

きゅうきゅう

こども救急ガイド

Emergency Medical Care Guide for Children



< When your child feels sick >

Please check the "emergency medical check list" to see what needs to be done for the child.

Please check the list on page 2 and 3.

If your child's symptoms
apply to any in the list:

If your child's symptoms
do not apply to any in the list:

Please see the doctor immediately.

**During the hospital
opening hours:**

Please see the
pediatrician nearby.
Many pediatrics are
closed on Wednesdays
and Thursdays.
Please check the opening
hours before you go.

Nighttime and holidays:

Please visit one of the emergency
centers
on page 8 and 9.
Please call beforehand.
Kofu city : 055-226-3399
Fujiyoshida city : 0555-24-9977

**During the
hospital opening
hours:**

Please see the
pediatrician nearby.

Nighttime and holidays:

Please take care of the
child at home following the
instructions on page 4 to 7.
See how the child feels and
see the doctor during the next
hospital opening hours.
If the symptoms of the child
changes, please check the list
on page 2 and 3 again.

Emergency Medical Check List!



救急チェックリスト!

一つでもチェックがあればすぐに病院へいきましょう!

If your child's symptoms apply to any in the list, please see the doctor immediately!

※ Severe case for ones with mark: Please call an ambulance (call 119).

発熱 High Fever

- 生後3か月以下で、38度以上の発熱
Baby under 3 months old with temperature over 38°C (100.4°F)
- 意識がおかしい、ぐったりしている
The child does not respond and looks weary.
- 水分を受けつけない、おしっこが半日くらいでない
Doesn't drink fluids at all. Hasn't urinated for about half a day.
- 下痢や嘔吐を繰り返す
The child has diarrhea and vomits repeatedly.
- けいれんをおこした
The child has a seizure.
- 顔色が悪く、あやしても笑わない
The child looks pale and doesn't smile even if you play with the child.
- 夜も眠らず機嫌が悪い
The child doesn't sleep at night and isn't feeling well.
- 呼吸がおかしい
The child has an abnormal breathing pattern.
- 熱が出る前に、高温多湿の場所に長くいた(熱中症の可能性あり)
The child has been in a hot and humid place for a long time before having a high fever. (Possibility of heat emergency)



ぜんそくの発作 Asthma Attack

- ※ 顔色や唇の色が青い時(チアノーゼ)
→至急受診が必要
※ Bluish color to the face and lips (cyanosis)
→ Please see the doctor immediately.
- ※ 呼吸が苦しそうで顔色が悪いのに、ゼーゼーやヒューヒューがほとんど、または全く聞こえない(重症の発作)
→至急受診が必要
※ Extreme difficulty breathing and bluish color to the face, but not much wheezing, hacking cough or you hear nothing when the child breathes. (severe case of asthma attack)
→ Please see the doctor immediately.

けいれん Seizure

- はじめてのけいれん
The child is having a seizure for the first time.
- 生後6か月未満
Baby less than 6 months old has a seizure.
- 5分以上続くけいれん、顔色が紫色になっている
A seizure lasting more than 5 minutes. Face color of the child turns pale.
- けいれん後、意識がもどらないうちに、再度けいれんが起きたとき
Another seizure starts before the child becomes conscious after the previous seizure
- けいれんが治まり、1時間以上たっても意識がはっきりしない
The child does not become conscious for more than an hour after the seizure has stopped.
- 24時間以内に2回以上けいれんがおきた
The child is having seizures more than twice within 24 hours.
- けいれんが左右対称でない
The symptoms of the seizure on the child's body is not symmetric.
- 体温が38度以下でけいれんをおこした
The child who has a temperature under 38°C (100.4°F) has a seizure.

下痢 Diarrhea

- いちごゼリー状の便→至急受診が必要
The child has stools which look like strawberry jelly. → Please see the doctor immediately.
- 高熱や繰り返しの嘔吐がある
The child has a high fever or vomits repeatedly.
- 強い腹痛がある
The child has an acute stomachache.
- 下痢が1日6回以上ある
The child has diarrhea more than six times a day.
- 白っぽい便、血液が混じっている便、のりのような黒っぽい便がでる
The child's stools are whitish or black like seaweed or contain blood.
- 機嫌が悪く水分をほとんど飲まない
The child is not feeling well and doesn't drink almost any fluids.
- おしっこが半日くらい出ない
The child hasn't urinated for about half a day.
- 唇や舌が乾いている
The child's lips or tongue are dry.



咳 Cough

- ❁□ 顔色や唇の色が青い時 (チアノーゼ)
→至急受診が必要

❁ Bluish color to the face and lips (cyanosis)
→ Please see the doctor immediately.

