

In an emergency . . .

Emergency contacts for a sudden incident or accident



- Police station 110
 - Ambulance 119
 - Marine accident reporting 118
 - Telephone counseling for pediatric emergencies . . #8000
- For after-hours medical care only



Okinawa Prefectural Government

Tourism Promotion Division, Department of Culture,
Tourism and Sports

☎ 098-866-2764

<https://www.pref.okinawa.jp>



Okinawa Convention & Visitors Bureau

☎ 098-859-6123

<https://www.ocvb.or.jp>



 VISIT OKINAWA JAPAN
Official Okinawa Travel Guide

<https://visitokinawajapan.com/>

Marine dangers

Typhoons and Disasters

Mountain and River dangers

Injury and Illness

Know the basics for greater enjoyment!

Traveling with Children

Safety and Security Guide



A present from Mahae

A “sangwa” is an amulet to protect people from harm. It is made by tightly tying leaves of Japanese pampas grass and is a tradition that has been handed down in Okinawa.

Long ago, it was placed on lunch boxes and multi-tiered food boxes to protect the food from a demon called Majimun.

It was also given to children when they went out to play.

Today, it is popular among local people as a good-luck charm of blades of grass to pray for safety.

Mahae gives people coming to Okinawa a sangwa and this book.

Enjoyable travel must be safe travel.

Make sure you are well prepared for possible emergencies. If you know what to expect, then you will surely have a safer and more enjoyable trip.

With this gift, we hope your trip to Okinawa will be safe and secure.



Also check the digital book!

Mahae Hanagasa

A tomboy who loves eating good food and going out on excursions. She works hard every day as a PR ambassador communicating the enjoyment of sightseeing in Okinawa!



Marine dangers

- Five key points for enjoying playing in the sea
- Cautions for marine leisure!
- Dangerous creatures in the sea

P.4



Mountain and River dangers

- Five key points for enjoying the mountains and playing in rivers
- Cautions for mountains and rivers!

P.10



If you are injured or ill

- Three key points about injury and illness
- If you get heat stroke
- To avoid getting an infection

P.14



Typhoons and Disasters

- If there is a natural disaster

P.20



Okinawa Trivia

- Watch out for “bus lane” traffic restrictions in the morning and evening!
- Precautions for cars at Naha Airport
- The medical care situation on remote islands
- Creatures we want to protect

P.24



Traveling with Small Children

- Cautions for travel with small children

P.26





Marine dangers

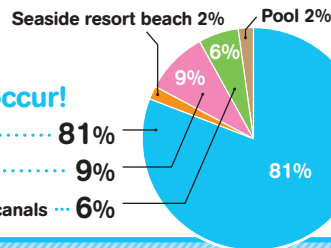
To enjoy playing in the beautiful waters of Okinawa, "advance preparation" is very important!

To avoid ending up like this



The natural coast is a place where many drowning accidents occur!

- 1st Natural coast 81%
- 2nd Ports and harbors, etc. 9%
- 3rd Rivers, ponds and irrigation canals ... 6%



"2021 Drowning Accident Statistics" from Okinawa Prefectural Police Headquarters

To enjoy playing in the sea

Five key points

- 1 Stop if you feel even just a little sick!**
Hangovers and lack of sleep → not safe! Also be careful about travel fatigue.
- 2 Avoid trouble by checking beforehand**
It is important to have the courage to give up for bad weather. Do not overdo it - reconsider your plan.
- 3 Do not act alone!**
In preparation for the unexpected, try to act with a buddy (activities in pairs) or in group activities.
- 4 Don't forget to rest and to hydrate!**
It's best to set the rest time in advance - about once an hour.
- 5 Use the "Maruyu Mark"* as a guide when selecting a marine business operator!**



Enjoying safe activities starts with the selection of a business operator that meets the standards.

*The "Maruyu Mark" indicates that a business operator has been certified as having excellent safety measures. It is only given to businesses that meet the safety standards set by the Okinawa Prefectural Public Safety Commission.



