

Rubella antibody test and vaccination

This notice is being sent to those who are at the age where they may have weakened resistance to rubella (German measles). Please have your antibodies checked and get immunized if needed to prevent the spread of this disease.

【Recipients of the coupons】

Male registered residents of Toyohashi born between April 2, 1962 and April 1, 1979

【How to get the antibody test and vaccination】

- There are 3 ways to receive the test and vaccination
- If you forget your coupon you will not be able to get the test or vaccine for free

At a medical institution

Nationwide at Medical Institution
Cooperation locations

At workplace checkups

For company employees

At Specific Health Checkups

For National Health Insurance
members or those receiving public
assistance



Bring the enclosed coupon and your ID (driver's license, etc.) to the reception desk



You will receive written confirmation of your results at a later date. Please check your results (判定結果(*hanteikekka*))



No antibodies



Antibodies present

Rubella vaccination Necessary

You do NOT have enough antibodies for protection against rubella.
Bring the enclosed coupon, your ID (driver's license, etc), and the results of your antibody test (original) to your medical institution to receive a vaccination.

Rubella vaccination NOT necessary

Your antibodies are sufficient to protect you from rubella.
You do NOT need a vaccination.

※You can check the list of available vaccine providers on the Ministry of Health, Labour and Welfare Website (QR code on back)

【Coupon period of validity】

May 2019—end of March 2022

- If you've lost your coupon contact the Health Policy Division at (39-9104)
- Persons not registered as residents of Toyohashi are not eligible to use the coupon

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【Persons ineligible for antibody testing】

If you belong to one of the following you are NOT eligible to receive free antibody testing

- Persons who have had a confirmed case of rubella (confirmed through testing)
- Persons who have received a rubella vaccine in the past (including the MMR/MMRV vaccine)
- Persons who have received antibody testing results after April 2014

【FAQ】

Q What is rubella?

A Rubella is an acute infectious disease. Symptoms include fever, rash, and swollen lymph nodes that appear 2-3 weeks after infection. Symptoms are usually mild but in rare cases serious complications such as encephalitis (brain inflammation) and low platelet count (which can lead to bleeding problems) can occur.

Q What is congenital rubella syndrome (CRS)?

A Women who are not immunized against rubella and who become infected before the 20th week of pregnancy may pass the disease to the baby during pregnancy. Birth defects caused by CRS include visual, cardiac and hearing defects. Expectant mothers are NOT able to receive the rubella vaccine; therefore those in contact with the mother (spouse, children, those in the same household) need to be immunized.

Q How contagious is rubella?

A Rubella is an airborne disease, spread by coughing or sneezing. Typically, one infected person infects 5-7 more people. A person is contagious from up to one week before and after symptoms begin.

Q Do men also need to be vaccinated?

A YES. While symptoms are usually mild, there are rare complications that can occur including encephalitis (brain inflammation) and low platelet count (which can lead to bleeding problems). If expectant mothers are infected, the baby may contract congenital rubella syndrome resulting in serious birth defects. Any family members or people in contact with expectant mothers should be immunized as soon as possible to prevent the spread of the disease.

For the latest information on rubella, please visit the Ministry of Health, Labour and Welfare Website at:



https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/kenkou/kekaku-kansenshou/rubella/index_00001.html