For a safe and enjoyable stay in Okinawa

Safety Guide for Visitors to Okinawa

Hanagasa Mahae
Kukuru
Chim oocvb
Maharo
# Contacts for Emergencies and Unexpected Incidents

In some locations, only inquiries in Japanese can be handled. When making an inquiry, please get help from somebody who speaks Japanese.

## Accidents and unexpected incidents

- **Local police stations** …… ☎️110
- **Ambulance** ………………… ☎️119
- **Maritime accidents** …… ☎️118
- **Okinawa Police Headquarters** …… ☎️098-862-0110
- **11th Regional Coast Guard Headquarters** ☎️098-867-0118

## Contacts for Transport Information and Typhoon Information

- **Okinawa City Monorail** ☎️098-859-2630
- **Japan Road Traffic Information Center** ☎️050-3369-6666
- **Naha Airport Building**
  - Domestic Flight Terminal ☎️098-840-1179
  - International Flight Terminal ☎️098-840-1350
- **Weather and typhoon information**
  - (Okinawa Meteorological Observatory Weather Center) ☎️098-833-4290
- **Okinawa Bus** ☎️098-862-6737
- **Ryukyu Bus Kotsu** ☎️098-852-2510
- **Naha Bus** ☎️098-852-2500
- **Toyo Bus** ☎️098-947-1040
- **Okinawa Bus Association** ☎️098-867-7386
- **Okinawa Taxi Hire Association** ☎️098-855-1344
- **Okinawa Prefectural Hotel and Ryokan Environmental Health Association** ☎️098-861-4166
- **Okinawa Rental Car Association** ☎️098-859-3825

## Inquiries about air service availability etc.

- **ANA** ☎️098-861-8800
- **JAL, JTA, RAC** ☎️098-891-8201
- **SKY** ☎️0570-039-283
- **Solaseed Air** ☎️0570-037-283
- **Jetstar** ☎️0570-550-538

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## Contact information for international airlines

- **China**
  - China Eastern Airlines ☎️098-891-9055
  - JUNEYAO AIRLINES ☎️098-840-1888
  - Air China ☎️098-866-8661
  - Beijing Capital Airlines ☎️86-10-95375
- **Taiwan**
  - China Airlines Mandarin Airlines ☎️098-863-1013
  - EVA Air ☎️0570-666-737
  - Tigerair Taiwan ☎️03-6455-0242
  - Hong Kong Airlines ☎️050-3852-0709
  - Cathay Dragon ☎️098-851-8580
  - Asiana Airlines ☎️0570-082-555
  - Jin Air ☎️098-840-1474
  - Jeju Air ☎️0570-001-132
  - T’way Airlines ☎️098-996-3260
  - Eastar Jet ☎️+82-1544-0080
  - Korean Air ☎️0088-21-2001
Safety in the Sea

The sea is beautiful, but you must always be prepared. Pay attention to the weather and your physical condition.

Call 118 to report accidents in the sea

**Snorkeling**

5 safety points

1. It looks easy, but it takes practice
   Learn how to use the snorkel, mask and fins.

2. Floating isn’t easy
   Wear a life jacket and wetsuit for more buoyancy.

3. The sea is beautiful, but hazardous
   Swim in designated areas, check the weather and tides, and don’t take risks.

4. Watch your physical condition
   Know your limits and don’t go in if you’re not in good condition. No drinking alcohol. Accidents involving the middle-aged are increasing.
5 Don’t go alone
When you go in the sea, never go alone.
Take a break after an hour.
Taking appropriate breaks and drinking enough water is also important.

Accidents happen
Learn from an expert or a snorkeling instructor. Be sure to carefully practice first, in shallow waters where you can stand.

If you lower your chin, the tip of the snorkel goes under and lets water in.
Blow out hard to clear the water from the snorkel.
Keep your chin up so the tip of the snorkel stays above the water.

Reef currents
What is a reef current?
It’s a strong current that flows out between gaps in a reef. They often occur where a deep channel is formed between coastal reefs.

If you feel yourself being carried out to sea
1. Don’t swim against the current. Swim parallel to the shore across the current.
2. When you get out of the reef current, aim for the nearest land.
3. It’s best to avoid getting caught in reef currents at all.