- 咳があり、熱もあり、ぐったりしている
The child coughs, has a high fever and is weary.
- 咳き込み激しく、呼吸困難の兆候あり→5ページ参照
The child coughs intensely and has extreme difficulty breathing. Please refer to page 5.
- 呼吸困難で、横になれない、苦しくて動けない
The child has extreme difficulty breathing and cannot lie down or cannot move because the child is suffering too much.
- 一日中、咳が止まらない
The child keeps coughing all day long.
- 1分間の呼吸 赤ちゃん60回以上、幼児40回以上、小学生30回以上のとき
Number of the child's breaths in one minute (for baby: more than 60 times/ child: 40 times/ 6 years old to 12 years old: 30 times)

嘔吐 Vomiting

- ❁□ 10~30分おきに腹痛を繰り返す (激しく泣く)、
血便がある→至急受診が必要

❁ The child has an stomachache repeatedly at 10 to 30 minutes intervals (cries very hard), and the child's stools have blood in it. → Please see the doctor immediately.

- ❁□ けいれんをとまったり、意識がぼんやりしている
→至急受診が必要

❁ The child has a seizure and becomes unconscious. → Please see the doctor immediately.

- ❁□ ひどい腹痛や強い頭痛を伴う嘔吐、または強く頭を打った後の嘔吐→至急受診が必要

❁ The child has a severe stomachache or severe headache or if vomiting took place after the child hit his/her head really hard. → Please see the doctor immediately.

- 嘔吐と下痢を同時に何回も繰り返す
The child has diarrhea and vomits at the same time repeatedly.
- 吐いたものに血液や胆汁 (緑色) が混じる
The child's vomit contains blood or green fluid (bile) in it.
- 何回も吐いた後、コーヒーかすのような色や黄色の胃液になった
After the child has vomited many times, the child's vomit is the color of coffee grounds or contains yellow fluids (gastric fluid).
- おしっこが半日くらいでない
The child hasn't urinated for about half a day.
- 唇や舌が乾いている
The child's lips or tongue are dry.

腹痛 Stomachache

- ぐったりして泣いてばかりいる
The child is weary and keeps crying.
- おなかをかがめて痛がる
The child suffers from a stomachache even as much to bend forward.
- おなか痛くて歩けない
The child cannot walk because of a stomachache.
- おなかを触ると痛がる
The child feels an ache when you touch his/her stomach.
- 飛び跳ねるとおなかを痛がり、繰り返せない
The child feels an ache in the stomach when the child jumps and cannot jump any more.
- 陰嚢がはれている、ももの付け根が腫れている
The child's scrotum or groin (junction between the body and leg) is swelling.
- 下痢、嘔吐を伴っている
The child has diarrhea and is vomiting.
- 赤ちゃんが足を縮めて激しく泣いたり、間隔をおいて発作的に泣く
The baby cries hard with the feet drawing in or the baby cries out suddenly, with intervals, again and again.
- 便に血が混じる The child's stools have blood in it.



その他 Others

- アナフィラキシーショック Anaphylactic shock
何かを食べたり、薬を飲んだ後に、急にじんましんが出て、せこせこして、息が苦しそうになり、意識がもうろうとしたりなどのショック症状の事→至急受診が必要 → 救急車 (☎ 電話番号 119) を呼びましょう。

After having eaten something or had medicine, the child suddenly has hives, becomes wheezing, has difficulty breathing, and becomes unconscious. Anaphylactic shock includes all sorts of shock symptoms. → Please see the doctor immediately. **Please call an ambulance (call 119).**

- **こんなときは救急車 (☎ 電話番号 119) へ!**
Please call an ambulance (call 119), if:

- ◆意識がない The child is unconscious.
- ◆けいれんが止まらない
The child has a seizure and it does not stop.
- ◆息づかいが明らかに呼吸が困難になっている
The child has difficulty breathing.
- ◆激痛 (頭痛・腹痛・胸痛) がある
The child has an acute pain (headache, stomachache and chest pain).
- ◆出血が激しく止まらない
The child is bleeding and it does not stop.

これらはあくまでも、受診の目安です。
熱がなくても吐いたりしてなくても、ぐったりして元気がない時、こどもの様子が普段と違うと思ったら受診しましょう!
These are some suggestions for seeing the doctor. However, if the child is weary and looks different from usual, though the child might not have a fever or does not vomit, please see the doctor.

こんなときは家で様子を見ても大丈夫*

You can take care of the child at home, if the child applies to the following symptoms.*

通常の診察時間内に受診しましょう！

Please see the doctor during the next hospital opening hours.

