



What should I do if my child has these symptoms?

When you're unsure whether or not you should visit a doctor

Residents of Toyohashi



Using this guidebook

Has your child ever become sick or been injured on a weekend/holiday or late at night? You've probably worried about what to do during such times.

This guidebook serves as a single reference for guardians of infants and children up to 6 years of age to make judgements based on major symptoms.

Please try to keep this guidebook somewhere you can access it immediately in an emergency.

If it's not an emergency, please try to see your child's family doctor during regular hours.



Emergency hospitals (kyukyu byoin) are facilities that provide medical services late at night and on weekends/holidays for patients with serious illness or in critical condition. If these facilities are burdened with treating many patients with minor symptoms at these times, due to reasons such as "I work during the day on weekdays" or "the wait is shorter (late at night and on weekends/holidays)," it can interfere with the treatment of patients in more critical condition and increase the burden on medical staff. This makes it difficult to maintain the emergency medical care system.

Furthermore, there are extra fees that increase the overall cost of medical treatment received late at night and on weekends/holidays. If it's not an emergency, please try to see your child's family doctor during regular hours.

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If you're looking for a little more information...

Website

~Kyukyu Nabichi~

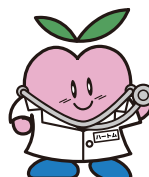
- The cities of Toyohashi, Toyokawa, Gamagori, and Tahara partnered together to create this website.
- You can access information on various medical services, as well as doctors on duty on holidays.



