

## Why don't you consider getting Rubella Antibody test?

If the woman get rubella during pregnancy (specially until 20 weeks of pregnancy) It can cause disabilities in children, such as hearing impairment, heart malformations, etc.

Main symptoms of rubella are fever, rash and swollen lymph nodes, most of the time it will heal without complications. However, if the woman gets rubella (specially until about 20<sup>th</sup> weeks of pregnancy), hearing impairment, heart disease and other disorders (congenital rubella syndrome) could develop in the newborn baby.



### How can I protect my baby from congenital rubella syndrome?

Woman who want to become pregnant can do the test to determine whether she is at risk for rubella and check if there are sufficient rubella antibodies.

Your immune system can also safely learn to make antibodies through vaccination, however, it varies according to each person how much is produced. After testing for rubella antibody (blood test) and if the amount of it is low (HI below 16), consider taking rubella vaccine. Women should avoid getting pregnant for at least 2 months after receiving this vaccine.

### If you are pregnant

Pregnant women should NOT receive vaccine against rubella. To eliminate the risk of infection, get your partner or family member vaccinated.

Avoid crowds until the 20<sup>th</sup> week of pregnancy, if at the examination reveals that the rubella antibody is insufficient, get a rubella vaccination early after giving birth.

### Additional vaccine for rubella will be implemented (2022 – 2025.3)

Men that were born between April 2, 1962 and April 1, 1979 in a period that rubella antibody prevalence was low, in case they test for antibody and it reveals as insufficient, it's possible to get a vaccine free of charge.

A notification will be delivered to the person who is qualified for it. Please, contact the Health Promotion Division for more details.

- Instead of taking rubella vaccine alone, we recommend getting MR vaccine which also prevents from measles. Contact the medical institution for the vaccination fee.
- Oda city has a subsidy system for rubella vaccination costs. Check the back of the page for more information.

# 2024 Subsidy system for rubella vaccination costs.

In Oda city, we are subsidizing rubella vaccine to prevent transmission to pregnant women.

## 【Eligibility】

Who has residence registered in Oda and who fall under any of the following:

(It is a condition that you have never had rubella and have never been vaccinated twice or more) .

- ① Cohabitants of pregnant woman.
- ② Women 18 years old or older (at April 1 of present year) planning to becoming pregnant.
- ③ Cohabitants of ②.

(※) You need a proof of your residence in Oda by the day of the vaccination and the application date.

(※) From this year, men who were born between April 2, 1962 to April 1, 1979, is not qualified for this subsidy, since the vaccine will be part of routine immunization.

## 【Type of vaccine and amount of subsidy】

We will subsidize the following amount up to one per person

Types	Amount of Subsidy
Rubella only vaccine	2,000円
MR vaccine	4,000円



※People who receive public assistance and households exempt from municipal tax will be fully subsidized for vaccination costs.

## 【Implementation period】

From April 1, 2024 to March 31, 2025.

## 【Application period】

April 1, 2024 – March 31, 2025.

## 【How to apply • City Hall】

After vaccination at the medical institution, apply at the health promotion division or at the subprefecture of Oda.

### <Documents required for application>

Receipt, vaccination certificate, Inkan (stamp), bank passbook (to confirm the account for deposit) .

Boshi Techo (Mother and Child Health Handbook) (Just for ①) .

Application form (You can get at the city hall or download at the official website of Oda city hall.

(※1) If you cannot attach the receipt or vaccination certificate due to loss, please contact the following.

(※2) We will verify your residence certificate and the household situation.

## 【Inquiries】

Oda City Hall Health Promotion Division 健康増進課 – Kenko Zoshin Ka (TEL 0854-83-8153)