**Even during the COVID-19 outbreak**

# Continue to receive health checkups and vaccines for your baby

**Checkups and vaccinations can protect your baby from serious illnesses**

## What is a health checkup?

**It's for early detection of age-related diseases**

## What is a vaccination?

**Vaccinations can help prevent your baby from deadly infectious diseases**

## Points to note about health checkups and vaccinations

- Consult your doctor and continue to receive routine individual health checkups and vaccinations.
- Please be sure to arrive at the appointed time for checkups and vaccinations.
- In areas where group health checkups have been canceled, you should take your baby for a checkup as soon as it is resumed. If you have any concerns regarding your baby, consult with your doctor or public health nurse even if group health checkups are cancelled. Information on child development can be found in the Maternal and Child Health Handbook.

**Preventive measures for COVID19**

- Make sure you don't have any symptoms such as a fever or a cough before visiting the doctor.
- Do not bring grandparents and siblings with you, and visit with as few people as possible.
- Adults should disinfect or wash their hands, and wear a mask as part of cough etiquette.
- Do not change diapers at health care facilities.

**Protect your baby** with **health checkups and vaccines!**

**Q&A on COVID-19** Japanese only

Japan Pediatric Society
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