Toyohashi



Toyokawa



Gamagori



Tahara

<http://www.city.toyohashi.lg.jp/14844.htm>



About the Emergency Medical Care System

Emergency Medical Care System

Seeing a Pediatrician

Pediatricians

Medicine

Fever

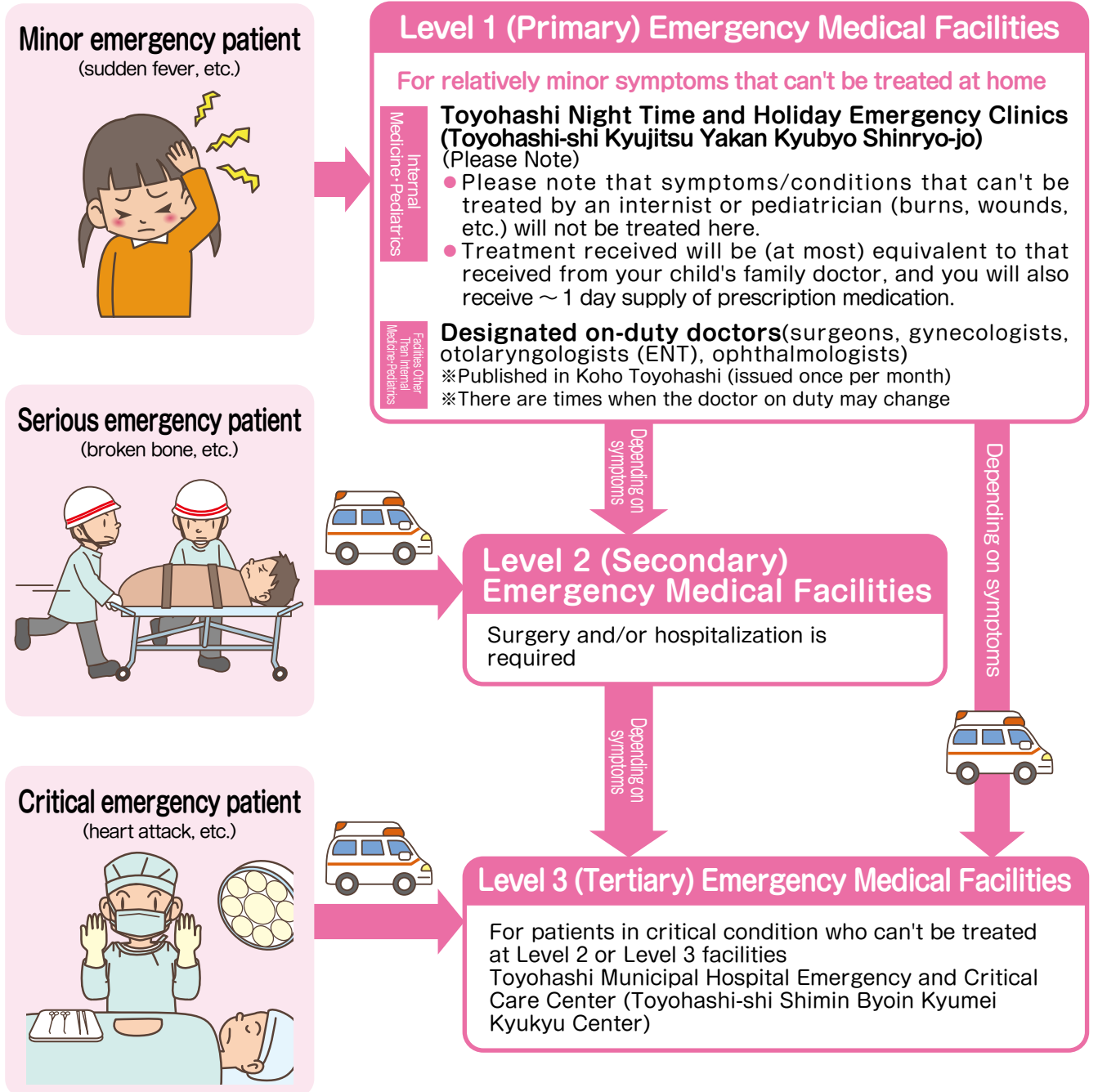
Diarrhea

Vomiting

Stomach Pain

Coughing

Rash



The Emergency Medical Care System is a system in which the prefectures and administrative divisions of Japan received patients at Level 1, 2, and 3 facilities depending on the severity of their symptoms.

“Level 1 Emergency Medical Facilities” treat patients with relatively minor symptoms, etc., that can't be dealt with at home. There are night time and holiday emergency clinics (internal medicine·pediatrics) and designated on-duty doctors (surgeons, gynecologists, otolaryngologists (ENT), ophthalmologists).

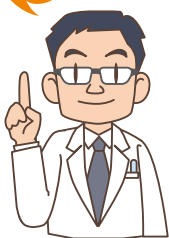
“Level 2 Emergency Medical Facilities” are for patients who need emergency surgery or hospitalization. These are different from Level 1 facilities, providing medical care for a wider area that includes not only Toyohashi, but also the cities of Toyokawa, Gamagori, and Tahara.

“Level 3 Emergency Medical Facilities” treat patients in critical condition who cannot be treated at Level 1 and 2 facilities, such as those suffering from strokes, heart attacks, head injuries, etc. Toyohashi Municipal Hospital (Toyohashi Shimin Byoin) accepts patients from not only Toyohashi but also the entire Higashi Mikawa region.

※Please note that first-time patients received without referrals may have to pay additional fees for examinations at Level 2 or 3 medical facilities.

Seeing a Pediatrician (Children's Doctor)

POINT 1



Try to have your child examined during regular hours

- Please try to see the primary care physician (family doctor) who always examines your child.
- A family doctor can make accurate judgements about your child's condition, then make comprehensive decisions and provide appropriate medical treatment based on your child's medical records, etc.

Advantages of seeing your family doctor

- They will know what illnesses your child has/has had, as well as your child's vaccination history.
- They will know your child's predispositions (allergies, medicine preferences, symptoms that are likely to become more severe, etc.)
- Children can feel safe.
- You can easily express your concerns and wishes. Etc.

POINT 2



Have someone who understands your child's symptoms and condition accompany you to the doctor

- The doctor will need to hear an explanation about the child's condition, including how the fever progressed, what they are eating, how they feel, what medicine they were made to take, etc.

POINT 3



Things you must bring to the hospital, and things that would be convenient to bring

Things you must bring

- Mother and Child Health Handbook (Boshi Kenko Techo), Health Insurance Card, Children's Medical Expense Beneficiary Certificate (Kodomo Iryo Jukyusha - sho), patient's registration ticket (shinsatsu-ken), wallet/purse, prescription notebook (okusuri techo) (notebook with information on what medicines the child is taking/has taken, product names, etc.)

would be convenient if you brought

- If there is something unusual with your child's poop, please put the entire diaper in a plastic bag and bring it, or take a picture and bring the picture with you.
- Temperature chart (graph), paper diapers, towel, change of clothes, plastic bag for dirty things, milk or tea, toys or picture books for time spent waiting, etc.

POINT 4



Things to communicate at the exam/things you will be asked

- Which symptom(s) are you most worried about?
- Does your child have medicine or food allergies?
- Since when has your child been experiencing these symptoms?
- How is their temperature (changes, etc.)?
- Does anyone else in the child's family, or one of their friends, have similar symptoms?