The 11th Regional Coast Guard Headquarters and Ishigaki Coast Guard Office provide Okinawa Reef Current information at their websites.

For ocean safety information
HTTPS://WWW6.KAIHO.MLI.GOV.JP/11KANKU/KISYOU.HTML
Call 118 to report accidents in the sea.

Diving

5 safety points

1. Improve your dive skills
   Learn the necessary diving skills, and always aim to improve them.

2. Take care of your health
   Mind your health
   If you have a chronic illness, take advice from your doctor first. Leave plenty of time after diving before getting on a plane.

3. Don’t overdo it
   If you aren’t in the right physical or mental condition for diving on the day, have the courage to pass it up.
   Get plenty of sleep, don’t drink heavily the day before, and look after your physical condition.

4. Plan and discuss thoroughly
   Check carefully
   Besides checking dive time, depth, and gas pressure, thoroughly cover entry and exit methods, precautions at each point, hand signals, emergency procedures and so on.
   If there’s anything you don’t understand, ask the dive staff.

5. Inspecting your equipment keeps you safe
   Using poorly maintained equipment is very dangerous.
   Keep your equipment in perfect condition to enjoy safe diving.
Beware of dangerous sea creatures

The beautiful coral reefs are home to many types of animal, and some of them are poisonous. Learn how to avoid injury from these dangerous creatures. They won’t hurt you if you avoid touching or provoking them unnecessarily.

**Box Jellyfish**

This jellyfish appears from May to October. It can be found in water as shallow as 50 cm. Its sting is very painful and can cause shock.

**First Aid for box jellyfish stings**

1. If you’re stung, get out of the sea right away. Do NOT rub the affected area.
2. Pour plenty of vinegar on the affected area.
   * Vinegar is only effective for box jellyfish stings. Do not use it for other jellyfish stings.
3. Gently remove the tentacles by hand.
4. If it hurts, apply ice or cold water.
   * If the victim stops breathing, perform artificial respiration and heart massage immediately.
Beaches with jellyfish nets
(As of May, 2018)

- The setting of jellyfish-prevention nets shall be considered at the bathing beaches registered under the Ordinance. (Okinawa Prefecture Ordinance for the Prevention of Water-related Accidents and Protection of Swimmers)
- The timing of installing jellyfish-prevention nets varies depending on the beach, and so some beaches may not have the nets yet.

Visitors are recommended to directly confirm the state at the beach.
Other dangerous creatures of the sea

If you get injured, apply first aid and go to hospital. Don’t judge your condition yourself.

Crown-of-thorns starfish  Sea urchin

Stonefish  Striped catfish eel

Lionfish  Flower urchin

First Aid

Remove any large, visible spines, and bathe in 40 to 45°C water. You can also put hot water in a plastic bag and apply it to the affected area. Be careful not to burn yourself.
**First Aid** Avoid rubbing the affected area. Wash off any stingers with seawater, then apply ice or cold water. **DO NOT** use vinegar. It may cause the stingers to trigger more.

**Blue-banded sea snake**

**First Aid** Clean the wound and get the victim to a hospital as quickly as possible.

**Portuguese Man O' War**

**First Aid** Wash off the tentacles with seawater and apply ice or cold water. **DO NOT** use vinegar.

**All species of blue ringed octopuses**

**First Aid** Do not attempt to suck venom from the wound with your mouth. Clean it and get the victim to a hospital as quickly as possible.

Source: Okinawa Prefecture Institute for Public Health and Environment
In Order to Have a Fun Island Trip

There are no convenience stores or drug stores on islands other than the main island of Okinawa, Miyako Island, or Ishigaki Island. Each island has its own culture and traditions, and is surrounded by abundant nature. The calm atmosphere and quiet daily life differs from Okinawa Island, Miyako Island, and Ishigaki Island.

Part of Okinawa’s charm lays in the inconvenient areas. In order to enjoy your island trip, please abide by the following:

1. Bring more than the usual amount of medicine

When the weather is bad or a typhoon hits the islands, the length of time for items to be out of stock may unexpectedly increase.

Types and amounts of clinical medicine are limited, so not all types of medicine are able to be prescribed. If you run out or even have a doctor consultation, there is a chance that prescriptions will unable to be filled or may be changed to a generic brand.