ホームケア

発熱 Fever

- 水分や食事が取れる
The child can drink fluids and eat meals.
- 熱があっても普通に睡眠がとれる
The child can sleep as usual even with the fever.
- あやせば笑う、遊ぼうとする、機嫌が悪くない、顔色も悪くない
The child smiles if you play with him/her, tries to play, is in a good mood, and is not pale.
- 薄着にすると機嫌がよくなる
The child feels better if you let the child wear light clothing.



診察時間内に病院へ
Please see the doctor during
the hospital opening hours.
(夜中なら朝まで待って受診)
(If it is at night, please wait
until the next morning.)

チェックポイント Checkpoints

- ◆ 発熱以外の症状の有無
Does the child have other
symptoms besides fever?
- ◆ 体温
The child's temperature

★ケアポイント★ How to take care of the child:

- ① 体温と全身状態を観察。熱が高くなり、手足や体が熱くなれば、薄着にして、ふとんの枚数を調節。
Please check the child's temperature and the child's whole body. If the child has a high fever and the child's hands and feet are hot, please let the child wear light clothing and adjust the child's temperature with the amount of the blankets the child uses.
- ② 水分補給をしっかりと行う。 Please let the child drink plenty of fluids.
乳児：子供用イオン飲料など。
小児：お茶や水で薄めたスポーツドリンク等も OK。
Baby: Electrolyte solutions and similar drinks for children available in drug-stores.
Child: Electrolyte solutions available in drugstores weakened with green tea or water and similar drinks.
- ③ 母乳やミルクや食事は、欲しがれば与えても OK。
The child can have breast milk, milk, or foods, but only if the child asks for them.
- ④ アイスノンや冷却シートなどで、頭、首の周り、わきの下を冷やすと効果的。子どもが嫌がるなら無理に冷やさなくても OK。
Cooling down the child's body can be done by placing cooling aid gels, cooling pads or other similar materials around the head, neck or underarms. If the child doesn't want it, you don't have to do it.

けいれん Seizure

- けいれんが1回だけで、5分以内にとまり、目をあけて周囲の呼びかけに反応したり、泣いたりする
The seizure occurs only once and the duration is within five minutes. The child responds to your call and sometimes cries after the seizure



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チェックポイント Checkpoints

- ◆ 目の位置、手足の状態
The child's eyes: Are the eyes at the usual position? /Hands and feet: Are they abnormal in any way?
- ◆ けいれんの持続時間（保護者に余裕があったら）
The duration of the seizure (if you can check.)
- ◆ 体温（けいれんが治まったら）
The child's temperature (after the seizure)

★ケアポイント★ How to take care of the child:

- ① 平らなところに静かに寝かせ、呼吸がしやすいように衣類をゆるめる。
Please lay the child down on a flat place and loosen the clothes so the child can breathe easily.
- ② 顔を横に向ける（吐いたものを吸い込んで窒息する事がないように）。
Please let the child face to the wall, so the child won't swallow what he/she has vomited and choke.
- ③ まわりに危険なものがないか確認（ストーブ、ポット、刃物など）。
Please make sure there are no dangerous things around the child (such as stoves, kettles, sharp edges such as knives and etc.)

咳 Cough

- のどがゼイゼイ、ヒューヒューなっているが、だんだん苦しくなる様子が無く、横になって眠っている
The child has a wheezing or hacking cough, but it doesn't get worse. The child can lie down and sleep.
- 眠りかけや朝起きたとき、走ったときに咳は出るが、全身状態が良い
The child coughs only when the child is trying to sleep, right after the child wakes up or when the child runs. However, the child's condition on the whole is good.
- 睡眠、食事、運動が妨げられないで、熱も無い
The child can sleep, eat and do exercises even with coughs and has no fever.



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チェックポイント Checkpoints

- ◆ 顔色、唇の色 The child's face and lips' color
- ◆ 全身の状態 The child's overall condition
- ◆ 食欲 The child's appetite
- ◆ 咳き込み方、呼吸状態 How the child coughs and breathes
- ◆ 体温 The child's temperature

★ケアポイント★ How to take care of the child:

- ① 咳が激しい時は、部屋を加湿。口もとには蒸しタオルをあてると良い。
If the child coughs hard, please humidify the room. Place a steamed towel on the child's mouth to ease the cough.
- ② 咳が激しく、食事が取れなくても、水分だけは取らせる。
Even if the child coughs hard and cannot eat anything, please let the child drink plenty of fluids.

ぜんそくの発作 Asthma Attack

- 深呼吸や飲み薬（内服薬：効果が出るまでに1時間程度かかる）、あるいは吸入薬で症状がよくなった
The child's symptoms of asthma attack get better with deep breaths, taking internal medicine (takes about one hour to be effective) or taking inhalation medicine.
- ゼーゼーしていても横になって眠ることができる
The child can lie down and sleep even with wheezing.