Medical Facilities in the City with Pediatricians

N°	Facility Name	Address	TEL	Operating Hours, etc.							Notes	
				Hours	M	T	W	Th	F	S		Su
1	Azumada Kodomo Clinic	Azumada-cho Aza Nishiwaki 133-1	(0532) 56-1788	Hours	M	T	W	Th	F	S	Su	By appointment only, please call to confirm
				8:30 ~ 11:30	○	○	○	○	○	○		
				16:00 ~ 18:00	○	○		○	○			
2	Otani Shonika	Naka Iwata 2-15-2	(0532) 64-3000	Hours	M	T	W	Th	F	S	Su	By appointment only (appointments made online)
				8:30 ~ 12:00	○	○	○			○		
				15:00 ~ 18:00	○	○	○		○			
3	Obayashi Kodomo Clinic	Kusama-cho Aza Higashiyama 134-2	(0532) 39-0888	Hours	M	T	W	Th	F	S	Su	Vaccinations given on Mon, Tue, Wed, and Fri from 14:30 to 15:30 (General health checkups on Tuesdays)
				9:00 ~ 12:00	○	○	○			○		
				15:30 ~ 18:00	○	○	○			○		
4	Kawai Shonika	Nishi Takashi-cho Aza Sawamukai 3-1	(0532) 26-2625	Hours	M	T	W	Th	F	S	Su	Vaccinations given on Mon, Tue, and Fri from 14:00 to 15:00 Exams for infants (under 1 year) from 14:00 - 15:00 on Thursdays ※Exams (including infant exams) and vaccinations can only be conducted in Japanese
				9:00 ~ 12:00	○	○	○	○	○	○		
				16:00 ~ 18:30	○	○						
5	Kawaguchi Kodomo Clinic	Muro-cho Aza Ootsuka 86-1	(0532) 44-1810	Hours	M	T	W	Th	F	S	Su	※Saturdays are by appointment only, please call to confirm (irregular closings)
				10:00 ~ 13:00	○	○	□	○	○	□		
				15:30 ~ 18:30	○	○		○	○			
6	Koishi Children Clinic	Tsutsujigaoka 2-9-10	(0532) 66-1515	Hours	M	T	W	Th	F	S	Su	Hours are 10:00 - 12:00 on Thursdays
				9:00 ~ 12:00	○	○	○	○	○	○		
				16:00 ~ 18:00	○	○	○					
7	Kodomo Clinic POPPO	Nishi Odakano 4-8-7	(0532) 69-3220	Hours	M	T	W	Th	F	S	Su	Online reservations are the facility's basic policy. ※Vaccinations, infant exams
				9:00 ~ 12:00		○	○			○	※	
8	Sakato Clinic	Oote-machi 101	(0532) 52-5146	Hours	M	T	W	Th	F	S	Su	By appointment only (includes vaccinations) Closed on national holidays
				8:45 ~ 11:45	○		○	○	○	○	○	
				14:45 ~ 17:45							○	
9	Tomita Shonika	Oosaki-cho Aza Hirozawa 85-1	(0532) 25-3200	Hours	M	T	W	Th	F	S	Su	
				9:00 ~ 12:00	○	○	○			○	○	
				17:00 ~ 19:00	○		○			○		
10	Nomura Shonika	Higashi-waki 3-2-15	(0532) 32-1150	Hours	M	T	W	Th	F	S	Su	Vaccinations from 14:30 to 15:30 on Mon, Tue, Thu, and Fri Infant exams are by appointment only
				8:30 ~ 12:00	○	○	○			○	○	
				16:00 ~ 18:00	○		○			○	○	
11	Park Bell Clinic	Minami Matsuyama-cho 153	(0532) 56-0080	Hours	M	T	W	Th	F	S	Su	Same-day appointments made online ※Exams and vaccinations by appointment only
				9:30 ~ 12:00	○	○	○	○	○	○		
				午後	※	※	※	※	※	※		
12	Mammy Rose Clinic	Takasu-cho Aza Morishita 1	(0532) 34-0887	Hours	M	T	W	Th	F	S	Su	Vaccinations and infant exams from 14:00 to 15:30 are by appointment only
				9:00 ~ 12:00	○	○		○	○	○		
				16:00 ~ 17:30	○	○		○	○			
13	Miyazawa Shonika	Takashi Ishizuka-cho Aza Ishizuka 11-22	(0532) 47-1868	Hours	M	T	W	Th	F	S	Su	Vaccinations and infant exams from 14:00 to 15:00 on Tuesdays are by appointment only
				8:30 ~ 12:00	○	○		○	○	○		
				15:30 ~ 17:30	○	○						

※ Please make sure to contact the medical facility before going in for a medical exam.

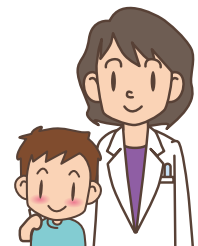
From the Japan Pediatric Society's medical specialist register