In an emergency - Call 118

for marine accidents and incidents!



Cautions for marine

leisure!

Japan Coast Guard: Water Safety Guide ▶

Many accidents can be prevented by good preparation!!



Snorkeling

- 1 Lifejackets are a lifeline!**



It's actually very difficult to float unaided. Secure buoyancy, such as with a wet suit!

- 2 Practice in shallow water first!**



Accidents caused by a little carelessness are increasing rapidly. Start by practicing in shallow water with an expert!

SUP

- 1 Prepare equipment to fit the usage environment!**



In addition to a leash cord and lifejacket, don't forget to secure a means of communication, such as with a mobile phone in a waterproof case.

- 2 Always be aware of the flow of the wind!**



SUP is susceptible to wind, so it's important to always be aware of the wind direction, the wind strength and any changes in the waves!

Diving

- 1 Your first dive! The key point is to do it in steps!**



Get a step-by-step lecture from a reliable marine operator! If you are worried about anything, no matter how small, be sure to consult the staff.

- 2 The pre-checks before diving are essential!**



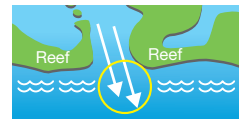
You can't talk underwater, so check the hand signals! Also remember to check what to do in an emergency and the dive time, depth, residual pressure and route.

Frequent accidents ●

A "gap in the waves" is scary

Reef currents are **strong currents of ocean water that flow away from the shore** along a coast that is surrounded by coral reefs. These reef currents cause many drowning accidents in Okinawa.

How to find a reef current



Be careful where there is a break in the white waves!

If you are not good at swimming, don't overstrain yourself by trying to swim. Give priority to floating and wait for a rescue!



What if you feel you are being swept offshore?

- 1** Don't try to swim against the flow. Swim parallel to the beach, across the flow.
- 2** When you get out of the reef current, aim for the nearest land.



See videos of reef current experiences here! ▶▶▶



Dangerous creatures in the sea!

You may think the sea is full of cute creatures that's not entirely true!

Stings



Crown of thorns starfish

Stings



Long-spined sea urchin

Stings



Stonefish

Stings



Striped eel catfish

Stings



Lionfish

Stings



Flower urchin

First aid

- 1 Remove the large spines that are visible
- 2 Soak the wound in hot water at 0 to 45°C (You can also apply a plastic bag filled with hot water)
- 3 Visit a medical institution

Don't touch these or play with them!



Stings



Sea wasp anemone

Stings



Fringing sea wasp anemone

First aid

- 1 Don't rub the wound! Use seawater to flush out the stinging balls (Never use vinegar)
- 2 Cool the wound with ice or cold water
- 3 Visit a medical institution



Bites



Blue-ringed octopus

Stings



Geographer cone

First aid

- 1 Shout out for help and have somebody call 119 immediately
- 2 Running will spread the poison, so go ashore carefully
- 3 Squeeze out the poison and clean the wound (Never suck out blue-ringed octopus poison with your mouth)

Bites



Blue-banded sea snake

Stings



Portuguese man o' war

First aid

- 1 Get out of the sea immediately and pour seawater on the wound to wash off the tentacles
- 2 Cool the wound with ice or cold water
- 3 Visit a medical institution

In the unlikely event of injury, perform first aid and then be sure to visit a hospital!



Stings



Box jellyfish

A lot of these jellyfish appear from June to September. The hood part is semitransparent, so it is difficult to see underwater. A sting is very painful and leaves characteristic marks like welts.

First aid

- 1 If you are stung, leave the sea immediately and avoid rubbing the injury
- 2 Pour plenty of vinegar (food vinegar) onto the wound
- 3 Gently remove the tentacles with your hands and cool the wound with ice or cold water if it hurts
- 4 Visit a medical institution

For beaches with jellyfish nets - click here! ▶▶▶





Mountain and river dangers

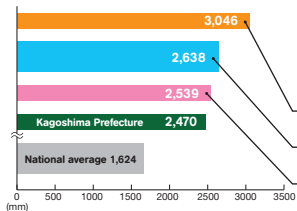
In addition to advance preparation, checking the weather is important when you are in mountain and river areas!

