

Hello everyone. Today, we will be talking about what to do if you get sick or hurt, and need to go to a doctor. When you need to go to the doctor's please go to the hospital or clinic nearest to your house. In the event that they cannot treat you at your local hospital or clinic, the doctor will write you a "letter of recommendation" or "紹介状". When you receive this letter, please make an appointment at a larger hospital, and receive treatment there.

There are two types of hospitals. One where you make an appointment in advance, and one where you check in and receive consultations in order. How you make an appointment and the reception opening times are different depending on the hospital. Please call, or use their website to check beforehand. You can search for hospitals that cater to your symptoms, or nearby hospitals or pharmacies using the Nagano Emergency Care Information System site. You can also use the website when you need to go to a hospital during holidays, or at night. If you are seriously sick, or if you have a life-threatening illness or injury, please call 119 and ask for an ambulance (救急車).

When you get to the doctors, please hand in your insurance card at reception. If you don't have an insurance card, you will have to pay the entire cost of your visit. When you enter the consultation room, please give as much detail as possible about your symptoms, and you will receive information about treatment. When the consultation is finished, please pay at reception.

If you have received a prescription from the hospital, you can show it to your local pharmacist, and purchase the medicine. When you receive medicine, please make sure you ask how to take it or use it.

You can find information on hospitals that offer foreign language services on the Nagano International Corner Homepage. Depending on the department and time of day, foreign language assistance may not be offered. Please call the hospital to double check before you go.

The Nagano Prefecture Intercultural Consultation Centre homepage offers a “Medical Care Questionnaire” in many languages, including English, Mandarin, Spanish and Thai. On this form there are checkboxes for your symptoms which you can fill in. Please feel free to refer to it when you go for a consultation.

わか えいご きょく おく
お別れに英語の曲をお贈りいたします。英語で「Sunday Candy」というタイトルたいとる うたの歌です。お

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聴きください。