Information on pediatricians in the city

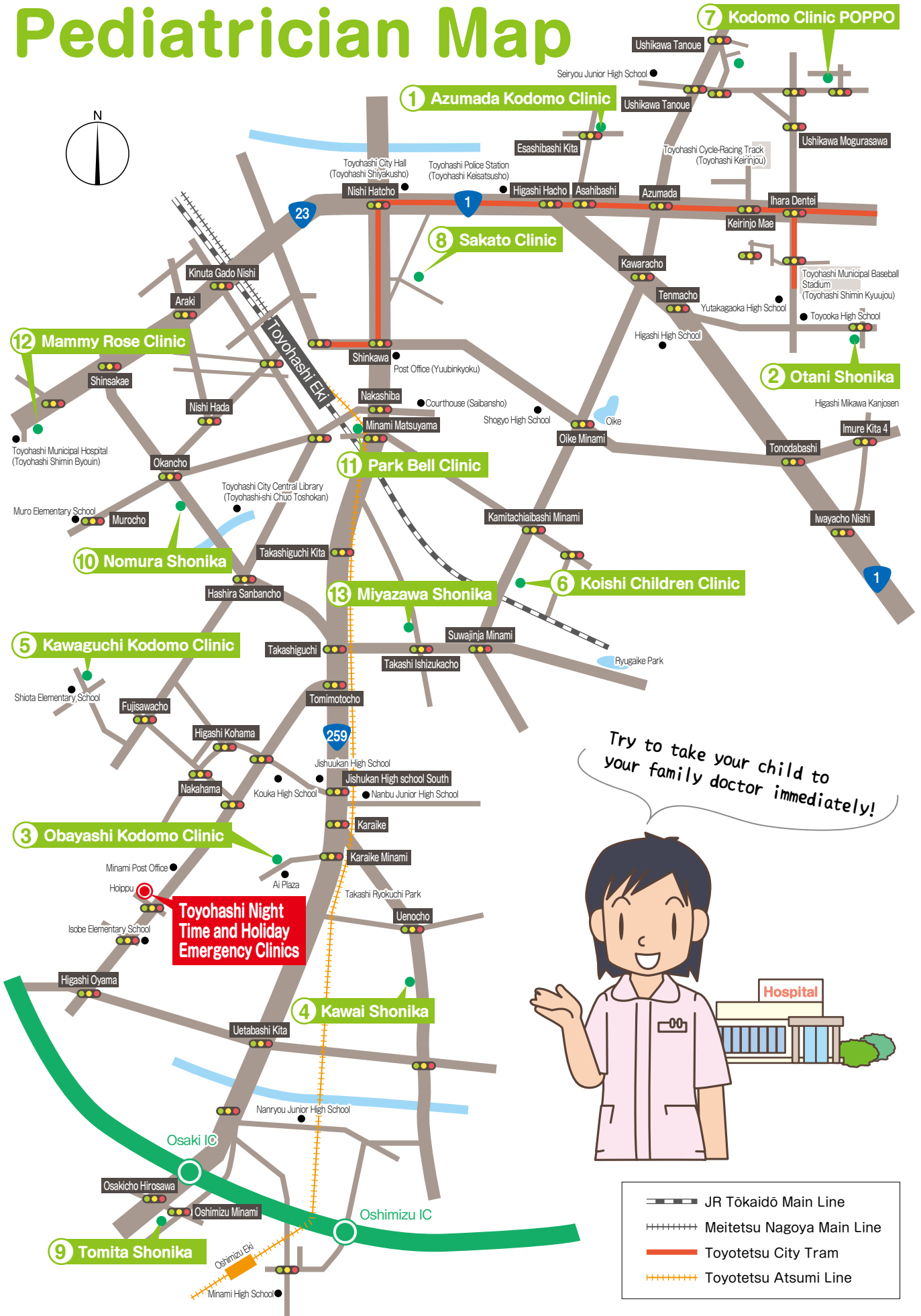
When your child is young, there will be many occasions for you to take them to pediatricians even if they aren't sick, be it routine vaccinations, health checkups, or childcare consultations, etc. Above is a list of medical facilities with pediatricians in Toyohashi. Please make use of this list to find a family doctor for your child(ren). And, if your child isn't feeling well, please take them to that family doctor without delay.

What are pediatricians (doctors who specialize in pediatrics)?

A pediatrician is a doctor with extensive knowledge, a high degree of skill, and lots of experience, who has received a minimum of 5 years of specialized training, passed an exam and qualification examination, and is certified by the Japan Pediatric Society.



Pediatrician Map



Emergency Medical Care System

Seeing a Pediatrician

Pediatricians

Medicine

Fever

Diarrhea

Vomiting

Stomach Pain

Coughing

Rash

You should know!

Medicine

Some advice from experienced mothers and fathers!

Please try to say things along the lines of "If you drink this medicine, it will kill germs!" when giving your child medicine, even if they cannot speak yet. When a child begins to realize that their condition improves when they take medicine, they will gradually become less resistant to taking medicine.

Q What times are good for children to take medicine that needs to be taken 3 times per day?

A Ideally, they should take the medicine once every 8 hours. It's important to make sure the interval between doses doesn't become too long.

Don't worry if you miss this interval by 2-3 hours (early or late).

※For medicine that should be given 3 times/day, please give it to your child(ren) 3 times/day, even if you can't give it every 8 hours.

●For a child that wakes up at 7 AM and goes to sleep at 9 PM

Morning ▶ As soon as the child wakes up (around 7 AM)

Afternoon ▶ Around 2 PM (if your child can't take the medicine at preschool/ kindergarten, give it to them right after you pick them up)

Night ▶ Around 9 PM (right before bed)

Q What do I do if my child vomits (throws up) their medicine?

A If your child throws up immediately after taking their medicine, try giving them the same dose one more time.