To avoid ending up like this



Check the “KIKIKURU” for any

approaching dangers!



One of the highest in the nation Okinawa Prefecture has a lot of rainfall throughout the year!

- no. 1. Miyazaki Prefecture ... 3,046mm
- no. 2. Okinawa Prefecture ... 2,638mm
- no. 3. Kochi Prefecture ... 2,539mm

*Figures are annual precipitation

From “Weather Data” in ranking of data by prefecture

To enjoy mountain and river leisure

Five key points

- 1 Check the weather forecast carefully!**
Before going out, check the weather forecast and for any lightning warnings, etc. Checking in advance is important!
- 2 Wear long sleeves and long pants**
Cover your skin as much as possible to protect yourself from dangerous creatures, rocks and trees.
- 3 Pay attention to the rapidly changing weather!**
Summer weather in Okinawa is very changeable. Be particularly cautious about cumulonimbus clouds.
- 4 Three signs of approaching cumulonimbus clouds**
Black clouds, the sound of thunder and a cold wind are signs that danger is approaching. If you feel a change in the weather, move to a safe place!
- 5 If you encounter Katabui (rain falling on one side)*, move to a safe place!**

Even on a clear day, rain falling in the upper reaches of a river can lead to a sudden rise in the water level. If you notice a change in the weather, stay away from the edge of the water.

*A unique meteorological phenomenon in Okinawa that is known as “unstable precipitation” (Check page 13)





Cautions for mountains and rivers!

Depending on the weather, a safe place can change into somewhere quite dangerous.

1 Wear a lifejacket!



Even if the water looks calm at first glance, nature poses some unexpected dangers, such as places with a rapid current and places that are suddenly deep.

2 Wear marine shoes!



There may be dangerous rocks or creatures lurking out of sight. Do not go into the water barefoot!

3 If you hear thunder, move to a safe place immediately!



Thunder is liable to strike high places. If you hear its sound, take shelter in a building or car. Immediately move away from trees and utility poles!

4 If it starts to rain, get away from the edge of the water!



Even on a clear day, the water may rise rapidly due to rain that has fallen upstream. Murkiness and tree branches flowing in the water are danger signs.

Caution!

Dangerous creatures on land

If you find one of these creatures, never approach it. You must always just quietly move away from it!



Giant African Land Snail

First aid

These carry parasites, so if you touch one, quickly rinse the skin with water. After that, continue to carefully check for changes in your physical condition for the next few days!



Hornet

First aid

Rinse the sting with water and remove the needle if it remains. Call 119 if shock symptoms appear!



Yellow-spotted pit viper

Ecology

The yellow-spotted pit viper is a venomous snake characterized by the many fine scales that cover its head. They lurk in stone walls, holes and thickets!



Key tip from the Japan Meteorological Agency Okinawa Regional Headquarters

Cumulonimbus and rain falling on one side

Cumulonimbus clouds (towering thunder clouds) can bring sudden heavy rain, thunder and severe wind gusts such as tornadoes. In addition, Okinawa has a phenomenon called Katabui (rain falling on one side), in which it can be raining heavily in a place nearby, but clear and sunny where you are. Depending on where the rain is falling, caution may be necessary, such as if it is falling near the upper reaches of a river.



Check the latest weather information on the Nowcast!



Three key points before a cumulonimbus cloud approaches

- 1 There are black clouds approaching you
- 2 You can hear the sound of thunder
- 3 A cold wind is blowing





If you are injured or ill

Injuries and illnesses during travel increase anxiety. Make sure to take precautions and to check the emergency action.

To avoid ending up like this



If you need emergency

assistance - **Call 119!**

Information on healthcare and more can be found here!

If you want to know more about infectious diseases in Okinawa

- Call the Okinawa Infectious Disease Information Center
TEL.098-987-8221

If you feel unwell

- Consult a local health care provider or the local public health center 👉 Check out page 19!



