

Hiroshima NOW

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English No. 22

Designated clinics open on weekends and holidays

休日当番医の適正受診にご協力を「ひろしま市民と市政」1月15日号(P2)

Designated clinics open on weekends and holidays (*kyūjitsu tōban-i* 休日当番医) are for people who get injured or sick and need acute medical care on weekends and holidays when most hospitals and clinics are closed. Please refrain from using the clinics on weekends or holidays unless you need emergency care, not for reasons such as being too busy to go on weekdays or weekday hospital crowding.

If you need to visit a hospital or clinic for non-urgent reasons such as regular check-ups, prescriptions, or other similar, please go during their regular hours on weekdays.

Things to keep in mind when visiting a clinic available on weekends and holidays

- Designated clinics and hospitals open on weekends and holidays are generally more crowded than on weekdays and it may be difficult to get a parking space.
- You may have to pay an additional fee to be seen in addition to your regular medical expenses.

Please also keep in mind the following:

- If you have a fever or cough, telephone ahead before you visit.
- Be flexible: for example, if it is crowded in the morning, try to visit the clinic in the afternoon or check other medical institutions' availability.
- Use coin parking or similar nearby paid parking lots if the parking lot is crowded. Do not park your car somewhere which will cause problems for others.

Here are some tips to successfully use medical services

- Check your own primary care physician's schedule regularly.
- Talk with your primary care physician frequently about what actions you should take when you feel unwell, how often you should see a doctor, and so on.
- If you feel unwell, do not wait until the weekends or holidays: make time during weekdays to see a doctor soon.
- Illness can strike at any time. Be prepared and have medication ready, such as fever reducing medication.

If you are not sure whether you should see a doctor or take your child to a doctor

Consult with the *Kyūkyū Sōdan Sentā* (Medical Services Consultation Center) and/or *the Kodomo no Kyūkyū Denwa Sōdan* (Children's Emergency Medical Hotline). An operator and consultant (nurse) are available to take individuals calls and give advice based on their situation (advice is given in Japanese only).

■ Emergency Consultation Center (Hiroshima Regional Urban Area) (*Kyūkyū Sōdan Sentā Hiroshima Kōiki Toshi Ken*)

Tel: #7119 or 082-246-2000

- ❖ Please note these services are in Japanese.
- ❖ Telephone lines open 24 hours/day.
- ❖ Consultation is free, but you will be charged for the call.

■ Children's Emergency Medical Hotline (*Kodomo no Kyūkyū Denwa Sōdan*)

Tel: #8000 or 082-555-8870

- ❖ Please note these services are in Japanese.
- ❖ Telephone lines available nightly 365 days a year from 7 pm to 8 am.
- ❖ Consultation is free, but you will be charged for the call.



Don't wait to see a doctor

The following situations are ALWAYS a medical emergency! Call 119 immediately.

- Sudden breathlessness, difficulty in breathing
- Slurred speech
- Sudden numbness, weakness in the arms or legs on one side of the body

Inquiries: Medical Services Policy Division (*Iryō Seisaku Ka*) Tel: 082-504-2178