(However, after they've thrown up, please try to give your child 30 minutes to rest before attempting to give them the medicine again)

If 30 minutes pass from the time they take the medicine, the medicine has already been absorbed, so you don't need to give it to them again even if they throw up. If you need to give them many different kinds of medicine, try dividing up the medicine before giving it to them.



Q Is it okay if I mix something with the medicine?

A Yes, that's okay. Medicine is made to be better absorbed when taken with water. It can be slightly less effective when mixed with milk, etc., but if the alternative is that your child cannot or will not take the medicine, try to do what you can to get them to take it.

However, you should not mix your child's medicine with honey (or give them honey in general), as they could develop "infant botulism" as a result.



Q Can my child take medicine on an empty stomach?

A Yes, that's okay. Unlike medicine made for adults, normal doses of medicine for infants rarely upset their stomachs. However, their digestive organs can be weakened at times when they are throwing up or have diarrhea. If given medicine during such times, it is best to wait to feed them until 30 minutes have passed since they took the medicine.



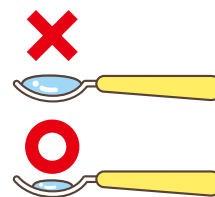
Q What if they don't want to take powdered medicine?

A For babies, you can mix it with a small amount of water so it becomes a paste, and put the paste in their mouth around their cheek and upper jaw. Once it's in their mouth, give them hot water or milk until there is no paste left.

For infants (under 1 year of age), dissolve the medicine in water, mix in some sugar, and put it in the freezer. You can then try feeding your infant the "sherbert" it became.

Q How should I give my child liquid (syrup) medicine?

A Don't give them too much of the syrup at once. Put around 1/3rd of the dose on a small spoon and put it toward the back of their mouth. You can also mix in some liquid syrup (gum syrup) to thicken the medicine and make it less likely for them to throw up.

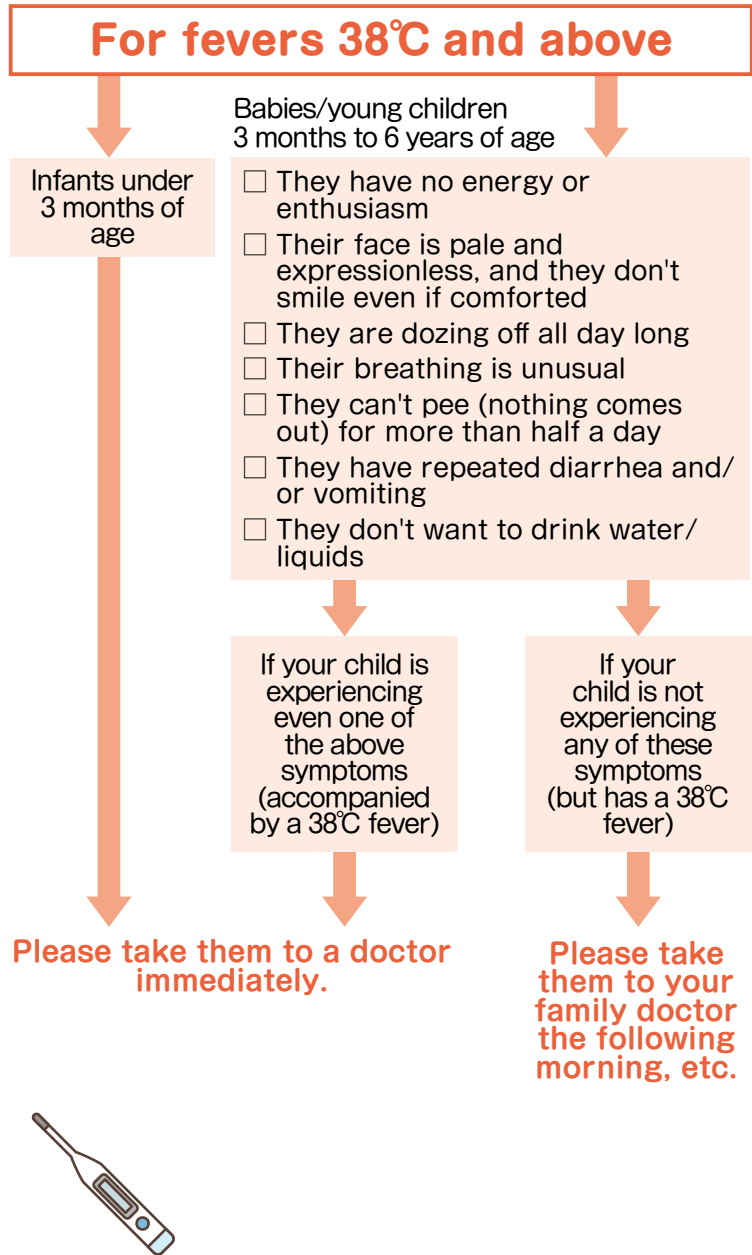


Q What if they can't take all their medicine at once?

A Start with the medicine they can take. Once some time has passed, try getting them to take their next medicine.