Okinawa Infectious Disease Information Center



Okinawa Story (Emergency contacts)

Three key points

about injury and illness

- 1 Thoroughly manage your physical condition before and during your trip, and be diligent about preventive measures!**

Always be sure to wash and sanitize your hands, and perform gargling regularly.

- 2 Visit a doctor quickly if you feel sick!**

To prevent secondary infection, if you feel something is wrong, go to a medical institution.

- 3 Have a quiet day after drinking too much!**

There are an increasing number of people who play in the sea or elsewhere with a hangover and end up being taken to hospital in an emergency due to dehydration.



If you get heat stroke!

Information on heat stroke prevention can be found here! ▶

Okinawa has strong sunlight all year round, so there is also a high risk of heat stroke.



First aid

- 1 Move to a cool place,** such as in the shade!



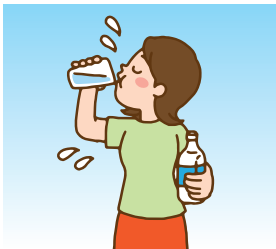
Move to a cooler environment, such as a well-ventilated shady area or indoors where there is a cooler!

- 2 Loosen clothing to let the heat escape from your body!**



Loosen clothing to allow heat to escape from the body, and also cool the neck and armpits, such as with ice.

- 3 Water & salt replenishment**



Get enough fluid and salt with cold water and sports drinks!

- 4 If the person is not fully conscious, call 119!**



If a person can't hydrate on their own or is not fully conscious, rush to a medical institution.

Preventive measures

- 1 Replenish water and salt frequently!**



The key point is to replenish not only water, but also salt.

- 2 Cool clothing and sun protection!**



Use items to protect yourself from the strong sunlight, such as a parasol, hat and sunglasses.



About twice as strong as in northern Japan!?

- The strong ultraviolet rays in Okinawa

The ultraviolet rays in Okinawa are very strong compared to other areas. Even sunbathing for a short time can lead to fever, blisters, and pain. To prevent health damage, make sure to take reliable protective measures!

You can compare the climate where you live with that of Okinawa on the "Useful Information for Okinawa Travel Website"! Use it as a reference for the clothes and other things to bring!

Measures for UV protection

- 1** Hold up a parasol and cover the skin with clothes such as long sleeves and long pants
- 2** Apply sunscreen frequently and use the shade



The Japan Meteorological Agency Okinawa Regional Headquarters "Useful Information for Okinawa Travel Website" is here! ▶▶▶

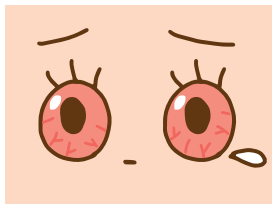


To avoid getting an

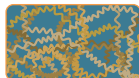
infection!

Take thorough preventive measures to avoid an infection, and be aware of your symptoms and the medical institutions!

Leptospirosis



This is a common infection in Okinawa. It infects through the skin during activities in rivers, such as canoeing. It remains hidden in the body for about 5 to 14 days and then causes symptoms such as fever, conjunctivitis, muscle pain and red eyes.



Preventive measures against leptospirosis

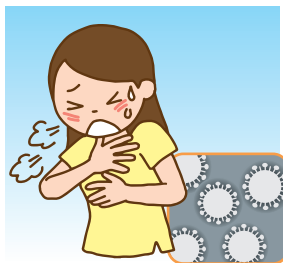
- 1 Wear appropriate clothing to avoid getting injured in the water!
- 2 Do not enter the water if you are injured
- 3 Do not drink the river water as it is

Influenza



Okinawa sometimes even has flu outbreaks in the summer! Symptoms include high fever and chills.

Coronavirus



This is a new virus that is transmitted by droplets or contact. Symptoms include lethargy and difficulty breathing.

