

FY2025 Notice of Influenza Vaccination for Children in Minato City

Minato City subsidizes the cost of seasonal influenza vaccinations for children. Vaccination is optional, but vaccination is effective in preventing infection by/worsening of influenza. If you wish for your child to be vaccinated, then consult with your regular doctor and get vaccinated early in preparation for influenza season.
Since this year, FluMist (live attenuated nasal influenza vaccine) has been added to the list of vaccines eligible for subsidies.

Before receiving the vaccine, make sure to carefully read each of the following items.

Eligibility	6 months old to high school students who want to be vaccinated (Individuals born from April 2, 2007to July 1, 2025)
Vaccination Period	From Wednesday, October 1, 2025 to Saturday, January 31, 2026 (Individuals born between April 3 and July 1, 2024 should be vaccinated after reaching 6 months of age)
Vaccination Cost	Subsidy of ¥4,500 per vaccination (any remaining cost is paid by the individual being vaccinated) * The cost of influenza vaccinations varies depending on the medical institution and the type of vaccine. Please check the amount of your copayment at the medical institution.
Number of Subsidies	Please choose either the HA vaccine (subcutaneous injection) or FluMist (nasal spray). (You cannot receive subsidy for both types of vaccines in the same fiscal year.) <u>HA vaccine (subcutaneous injection)</u> 2 dose: from 6 months to less then 13 years old (vaccination interval: 2 to 4 weeks) If your child receives the first vaccine less than 13 years old, they can still receive the second at age 13. 1 dose:13 years old and over <u>FluMist (nasal spray)</u> 1 dose (<u>not suitable for children under 2 years old</u>) : Ages 2 years and older Scan this QR code with your smartphone to access the pediatric influenza page, where you can also find detailed information such as the characteristics of each vaccine. 
Vaccination Locations	• Vaccinations can only be received at designated medical institutions in Minato City. • To receive the vaccination, select a medical institution from the "FY2025 List of Minato City Medical Institutions Providing Influenza Vaccinations for Children," which is posted on the Minato City Website. • A reservation may be required. Check in advance with the medical institution.
What to Bring	• The enclosed "Pre-Vaccination check Sheet for Voluntary Influenza Vaccination for Children in Minato City" • *Note that if you do not bring the pre-screening sheet then you will have to pay the full cost of the vaccine at your own expense. • *If you are aged 2 to 13 and receive FluMist (nasal spray), the medical institution will collect the second vaccination form at the time of vaccination, so please bring both of the first and the second vaccination forms with you. (You do not need to fill out the second vaccination form.) • Maternal and Child Parent and Child Health Handbook • Identity verification documents (health insurance card, Individual Number Card, etc.)
Being Accompanied by a Guardian	In principle, children must be accompanied by a guardian when receiving vaccinations. However, if a guardian cannot accompany the child, then please check the following. Depending on the medical institution, it may be required for children to be accompanied by a guardian. Check in advance with the medical institution. • Being accompanied by someone other than a guardian If a guardian cannot accompany the child for some special reason, then an individual other than the child's guardian will be allowed to accompany the child if there is a "letter of power of attorney" from the guardian. Individuals who can accompany the child are limited to those who are familiar on a regular basis with the health condition of the child who will be vaccinated. A guardian must fill out the letter of power of attorney on the vaccination day, and the individual accompanying the child should submit the letter of power of attorney to the medical institution. The form for the letter of power of attorney is posted on the Children's Influenza page on the Minato City Website. • For children aged 13 to 15 who will receive the vaccine alone Children between the ages of 13 and 15 can be vaccinated on their own if they have parental consent. The child's guardian should read this vaccination notice by the vaccination day and sign in the appropriate section on the pre-screening sheet. The child who will be vaccinated should bring the signed pre-vaccination check sheet with them when they go to the medical institution.

Receiving the Influenza Vaccine

◇What is influenza?

Influenza is a disease caused by the influenza virus, which spreads through the air when people cough or sneeze, and is contagious when breathed in. Influenza causes high fever, general malaise, headache, joint pain, muscle pain, sore throat, sneezing, coughing, and runny nose, etc. In addition, serious symptoms such as bronchitis, pneumonia, and encephalitis may occur, which may be life-threatening for the elderly and individuals with chronic illnesses.

◇How to protect yourself from influenza

Receiving the influenza vaccine before flu season is currently considered to be the most effective method of protecting yourself from influenza. Getting vaccinated can prevent you from catching influenza, and, even if you do catch influenza, can prevent severe symptoms. In addition, you can also help protect yourself from influenza by gargling and washing your hands after going out, avoiding crowds, maintaining an appropriate indoor humidity level, wearing a mask when going out, eating well-balanced meals and replenishing fluids, and living a regular life and getting enough rest and sleep.