Source: Medical Corporation (Iryou Houjin) Koizumi-Shigeta Pediatric Clinic

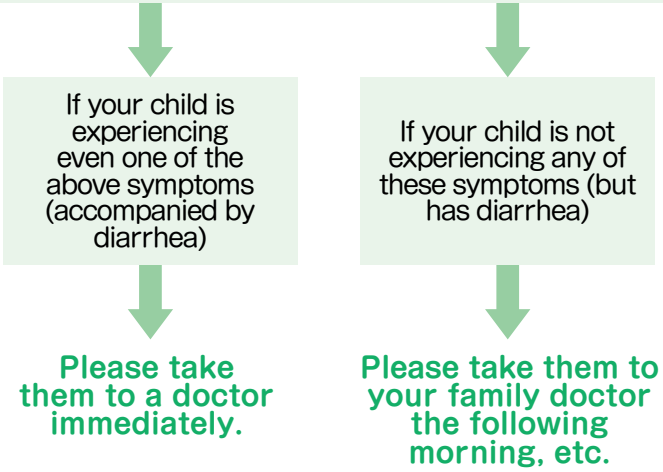
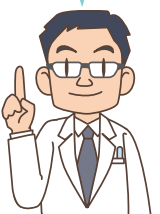
Fever



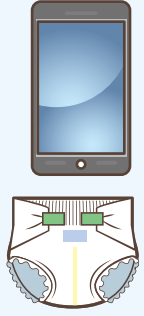
- When your child has a fever, try to hydrate them frequently, and if they aren't sensitive to the cold, try to put cooling gel or small ice packs in places with high concentrations of large blood vessels (their neck, under their armpits, their groin area, etc.) to keep them cool. If their body temperature continues to rise, please deal with the situation in accordance with the information above.
- Know your child's normal body temperature in the morning and evening.
- Wipe the sweat from your child's armpit and then take their temperature.
- If you suspect a fever, measure once more after 30 minutes have passed.
- Make sure to keep them hydrated with plenty of water.
- Don't have them wear thick clothing.
- If they can't sleep or are suffering due to their fever, you can give them medicine for their fever. However, the medicine won't cure the fever. Furthermore, there are some medicines you can't give to infants. Please confirm the right medicine for your child and how to use it with your family doctor.

Diarrhea

- They have no energy or enthusiasm
 - They vomit repeatedly
 - Their lips and/or tongue are dry
 - There is blood in their poop
 - They can't pee (nothing comes out) for more than half a day
 - They are dozing off without actually sleeping well
 - They don't want to drink water/liquids and are in a bad mood
 - They have dark bags under their eyes
 - They have intense stomach pain
- 

- Keep records of the number of times your child had diarrhea (in a given day), as well as its appearance, etc. (presence of blood, sticky and bloody stool, wateriness or firmness, smell, color)
- If your child's poop is different than usual, try to bring it with you to the doctor when they get examined. It's also okay to take a picture to show the doctor.
- Keep records of how much your child is eating and drinking.
- Your child will be losing essential water, salt, and sugars, so make use of oral hydration solutions and children's ion water, etc.
- Good meals for babies include thin rice porridge (okayu), udon noodles, grated apples (apple sauce), etc.
- You can also give your baby milk or breastmilk.
- Change dirty diapers immediately and keep your baby's bottom clean at all times.
- Be sure to wash your hands thoroughly (at least 30 seconds and with soap) immediately after touching poop.



Vomiting

Breastfeeding

After breastfeeding

That's a lot of puke!

blargh

I should probably take them to the doctor as soon as possible...

A baby's stomach is shaped differently from an adult's (it has a small opening and then gets wider like a bottle of sake), so if milk, etc., goes down the wrong way, they'll throw up a lot. If they otherwise appear to be in good health, this is nothing to worry about.

- They can't pee (nothing comes out) for more than half a day
- They have dry lips
- They have no energy
- They vomited green liquid
- Their stomach is bloated and has hard lumps
- They are vomiting over and over again
- They are crying hysterically (very intensely)

If your child is experiencing even one of the above symptoms (accompanied by vomiting)

Please take them to a doctor immediately.

If your child is not experiencing any of these symptoms (but is/was vomiting)

Please take them to your family doctor the following morning, etc.

If your child vomits due to an external wound or a physical hit to their body, we recommend taking them to a doctor that specializes in the area that is hurt.