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チェックポイント Checkpoints

呼吸困難の兆候の有無 Does the child have difficulty breathing?

- ◆ 呼吸が早い
The child has shortness of breath.
- ◆ 走ったあのように肩で呼吸する
The child breathes hard moving shoulders up and down as if the child has just run.
- ◆ 息を吸う時に胸が膨らまず、肋骨の間や下、鎖骨の上、喉の下がくぼむ
When the child breathes in, the whole chest does not move as in normal breathing, and between neck and chest lowers.
- ◆ 息を吸う時に、胸がくぼみ、おなか膨らむ
When the child breathes in, the chest lowers and the stomach gets bigger.
- ◆ 鼻の穴がヒクヒクする
The child's nostrils flare.
- ◆ 苦しくて横になれない
The child can not lie down because the child is suffering too much.
- ◆ 咳き込んで止まらない
The child coughs and it doesn't stop.

★ケアポイント★

★ How to take care of the child:

- ① 体をおこしてコップ1～2杯の水をのませ、できるだけ大きく息を吸ったり吐いたりをくりかえしてください。
Please let the child sit up and give the child one or two cups of water and, repeatedly, let the child breathe in and out deeply.
- ② 発作時に使う薬（内服薬や吸入薬）があらかじめ出されていれば、かかりつけ医の指示に従ってください。
If the child has a medicine (internal medicine and inhalation medicine) prescribed beforehand by the doctor, please take them following the doctor's instructions.

下痢 Diarrhea

- 下痢の回数は1日5回以内で、おしっこが普段と変わりなく出ている
The child's diarrhea is less than five times a day and can urinate as usual.
- 食欲がいつもと変わらず、水分がとれている
The child has an appetite as usual and is drinking plenty of fluids.
- 熱が無く、機嫌もよく元気
The child doesn't have a fever and is feeling well.



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チェックポイント Checkpoints

- ◆ いつもの便との違い
Does the child's stools differ from usual ones?
におい、性状(泥状、水様、粘液、血液、イチゴゼリー状)、色、一日の回数
Does the child's stools differ from usual ones? the smell, appearance (muddy, watery, sticky, blood in it, looks like a strawberry jelly), color, how many times a day
- ◆ 嘔吐、腹痛、食欲、発熱、発疹の有無
Does the child vomit, have a stomachache, fever, or rash? Has the child lost his/her appetite?
- ◆ おしっこの量
Amount of urination

★ケアポイント★ How to take care of the child:

- ① おしりがかぶれないように、おむつ交換はまめに。おしり拭きでなく、シャワーなどで洗い流したほうが良い。
Please change the diaper often so the baby won't develop a rash. Washing away diarrhea with a shower is better than using baby wipes.
- ② 下痢がひどいときは、胃腸を休めるために固形の食べ物は与えない。人肌程度に温めたうすいお茶や子供用のイオン飲料など間隔をあけて与える。
When the child's diarrhea is really bad, please don't let them eat solids in order for the child's stomach and intestines to be able to rest. Please let them drink, with certain intervals, weak green teas at body temperature, electrolyte solutions or similar drinks.
- ③ 下痢の汚物は始末したらよく手を洗いましょう。
Please wash your hands well, after cleaning up the child's stools.
- ④ 下痢が回復してきたら、できるだけ加熱調理した炭水化物を与える。
When the child's diarrhea is better, please let the child eat cooked carbohydrates such as breads, pastas, beans, potatoes, bran, rice and cereals.

嘔吐 Vomiting

- 吐き気が治まった後、水分が取れる
The child can drink fluids when the nausea stops.
- 下痢、発熱などがなく、全身状態が悪くない
The child does not have diarrhea and a fever. The child's overall condition is not bad.



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チェックポイント Checkpoints

- ◆ 回数
Times of vomiting
- ◆ 色
Color of the child's vomit
- ◆ 腹痛・頭痛の有無
Does the child have a stomach ache or headache?
- ◆ 食欲、熱、下痢の有無
Does the child have a fever or diarrhea? Has the child lost his/her appetite?
- ◆ おしっこの量
Amount of urination

★ケアポイント★ How to take care of the child:

- ① 牛乳、乳製品、炭酸飲料、みかんオレンジなどの柑橘類の摂取はさけて。
Please do not let the child have milk, dairy products, sodas, citrus such as tangerines, oranges and so on.
- ② 吐いたものを気管に吸い込まないように、寝ているときは体や顔を横にして。
When the child is lying down, please turn its face to the side, so the child won't swallow what he/she has vomited and choke.
- ③ 吐いたものを始末したらよく手を洗いましょう。
Please wash your hands well, after cleaning up the child's vomit.
- ④ 吐き気が強いときは、2-3時間飲食を控える。
If the child has a severe nausea, please don't let the child eat or drink anything for two to three hours.
- ⑤ 嘔吐の間隔が長くなったら、人肌に温めたお茶やイオン飲料を少しずつ飲ませる。固形物は与えない。
When the interval of the child's vomiting gets longer, please let them drink weak green teas at body temperature, electrolyte solutions for children available in drugstores or similar drinks in small amounts. Please don't let them eat solids.
- ⑥ 吐き気が治ったら、消化の良い炭水化物を少量ずつ与える。油の多いものはさける。
When the interval of the child's vomiting gets longer, please let them drink weak green teas at body temperature, electrolyte solutions for children available in drugstores or similar drinks in small amounts. Please don't let them eat solids.

腹痛 Stomachache

- すぐに軽くなって我慢できる痛みになった
The child feels the stomachache got better shortly after it began and the child can bear the pain.
- 排便すると治まって全身の状態が良い
After the bowel movement, the child feels the stomachache is relieved and overall condition is good.



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チェックポイント Checkpoints

- ◆ 熱、吐き気、排便の有無
Does the child have a fever, nausea, and bowel movements?
- ◆ 痛がり方、痛む場所（上腹部、下腹部、へそまわり、左右、背中）
Where does the child show it hurts? (upper stomach, lower stomach, around navel, left, right, back)
- ◆ おなかのはり具合
Is the child's stomach distended?

★ケアポイント★ How to take care of the child:

- ① トイレに行って排便させてみる。
Try to let the child go to the bathroom and encourage a bowel movement.
- ② 腹痛が軽い時は、無理に食べさせなくてOK。水分を少しずつのませ様子を見て。
Even if the child's stomachache is not so severe, you don't have to force the child to eat something. Please let the child drink fluids in small amounts and see how the child feels.
- ③ 円を描く様に、おなかを優しくマッサージしてみる。
Please try to massage the child's stomach as if you are drawing circles.
- ④ 受診前に下剤や浣腸剤は使用しない。
Please do not use a laxative or an enema before seeing the doctor.
- ⑤ おなかに炎症が有る場合は、温めると悪化するので、カイロ等で温めないように。
If there is any inflammation in the child's stomach, warming it will worsen the symptom. So, please do not warm the stomach using disposable body warmers and similar products.

＊ 症状メモ Symptom Note ＊

いつから発熱、いつ何回吐いた・下痢したなどを記録しておきましょう。

Please record the symptoms the child had. For example, the time the fever started, how many times the child vomited or had diarrhea and so on.

発熱 Fever 月 Month 日 Day 時 Time 分 min °C °F
原因 Cause (食べ物・薬など food, medicine and etc)

発疹 Rash 月 Month 日 Day 時 Time 分 min
原因 Cause (食べ物・薬など food, medicine and etc)

吐く Vomiting 下痢 Diarrhea
月 Month 日 Day:
回 How many time (時 Time: : / : / :)

けいれん Seizure 月 Month 日 Day
From what time to what time: : ~ :

どんな様子? How was the child?

(全身突っ張った感じとか、かかかしたとか For example, the child's body is stiff all over, the child moves in unusual ways (gawky movement) and so on.)



＊ 病院に行くときの持ち物 ＊ Things to bring when you bring the child to see the doctor ＊

- ◆ 保険証 National health insurance card
- ◆ 母子手帳 Maternal and child health handbook
- ◆ すこやか子育て 医療費助成金受給者証 (市町村で手続き)
"Sukoyaka kosodate": a certificate to receive medical expense deduction
(You can receive it at the local government office.)
- ◆ 緊急ガイドブック 子ども救急 (本誌) Emergency Medical Care Guide for Children (this booklet)
- ◆ 現金 Cash
- ◆ 今服用している薬 Medicine the child is taking, if there is any.

夜間・休日の急病時に対応しています。We accept patients at night and holidays for emergencies.

小児初期救急医療センター (甲府市) Early Childhood Emergency Medical Service Center (Kofu city)

1. 診察時間 Office hours

休日
Holidays

(日曜、祝日、年末年始 [12/29 ~ 1/3])

(Sundays, national holidays, year end and New Year holidays [From Dec. 29 to Jan. 3])

午前9時～翌朝7時 **From 9:00 a.m. to 7:00 a.m. next morning**

土曜
Saturdays

午後3時～翌朝7時 **From 3:00 p.m. to 7:00 a.m. next morning**

平日夜間
Weekdays'
evenings

(毎日) 午後7時～翌朝7時

(Everyday) **From 7:00 p.m. to 7:00 a.m. next morning**



2. 場所 Address

甲府市幸町1 4 - 6 (甲府市医療福祉会館)

甲府市医師会救急医療センター内

14-6 Saiwai-cho, Kofu-shi (Kofu-shi Medical Welfare Center)

In the Kofu Medical Association Emergency Center

3. 連絡先 Phone.