Check the "Okinawa Infectious Disease Information Center" website for information on infectious diseases in Okinawa! ▶



Preventive measures



Handwashing and gargling



Frequent sanitization



Wearing a mask

Measures to prevent influenza and coronavirus infections

- 1 Try to perform frequent hand washing, hand sanitizing and gargling
- 2 Wear a mask where appropriate for the situation
- 3 Avoid going out if symptoms appear, to prevent secondary infections



Public health center contact details

Check the local public health center before your trip! Contact the center if you have any trouble.

- **Hokubu Public Health Center** (Northern area, Iheya and Izena areas)
TEL.0980-52-2714
- **Chubu Public Health Center** (Central regions such as Ginowan, Okinawa and Onna)
TEL.098-938-9886
- **Nanbu Public Health Center** (Southern regions such as Urasoe, surrounding remote islands, and the North and South Daito islands)
TEL.098-889-6351
- **Naha Public Health Center** (Naha city)
TEL.098-853-7971
- **Yaeyama Public Health Center** (Yaeyama area)
TEL.0980-82-3240
- **Miyako Public Health Center** (Miyako area)
TEL.0980-72-2420



To find the nearest public health center, click here! ▶▶▶



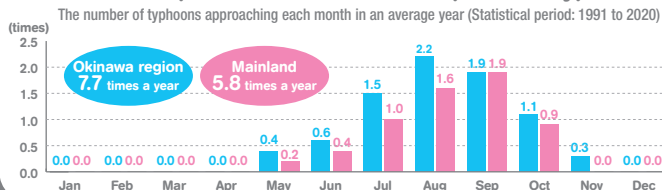
Typhoons and disasters

Know how to protect yourself from unforeseen disasters!



Okinawa Disaster Information

Okinawa is a prefecture that is susceptible to typhoons!



Okinawa Regional Headquarters "Climate of the Main Island Region of Okinawa"

To prepare and protect yourself from disasters

Three key points

- 1 Check the shelters and the height above sea level in advance!**
Since you will be in an unfamiliar area, use a disaster hazard map to check the evacuation centers, evacuation routes, and heights above sea level in advance.
- 2 Always check the weather and traffic information!**
Flights and ship operations tend to be affected by the weather. Always check the latest weather and traffic information.
- 3 Prepare a "disaster prevention pouch" in preparation for whatever might happen!**

A disaster prevention pouch is the most basic disaster prevention you can carry around with you as preparation for the unlikely event that you encounter a disaster while you are on the go. It is reassuring to prepare a large amount of your regular medicine and items such as your glasses and hearing aids, and have them ready to take out in an emergency.



Portal Haisai! Disaster Prevention

If there is a natural disaster?

If there is an emergency,
stay calm and take action.
First, protect yourself!



Earthquake

- 1** If you are outdoors, **keep away from buildings, gates and walls, etc.!**



Use something like a bag to protect your head from items that may drop, such as tiles, walls and signboards, and move to safety in a location with a clear view, such as a park or a parking lot.

- 2** Stop your car slowly! **Leave the key in**



Switch on the hazard lights, gently reduce your speed and stop. Leave your key in the car so that anyone can move the car in an emergency.

- 3** If you are in an elevator, **press all the buttons!**



Get out of the elevator on the floor where it stops first. If it doesn't move, press the emergency button to report it!

Tsunami

- 1** Above anything else, **flee for safety immediately!**



First of all, flee to a higher place to be as safe as possible! If not, a tsunami may quickly reach you while you are being indecisive.

- 2** Use a hazard map or similar to check the **height above sea level and evacuation areas in advance!**



Know the evacuation shelter near to your destination. Decide where you will meet your companions if you get separated, and check how to use the Disaster Emergency Message Dial service.

Typhoon

- 1** The basic rule is to **stay indoors** during a typhoon



Although it is a shame to waste your precious vacation time, your life comes first! Most facilities will be closed, so just relax at the hotel.