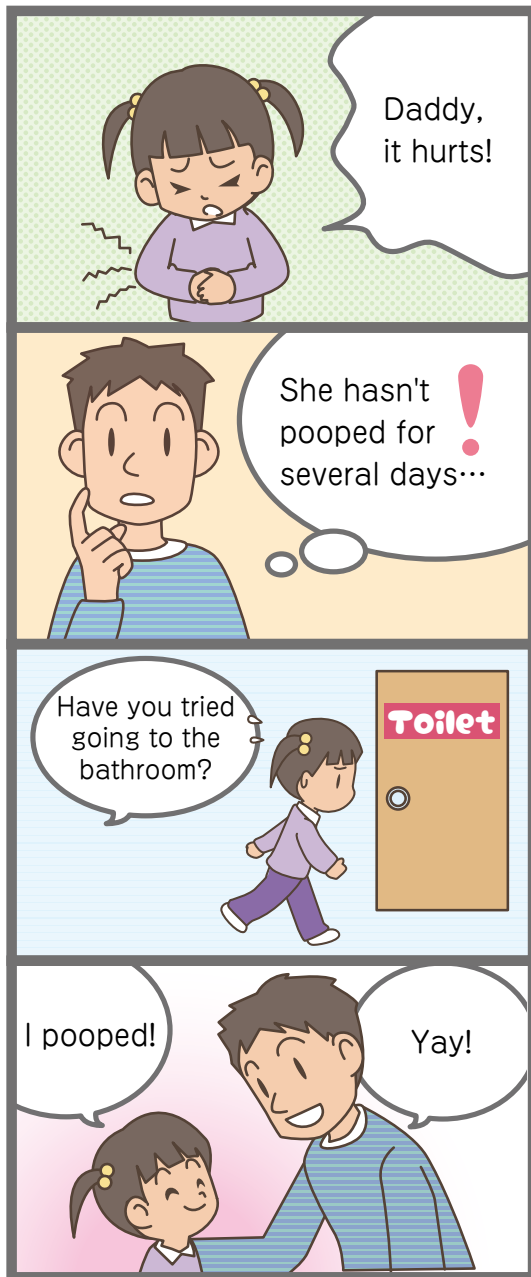
A hit to the head ▶ Neurosurgeon (Noshinkei Geka)

A hit to the abdomen (stomach) ▶ Surgeon (Geka)



- Your child's complexion (color of face) will not be good when vomiting and shortly after vomiting. If the color of their face and lips returns to normal after around 15 minutes, there is no need to panic.
- Once their symptoms have settled down (about 1-2 hours after they vomit), try giving them 5-6 small spoonfuls (~ 30ml) of an ion beverage (sports drink), apple juice, grated apples (apple sauce), etc.
 - ※ Ion beverages (sports drinks) with a good balance of glucose and salts are recommended.
- Once your child is better hydrated, you can try feeding them (little by little) rice porridge (okayu) or udon that's been boiled until it is very soft, etc.

Stomach hurts



- They won't stop crying, or they cry on and off continuously
- Their pain gradually worsens
- Their stomach is bloated and has hard lumps
- They feel severe pain if you press on their belly
- There is blood in their poop
- The pain does not lessen or subside even after pooping
- The pain starts after getting hit in the stomach
- There is swelling at the base of their groin (or scrotum)
- They vomit repeatedly
- They have brown and/or green vomit



If your child is experiencing even one of the above symptoms (accompanied by stomach pain)

Please take them to a doctor immediately.

If your child is not experiencing any of these symptoms (but stomach pain)

Please take them to your family doctor the following morning, etc.

If pain becomes intense after your child hits/gets hit in their stomach, please have him/her examined at a medical facility with a surgeon immediately.



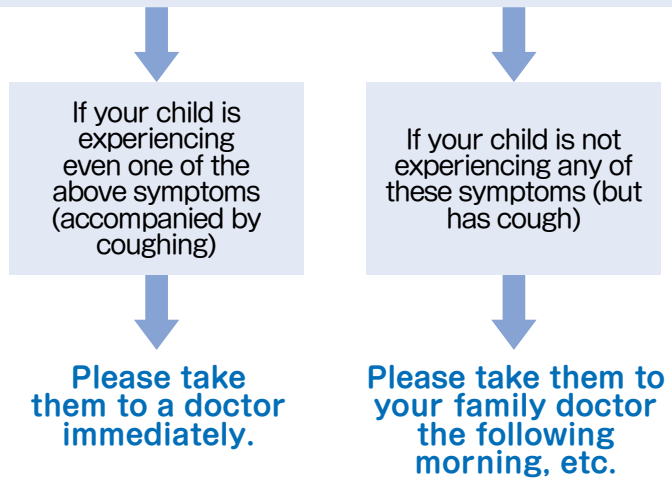
- Touch your child's belly to find the spot that hurts
- Don't put them in clothes that are tight around their belly.
- Observe the condition of the pain and the smell of their breath.
- Pooping alone can cure the pain. Try to get them to go to the bathroom.
- Try giving them an enema if they haven't pooped for 3-4 days or more.
- Be aware that feeding them solid foods may make them nauseous, so try to give them liquids (a little at a time) with salt and sugar.
- Try warming their stomach if they've overeaten or have a cold.