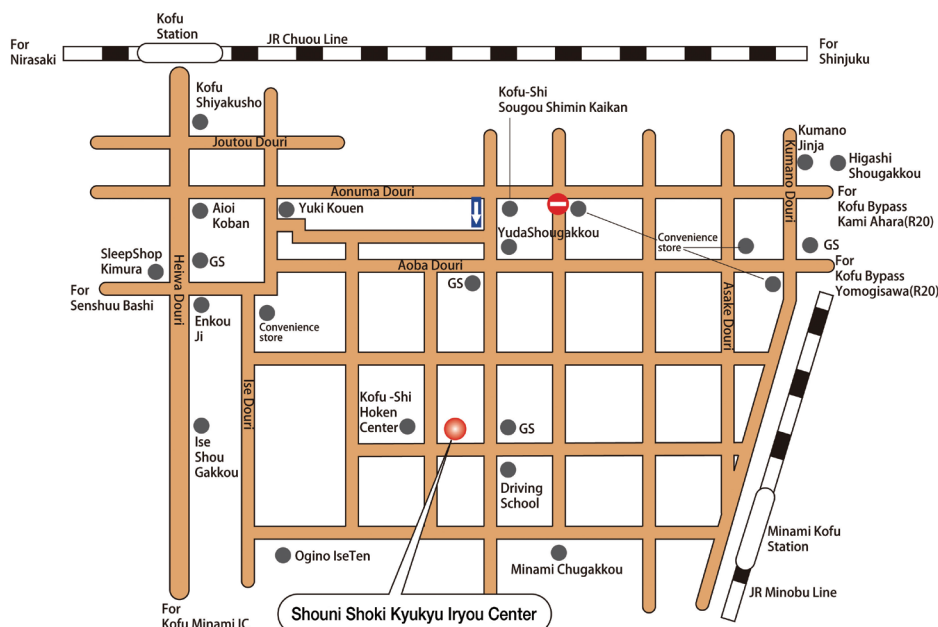
☎ **055-226-3399**

まず、電話してから行きましょう！

Please call in advance to make sure they are available for you!

4. 留意事項 Notes

- 予約の必要はありませんが、あらかじめ電話で受診の状況などを確認してから出かけるようにしましょう。
You don't have to make an appointment. However, it's better to find out availability by calling in advance.
- センターでは小児科医による診察が受けられますが、必ずしも小児科医でなくてもよい場合は、地域の救急当番医に受診することもできます。
At our center, you can see the pediatrician. If the child does not have to see the pediatrician, you can also see the local doctor on call for emergencies.
- 頭部打撲、やけど、ケガ、骨折等の外科的疾患については対応できません。異物の飲み込みについても対応できない場合がありますので、あらかじめ電話で確認してください。
We cannot take care of the injuries requiring surgery such as head injuries, burns, broken bones, etc. Also for some cases of accidental injection too. Please call in advance to find out what we can do for you.
- 翌日以降かかならず通常の診察時間内にかかりつけ医の診療を受けましょう。
Please make sure to see your doctor during the next hospital opening hours.



夜間・休日の急病時に対応しています。We accept patients at night and holidays for emergencies.



富士・東部小児初期救急医療センター (富士吉田市) Fuji/Eastern area Early Childhood Emergency Medical Service Center(Fujiyoshida-city)

1. 診察時間 Office hours

休日
Holidays

(日曜、祝日、年末年始 [12/29 ~ 1/3])
(Sundays, national holidays, year end and New Year)

午前9時～午前0時 From 9:00 a.m. to 12:00 a.m.

土曜
Saturdays

午後3時～午前0時 From 3:00 p.m. to 12:00 a.m.

平日夜間
Weekdays'
evenings

(毎日) 午後8時～午前0時
(Everyday) From 8:00 p.m. to 12:00 a.m.

2. 場所 Address

富士吉田市緑ヶ丘2-7-21 富士北麓総合医療センター2階
2-7-21 Midorigaoka, Fujiyoshida-shi
Mt. Fuji Area Comprehensive Medical Care Center (2nd floor)

3. 連絡先 Phone.