- 2** Stay away from dangerous places such as the **sea and rivers!**



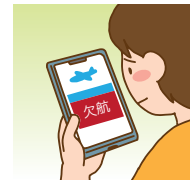
Even when a typhoon is far away, the waves can travel to the coast as a "swell" and you may be swept away by a sudden high wave. Similarly, it is necessary to watch out for the rapid rise of rivers.

- 3** Keep away from glass, such as on **windows and doors!**



Roofing and signboards that get carried by the wind can hit glass and scatter it. At your accommodation, take measures such as closing the curtains.

- 4** Check the path of the typhoon and **traffic information** frequently!



Check the situation and make arrangements as soon as you know there will be an impact on your itinerary, such as regarding a flight, or staying longer than planned in a hotel!

When there is a typhoon, be sure to check the weather and traffic information frequently!





Okinawa trivia you

should know

There are a lot of rules for life in Okinawa, so you should know them before you go!

Watch out for “bus lane” traffic restrictions in the morning and evening!



Some roads in Okinawa have bus lane traffic restrictions that create bus-only lanes and bus-only roads during the commuter rush in the morning and evening (7:00 to 9:00 and 17:30 to 19:30) on weekdays.

If you drive along them thinking the road is empty, you will be subject to penalty points and punishment for violating the Road Traffic Act!



The medical care situation on remote islands



The medical care resources on remote islands are limited. When visiting a remote island, be sure to take care of your physical condition and also prepare yourself well for a safe and secure trip, such as by carrying more of your regular medicine than usual.



Parking is prohibited in the boarding/ alighting area at Naha Airport!

The stopping area on the third floor of the Naha Airport Domestic Passenger Terminal Building is for getting in and out of cars. Parking a car there to pick up or drop off is not allowed. The multistory parking lot that is directly connected to the airport is free to use for 30 minutes, so please use it when picking someone up (waiting for someone) or seeing someone off.



The renting and returning of rental cars within Naha Airport is prohibited!

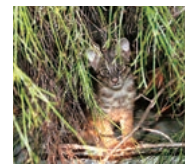
It is prohibited to lease or return a rental car on a road or in a parking lot within Naha Airport. To avoid getting involved in trouble right at the start of your trip to Okinawa, make sure in advance that the delivery point designated is outside the airport, and use a business that follows the rules!



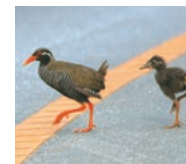
Creatures we want to protect



Crested Serpent Eagle



Iriomote Wildcat



Okinawa Rail

Collision with a wild animal while driving is called a “roadkill.” A lot of traffic accidents involving rare animals are occurring in Okinawa. Wild creatures don’t know the traffic rules. We ask that individual drivers have kind consideration for these creatures.



Okinawa Prefecture: ‘If you find an injured wild bird or animal’ ▲



The strong sunlight of Okinawa! Cautions for travel with small children

Don't forget insect repellent!

We are surrounded by nature in Okinawa - so we need to watch out for insects. Always carry insect repellent and medicine to treat insect bites.



A suntan can become a burn

The ultraviolet rays in Okinawa are more intense than you imagine.

Infants have thin skin and particular care should be taken about sunburn!

Apply sunscreen frequently. In the sea, protect your skin with clothing, such as by wearing a hat and rash guard treated to block UV!



Check the pediatric emergency hospitals beforehand!

Check the pediatric clinics and hospitals receiving pediatric emergencies in the neighborhood where you'll be staying before you go.

Hydrate a little more than usual!

It's easy to forget to stay hydrated, especially when playing in the water. Rehydrate before the adults feel thirsty!

Water or a diluted sports drink is very good - don't forget to replenish salt.

#8000

Ring here for out-of-hours telephone counseling for pediatric emergencies!

(Support available 19:00 to 8:00 the next morning on weekdays, and 24 hours on Saturdays, Sundays and public holidays)



Visiting a medical institution

The flow from reception to payment at a hospital



Go to the reception



Fill out a medical questionnaire



See a doctor and get **treatment** and/or get a prescription



Perform the **payment procedures** ^{*1}



Submit your prescription to a pharmacy to purchase the **medicine** ^{*2}

Cautions

Health systems vary from country to country. Knowing the system in advance will help you avoid trouble. When you perform the reception procedures, please ask in advance about the approximate cost of the treatment.