◇Side effects of the influenza vaccine

After receiving the influenza vaccine, please pay close attention to your physical condition. If you experience any abnormal reactions at the injection site or any changes in your physical condition after vaccination, please consult a doctor. Side effects of each vaccine are listed on Minato city website, so please refer to them.

In addition, although very rare, shock, a full-body rash, or difficulty breathing may occur. If any of these symptoms occur, consult a doctor immediately.

◇Relief System for Injury to Health with Vaccination

Immunization is an important means of preventing infectious diseases, but in extremely rare cases health damage has been observed. In the event that a side effect from vaccination in this initiative causes health damage that interferes with your daily life, and if it is certified as being a result of the vaccination, then you can receive compensation benefits based on the Act on Pharmaceuticals and Medical Devices Agency, Independent Administrative Agency and on the provisions of the Minato City Vaccination Accident Compensation Guidelines.

If you receive vaccinations that differ from those described in this notice, you will not be eligible for relief under the Minato City Vaccination Accident Compensation Guidelines.

◇Precautions for Receiving the Influenza Vaccination

(1) Precautions before receiving the vaccine

Please read this notice carefully before receiving the vaccination. If you have any concerns or questions, be sure to ask your doctor and ensure you fully understand before receiving the vaccination. Also, be sure to fill out the vaccination pre-vaccination check sheet in advance and bring it to the medical institution on the day of the vaccination.

When filling out the pre-vaccination check sheet, do not use pencils or erasable pens.

(2) Individuals who cannot receive the vaccination

HA Vaccine (Subcutaneous Injection)	FluMist (Nasal Spray)
1. Individuals who are clearly feverish (usually 37.5°C or higher). 2. Individuals who are suffering from a serious acute illness 3. Individuals who have experienced anaphylaxis due to the components of the vaccination solution. 4. Other Individuals for whom a doctor has judged that vaccination is not advisable.	1. Individuals who are clearly feverish (usually 37.5°C or higher). 2. Individuals who are suffering from a serious acute illness. 3. Individuals who have experienced anaphylaxis due to the components of the vaccination solution. 4. Individuals who have a disease with abnormal immune function or who are receiving treatment that suppresses the immune system.

(3) Individuals who need to consult with a doctor before receiving the vaccination

HA Vaccine (Subcutaneous Injection)	FluMist (Nasal Spray)
1. Individuals who are receiving treatment for chronic diseases such as heart, kidney, liver, blood, or other conditions. 2. Individuals who have experienced fever within two days of receiving a vaccination in the past, or who have experienced symptoms that are thought to be allergic, such as a full-body rash. 3. Individuals who have had seizures in the past. 4. Individuals who have been diagnosed with an immunodeficiency or who have a family member with congenital immunodeficiency. 5. Individuals who are receiving treatment for respiratory diseases such as interstitial pneumonia or bronchial asthma. 6. Individuals who have been told that they are allergic to the components of the influenza vaccine or to eggs, chicken meat, or other chicken-derived products. 7. Individuals who are currently pregnant or who may be pregnant.	1. Individuals who have a history of hypersensitivity, such as shock or anaphylaxis, to medicines or foods containing gelatin. 2. Individuals who are receiving treatment for chronic diseases such as heart, kidney, liver, blood, or other conditions. 3. Individuals who have experienced fever within two days of receiving a vaccination in the past, or who have experienced symptoms that are thought to be allergic, such as a full-body rash. 4. Individuals who have had seizures in the past. 5. Individuals who have been diagnosed with an immunodeficiency or who have a family member with congenital immunodeficiency. 6. Individuals who have severe asthma or who have wheezing symptoms. 7. Individuals who have been told that they are allergic to the components of the influenza vaccine or to eggs, chicken meat, or other chicken-derived products. 8. Women who are currently pregnant or may be pregnant 9. Breastfeeding women

(4) Precautions after receiving the vaccination

1. After receiving the vaccination, you may experience sudden side effect within 30 minutes. During this time, please wait at the medical institution where you received the vaccination, or keep your doctor's contact information readily available.

2. You can live your normal life on the day of the vaccination, but please avoid strenuous exercise. Bathing is fine.

3. In the case of the HA vaccine (subcutaneous injection), do not rub the injection site.

4. In the case of FluMist (nasal spray), please avoid close contact with individuals with severe immunodeficiency for 1-2 weeks after vaccination.

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