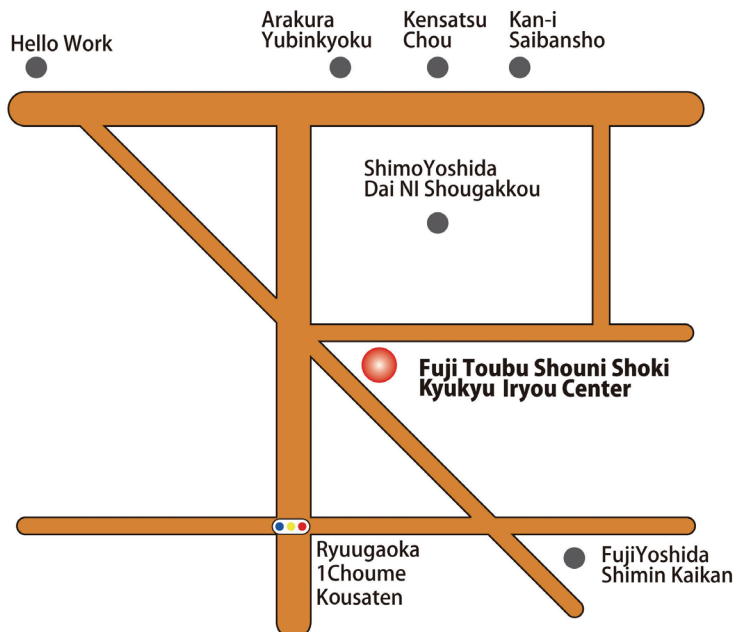
☎ 0555-24-9977

まず、電話してから行きましょう！

Please call in advance to make sure they are available for you!

4. 留意事項 Notes

- 予約の必要はありませんが、あらかじめ電話でセンターの状況などをご確認ください。
You don't have to make an appointment. However, it's better to find out availability by calling in advance.
- 頭部打撲、やけど、ケガ、骨折等の外科的疾患については対応できません。また、異物の飲み込みについても対応できない場合がありますので、あらかじめ電話でご確認ください。
We cannot take care of the injuries requiring surgery such as head injuries, burns, broken bones, etc. Also for some cases of accidental injection too. Please call us advance to find out what we can do for you.
- この体制は従来の小児救急医体制に替わるものであり、今後、上記の時間内の軽症患者につきましては、全てこの新しいセンターで行うこととなりますのでご注意ください。
We took over what's been done in the previous childhood emergency system. We'll take care of the patients with mild cases here during the above opening hours. Please be aware of the changes.
- 受付時間終了後の小児の初期救急患者の診察は、甲府市内の小児初期救急医療センターで対応します。
(場所：甲府市医療福祉会館内 (甲府市幸町 14-6) ☎ 055 (226) 3399)
Outside of our opening hours: the early childhood medical emergency center in Kofu-shi will take care of early childhood emergency patients. (address: Kofu-shi medical welfare center 14-6 Saiwai-cho, Kofu-shi) (Tel. 055 (226) 3399)



PEDIATRICS

小児科問診票

Check (✓) all corresponding answers.

year 年 month 月 day 日

Child's name 子供の名前

 Male 男 Female 女

Date of birth: 生年月日 ____ year 年 ____ month 月 ____ day 日

Address 住所

Phone 電話

Do you have health insurance? 健康保険を持っていますか?

 No 無 Yes 有

Nationality 国籍

Language 言葉

What is wrong with you?(your child) どうしましたか

 fever(____℃) 熱がある sore throat 喉が痛い cough 咳 spasm ひきつけをおこす moody / inactive 元気がない irritable 機嫌が悪い swelling むくみ headache 頭痛 abdominal pain 腹痛 chest pain 胸痛 rash 発疹 stomachache 胃痛 vomiting 嘔吐 loss of appetite(low milk intake) 食欲不振 insufficient weight gain 体重増加不良 nausea 吐き気 diarrhea 下痢 bloody stool 血便 others その他

* How long have you(he,she) had problems? それはいつごろからですか

Since ____ year 年 ____ month 月 ____ day 日から

Have you(he. she) ever been allergic to medication or food? 薬や食物等でアレルギーを生じたことがありますか

 No 無 Yes 有 → medication 薬 egg 卵 milk 牛乳 other food その他の食べ物 others その他

Are you(he,she) presently taking medication? 現在飲んでいる薬はありますか

 No 無 Yes 有 → If you have any with you now, please show them to me. 持っていれば見せてください

What kind of internal medicine can you (he. she) take? どんな種類の薬が飲めますか

 syrup 水薬 powder 粉薬 tablet or capsule 錠剤またはカプセル

How was the delivery? 出産の状態はどんなでしたか

baby's weight ____ g 赤ちゃんの体重

mother's age ____ 母親の年齢

 normal delivery 正常分娩 abnormal delivery 異常分娩 Caesarean section 帝王切開

vaccination (already immunized) 接種済み予防注射:

 tuberculin testing ツベルクリン反応 BCG polio ポリオ rubella 風疹 chicken pox 水痘 mumps おたふく風邪 measles 麻疹 DPT (triple combined vaccine) 三種混合ワクチン others その他