* There are only limited medical institutions that can provide support in foreign languages.

*1: The payment here is for the consultation up to this point. Credit cards can be used at large hospitals, but payment is generally in cash at clinics.

*2: The payment for the medicine is made separately at the pharmacy. Depending on the medical institution, it may be an in-house prescription.

Ambulance 119call



An ambulance will take you to an emergency hospital in the event of a traffic accident or an emergency.

How to call an ambulance

To call an ambulance, show a Japanese person around you the sentence in the red box below to ask them to call for you.

救急車を呼んでください。
Please call an ambulance.

Cautions

You cannot decide which hospital you will go to yourself. In some situations, it may be necessary to start treatment without a prior interview, so it is important to fill out page 31 in advance.

POINTING COMMUNICATION

ポインティング
コミュニケーション

Please indicate the severity of your pain or symptoms

(痛みや症状の程度を示します)



Tolerable
(我慢ができる)



Very severe
(かなり辛い)



I have a headache.
(頭が痛い)



I have a fever.
(熱がある)



I feel dizzy.
(めまいがする)



1 I have a pain in my abdomen. (腹が痛い)
2 I have a stomachache. (胃が痛い)
3 I have diarrhea. (下痢)



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



1 I have a sore throat. (喉が痛い)
2 I have lost my voice. (声が出ない)
3 I cough up phlegm. (たんが出る)
4 I have a cough. (せきがある)



1 I have a runny nose. (鼻水が出る)
2 I have a nosebleed. (鼻血が出る)
3 I am sneezing. (くしゃみ)



1 My ear hurts. (耳が痛い)
2 I cannot hear well. (聞こえない)
3 My ears are ringing. (耳鳴り)



1 My mouth hurts. (口の中が痛い)
2 My tongue hurts. (舌が痛い)
3 My taste is dull. (味がわからない)



1 I have a toothache. (歯が痛い)
2 My gums hurt. (歯茎が痛い)



1 My neck is stiff. (首が回らない)
2 My neck hurts. (首が痛い)
3 My neck is swollen. (首が腫れている)



1 My lower back hurts. (腰が痛い)
2 My legs are numb. (下肢にしびれがある)



1 My knee hurts. (膝が痛い)
2 I cannot bend my knees. (曲げられない)
3 I cannot walk. (歩けない)



1 My chest hurts. (胸が痛い)
2 I am having chest palpitations. (動悸がする)
3 My pulse is irregular. (脈が乱れる)



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



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



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



1 There is blood in my urine. (血尿がでた)
2 I have difficulty urinating. (排尿困難)
3 I have to urinate frequently. (頻尿)



1 I am having irregular bleeding. (不正出血)
2 I have a pain in my abdomen. (腹が痛い)



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

ケガをした I injured myself.

1 I was in a traffic accident. (交通事故)
2 I fell down. (ころんだ)
3 I bumped against something. (あたった)
4 I fell. (落ちた)
5 I cut myself. (切った)
6 I pricked myself. (刺さった)
7 I burned myself. (やけどをした)
8 I was stung/bitten by an insect. (虫に刺された)



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.

FreePhone Medical Consultation TEL:0570-050-235 対応時間/24時間・365日



書いておけば安心

医療に関する自分情報

● 氏名

● 性別 【 男性 / 女性 / その他() 】

● 生年月日

● 年齢

 歳

● 現在治療中の疾患 【 ある / なし 】

● 現在服用中の薬 【 ある / なし 】

● 既往歴

● 妊娠について 【 している(週目) ・ していない 】

● アレルギーについて(薬/食べ物/虫(ハチなど)/動物/その他)

● 通常の会話は何語を使いますか? ()

● 信仰する宗教はありますか? 【 はい() ・ いいえ 】