Coughing



- Their voice is hoarse, and their coughing sounds like a dog or fur seal's cry
- "Wheezing"
- They look like they are struggling to breathe
- They are breathing more quickly than usual
- They are extremely exhausted and dozing off
- The skin around their mouth and/or their lips turn purple (Cyanosis)
- They can't sleep due to severe coughing



- Monitor the frequency of coughing, their breathing, complexion, warmth of limbs, and the color of their nails.
- Continue to gradually give him/her fluids and/or food.
- Hold the child upright, or put up pillow/futon under his/her upper body to elevate it and have him/her sleep on his/her side.
- Try to keep the room he/she is in at 50-60% humidity and free of dust.
- Clear the room of smoke, smells, etc., and open the window for ventilation every once in a while.
- Try to abstain from smoking, especially in front of the child.

Rash

Aah!
A rash!

For the time being, I'll apply the medicinal cream I got before

Wait!

There are many illnesses that can cause rashes, so it's difficult to judge their condition. Try not to make a quick judgement and apply medicine, but instead keep their skin as clean as possible and avoid irritating it.

- Their face and/or lips are swollen
- They are having trouble breathing and their voice is hoarse
- Small, dark purple spots appear from their knees down
- They have a bloody nose
- Their joints are swollen and hurt
- They have no energy or enthusiasm
- They have severe itching
- They have severe stomach pain



If your child is experiencing even one of the above symptoms (accompanied by a rash)

If your child is not experiencing any of these symptoms (but has a rash)

Please take them to a doctor immediately.

Please take them to your family doctor the following morning, etc.

There is a chance it could be a disease they could spread to other children. If/when you have them examined, please be sure to tell a staff at the reception that they have a rash.



- Cooling the affected area will reduce your child's itching. You can soak a towel in cold water, squeeze out the water, and then apply the towel to the affected area (avoid warming the rash or scratching it with your fingernails).
- Keep your nails cut short to avoid scratching your child's rash.
- Even if the rash is caused by an infectious disease (chicken pox or hand, foot and mouth disease (HFMD), etc.), you don't need to rush to a doctor late at night as long as your child is drinking fluids.

List of Our Family Doctors

Type of Medical Care *Pediatrician*

Name of Medical Facility _____

TEL _____

Hours _____

Days Closed _____

Type of Medical Care _____

Name of Medical Facility _____

TEL _____

Hours _____

Days Closed _____

Type of Medical Care _____

Name of Medical Facility _____

TEL _____

Hours _____

Days Closed _____

Type of Medical Care _____

Name of Medical Facility _____

TEL _____

Hours _____

Days Closed _____

When you aren't sure if you should seek medical treatment...

When you aren't sure if you should seek medical attention for your child's illness or injury or attempt to treat it yourself...

Pediatric Emergency Telephone Hotline


#8000, or **(052) 962-9900** From 7 PM to 8 AM the following morning

When you can't find a medical facility

**Aichi Prefecture Emergency Medical Information Center
(Aichi-ken Kyuukyuu Iryou Jouhou Center)**

(0532) 63-1133 Operates 24 hours/day, 365 days/year

Aichi Emergency Medical Care Guide (Aichi Kyuukyuu Iryou Guide)

Search 

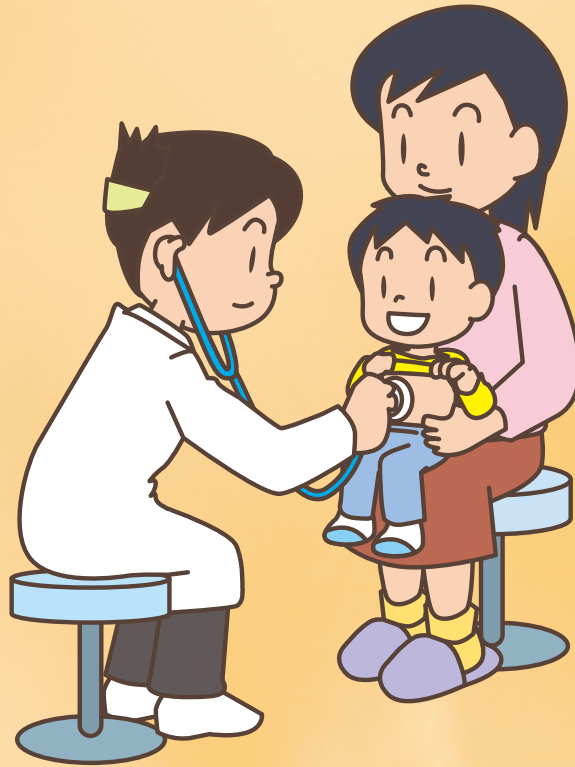
<http://www.99.pref.aichi.jp>



If detergent, insecticide, etc., is accidentally ingested

Japan Poison Information Center (Nihon Chuudoku Jouhou Center)

(072) 727-2499 Operates 24 hours/day, 365 days/year



**The information provided about
dealing with specific symptoms is
meant to be used as a reference
and is general in nature.**

Toyohashi Pediatric Emergency Guidebook

Editing Toyohashi Medical Association

Young Children's Health Committee

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