot see well.
- 眼のかゆみ
  My eyes are itchy.

*8
- 喉が痛い
  I have a sore throat.
- 声が出ない
  I have lost my voice.
- たんが出る
  I cough up phlegm.
- せきが出る
  I have a cough.

- 鼻水が出る
  I have a runny nose.
- 鼻血が出る
  I have a nosebleed.
- くしゃみ
  I am sneezing.

- 耳が痛い
  My ear hurts.
- 聞こえない
  I cannot hear well.
- 耳鳴り
  My ears are ringing.

*5
- 口の中が痛い
  My mouth hurts.
- 舌が痛い
  My tongue hurts.
- 味がわからない
  My taste is dull.

- 歯が痛い
  I have a toothache.
- 歯茎が痛い
  My gums hurt.

*7
- 首が回らない
  My neck is stiff.
- 首が痛い
  My neck hurts.
- 首が腫れている
  My neck is swollen.

- 腰が痛い
  My lower back hurts.
- 下肢にしびれがある
  My legs are numb.

- 膝が痛い
  My knee hurts.
- 曲げられない
  I cannot bend my knees.
- 歩けない
  I cannot walk.

- 胸が痛い
  My chest hurts.
- 動悸がする
  I am having chest palpitations.
- 脈が乱れる
  My pulse is irregular.

*9
- 息苦しい
  I have difficulty breathing.
- ヒューヒューする
  I am wheezing (lightly).
- ゼーゼーする
  I am wheezing (heavily).
- 息切れがする
  I am out of breath.

*11
- 血尿がでた
  There is blood in my urine.
- 排尿困難
  I have difficulty urinating.
- 頻尿
  I have to urinate frequently.
- 排尿時に痛みがある
  Urinating is painful.

- かぶれた
  I have a rash (in one place).
- 発疹がでた
  I have a rash (all over).
- かゆみがひどい
  I am very itchy.
- じんましん
  I have hives.

*10
- お腹が痛い
  I have a pain in my abdomen.
- お腹が張る
  I am bloated.
- 膣から出血
  I have vaginal bleeding.
- 膣から水が出た
  I am leaking water.
- 赤ちゃんについて気になることがある
  I worry about the baby.

- 不正出血
  I am having irregular bleeding.
- 腹が痛い
  I have a pain in my abdomen.

- 泣き続けている
  My baby won't stop crying.
- 吐いた
  My baby threw up.
- 熱がある
  My baby has a fever.
- 食事をしない
  My baby won't eat.
- 元気がない
  My baby is listless.

- ケガをした
  I injured myself.
- 交通事故
  I was in a traffic accident.
- ころんだ
  I fell down.
- あたった
  I bumped against something.
- 落ちた
  I fell.
- 切った
  I cut myself.
- 刺さった
  I pricked myself.
- やけどをした
  I burned myself.
- 虫に刺された
  I was stung/bitten by an insect.

Reference source : *4, *5, *6, *7, *8, *9, 10, *11 Japan Tourism Agency, Others：JIS T0103:2005

書いておけば安心　医療に関する自分情報

Personal information concerning medical care to write down

氏名 Name

性別 Gender
男性 ／ 女性
Male/Female

生年月日 Date of birth

年齢 Age
歳 years old

- 現在治療中の疾患（ある／なし）
  Are you currently in treatment for any illnesses? (Yes / No)

- 現在服用中の薬（ある／なし）
  Are you currently taking any medications? (Yes / No)

- 妊娠について（している・していない） Are you pregnant? (Yes / No)
- 既往症 Past illnesses

- アレルギー　薬／食物／虫（ハチなど）／動物／そのほか
  Allergies to medications, foods, insects (e.g. bees), animals, other

※具体的に書いてください
*Please use specifics.

- 通常の会話は何語を使いますか？（　　）
  What is your language of preference?
- 信仰する宗教は？（　　）
  Do you practice a particular religion?

Reference source : Japan Tourism Agency