What illnesses have you(he. she) had in the past? 過去にどのような病気をしましたか

 rubella 風疹 chicken pox 水痘 measles 麻疹 asthma 喘息 mumps おたふく風邪 whooping cough 百日咳 appendicitis 虫垂炎 MCLS(Kawasaki disease) 川崎病 exanthema subitum 突発性発疹 Japanese encephalitis 日本脳炎 febrile seizure 熱性痙攣 others その他

* Has this disease been cured? その病気は治りましたか

 No いいえ Yes はい

Have you(he. she) ever had any trouble with anesthesia? 麻酔をしてトラブルがありましたか

 No いいえ Yes はい

Have you(he. she) ever had any operations? 手術を受けたことがありますか

 No いいえ Yes はい

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担当医・支援者の方々へ

この問診票は、在日外国人支援ボランティアによって作成されたものを、インターネットや支援者のネットワークを通じて、無料で配布しているものです。翻訳に関しては、できる限りの正確さをきしたつもりですが、間違い等が見つかりましたら随時修正版を下記インターネットサイトに配信しております。またインターネットサイトには、これ以外の科目や言語の問診票、医療制度情報などがありますので、必要に応じてご利用ください。また、翻訳の間違いや、追加したほうがいい質問事項等がありましたら下記のサイトにメールで情報をいただければ幸いです。

<http://www.k-i-a.or.jp/medical/>

2003年3月発行

多言語医療問診票ホームページ <http://www.k-i-a.or.jp/medical/> Multilingual Medical Questioner on line <http://www.k-i-a.or.jp/medical/>

このホームページは、NPO 法人国際交流ハーティ港南台と財団法人かながわ国際交流財団が協働で作成しました。多言語医療問診票は更新されることがあるので必ずご確認ください。

NPO International Community Hearty Konandai and Kanagawa International Foundation together created the page. Multilingual Medical Questioner on line may be updated occasionally. Please be sure to refer to the newest version.

* 家族のこと * About Family *

時間があるときに記入しておきましょう！
Please fill in before seeing the doctor, if you have time.

保護者の名前 Parent's name 男 Male 女 Female
生年月日 Date of Birth (Year / Month / Day) / / / 母国語 Native Language :
日本語会話 Japanese conversation : 少し a little 日常会話 daily conversation できない none
薬や食べ物でアレルギーが出たことがありますか？ Allergic to any medicine or foods? なし No
 あり Yes (原因となったもの : allergic to:)

保護者の名前 Parent's name 男 Male 女 Female
生年月日 Date of Birth (Year / Month / Day) / / / 母国語 Native Language :
日本語会話 Japanese conversation : 少し a little 日常会話 daily conversation できない none
薬や食べ物でアレルギーが出たことがありますか？ Allergic to any medicine or foods? なし No
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保護者の名前 Parent's name 男 Male 女 Female
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薬や食べ物でアレルギーが出たことがありますか？ Allergic to any medicine or foods? なし No
 あり Yes (原因となったもの : allergic to:)

こどもの名前 Child's name 男 Male 女 Female
生年月日 Date of Birth (Year / Month / Day) / / / 母国語 Native Language :
日本語会話 Japanese conversation : 少し a little 日常会話 daily conversation できない none
薬や食べ物でアレルギーが出たことがありますか？ Allergic to any medicine or foods? なし No
 あり Yes (原因となったもの : allergic to:)

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緊急情報ガイドブック

きゅうきゅう
こども救急ガイド

Emergency Medical Care Guide for Children



<監修 Edited by>

山梨県医師会 Yamanashi Medical Association
山梨県小児科医会 Yamanashi Pediatric Association
山梨県看護協会 Yamanashi Nursing Association

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Group Aiming to Integrate Multicultural Society-Heart 51
すみれ薬局薬剤師 池浦 恵氏 Ms. Ikeura, Megumi (Pharmacist at Sumire Yakkyoku)

<参考文献 Reference>

こども救急ガイドブック 上手なお医者さんのかかり方 (山梨県)
Emergency Medical Care Guide for Children, Seeing the doctor
- how, when and where (Yamanashi)

<多言語問診票 Multilingual Medical Questioner on line>

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