

# Hiroshima NOW

4

2024

English No. 24

Useful Japanese daily  
rules and customs

## Help Mark and Maternity Mark



Featured words: Help Mark & Maternity Mark

### Help Mark

The **Help Mark** is to identify people who may need assistance, even if their conditions are not visible on the outside. Help Marks make it easier for people to understand that someone may need assistance, even though they may look like they do not.

#### Who are Help Marks for?

- Those who have prosthetic limb or joints
- Those who have internal health issues or serious illnesses
- Those in the early stages of pregnancy



Help Mark

#### Where can I get a Help Mark?

Help Marks are distributed to those who need it at Hiroshima City Hall (Disabled Citizens Welfare Division // *Shōgai Fukushi Ka*), your local ward office (Welfare Division // *Fukushi Ka*), branch office, or the Physically Disabled Citizens Development Consultation Office (*Shintai Shōgai-sha Kōsei Sōdansho*).

Note: The Physically Disabled Citizens Development Consultation Office is located in the Hiroshima City General Rehabilitation Center (Address: 39-1 Tomo-minami 1-chome, Asaminami-ku).

#### What to do if you see someone with a Help Mark

- Offer them your seat on buses or trains.
- Offer assistance to them if they appear to need help.

## Maternity Mark

The **Maternity Mark** is worn by a pregnant woman. During the early stages pregnancy, it's sometimes difficult to discern if someone is pregnant. The Maternity Mark helps people understand the expectant mother may require assistance and consideration.



**Maternity Mark**

### Where can I get a Maternity Mark?

The Maternity Mark can be obtained at your local ward office when you receive your Maternal and Child Health Handbook (*Boshi Kenkō Techō*).

### What to do if you see someone wearing the Maternity Mark

- Offer them your seat on buses or trains.
  - If they seem unwell, reach out and offer assistance.
  - Refrain from smoking around them.
- ★ Wearing Help Mark and Maternity Mark is up to individual choice and not required.