- Please know how much medicine you have been prescribed daily. (For those staying for a length of time, please bring a Patient Referral Document from your attending physician.)
- Please bring extra medicine for chronic diseases.
- Please bring prescription medication for if/when you have fits.

2. Visit a doctor as soon as you do not feel well

As soon as you start to feel unwell, such as headaches or stomachaches, please consult a doctor within the day, as soon as possible. (It may take time to get to a consultation if coming from the ocean or mountains.)

3. Please be on time to doctor’s appointments!

Doctors are assets to the islands. Some outer island clinics only have one doctor and/or nurse on hand.

Attend a consultation during a clinic’s business hours, and please do not visit a clinic outside business hours unless for an emergency.

You can check the business hours of each clinic here: —Okinawa Prefectural Hospital Bureau—
What is heatstroke?
Heatstroke is the general term for the condition where the balance of water and sodium in the body is lost in a hot environment and your body becomes unable to regulate its temperature. It can lead to death. But it can be prevented easily, and proper first aid can save the lives of heatstroke victims.

Onsite First Aid

1. Move to a cool place
   Move to a cool place with shade and a breeze, or an air-conditioned room.

2. Remove clothing and cool off
   Loosen clothing and apply ice or cold water to the neck, armpits, and groin to cool the body.

3. Consume fluids and salts
   Drink cold water or sports drinks. (However, do not give fluids to a person who is not fully conscious.)

4. Go to hospital
   If the person is not fully conscious and can’t take fluids by themselves, take them to hospital immediately.
Prevention

- Take frequent drinks
- Limit time spent swimming in the sea when the sun is high.
- Use a hat or parasol
- Stay out of the heat, wear open-necked clothing and so on.
- Be careful when temperature rises rapidly.
- When playing sports or other activities that involve sweating, consume plenty of fluids and salts.
- Use a fan indoors.

Okinawa’s ultraviolet rays
The ultraviolet rays in Okinawa are stronger than in other regions. Sunburn caused by ultraviolet rays causes fever, blistering and pain. Severe sunburn can require hospitalization. To avoid damaging your health, take precautions against ultraviolet rays.

Prevention

- Wear a hat
- Cover up with clothing
- Be sure to cover yourself with sunblock and reapply appropriately
- Make use of shade
- Wear sunglasses

Take the right precautions against ultraviolet for the time and place.
Preventing Infectious Disease

Avoid infectious diseases to enjoy your stay in Okinawa

Infectious diseases particular to Okinawa Prefecture

Cases of leptospirosis have been reported.
In the summer there are many opportunities to have fun in rivers, but it can occasionally result in Leptospira infection through the skin. If you have a sudden fever, conjunctivitis, and aching muscles 5 to 14 days after going in a river, consult a doctor.

Beware of influenza

In Okinawa, influenza spreads in the summer too. Wash your hands and gargle frequently.
Prevent secondary infection
An infected person can infect those around them.

- Fever, coughing, sneezing, vomiting, diarrhea etc.
- Consult a doctor promptly.

Block the transmission routes
- Recommend a mask to a person with a cough.
- Take care when cleaning up diarrhea or vomit.
- Norovirus gastroenteritis spreads through secondary infection.

Obtain information about the spread of infectious diseases.

- Okinawa Infectious Diseases Information Center
- Okinawa Prefecture Regional Health Department  TEL 098-987-8211

Consult the nearest public health center

- Northern Health Center  (Hokubu, Iheya, Izena regions)  TEL 0980-52-2714
- Central Health Center  (Chubu region)  TEL 098-938-9886
- Naha Public Health Center (Naha City)  TEL 098-853-7971
- Southern Health Center  (Urasoe City, Nambu region, outlying islands, Minami and Kita Daitojima regions)  TEL 098-889-6351
- Miyako Health Center  (Miyako region)  TEL 0980-72-2420
- Yaeyama Health Center  (Yaeyama region)  TEL 0980-82-3240

*Inquiries in Japanese only
Disaster Response

What to do in a Typhoon

Do not go outside, stay in your hotel: flying objects may hit you or you will be blown away.

Carefully watch the weather information before going out even when the storm is gone.

Keep away from glass windows when it is stormy.

Stay away from the beaches even after a typhoon passes through. Waves remain high.

Buses, monorails, planes, ships and other transportation may be affected, so check that services are running first.

If you are traveling in a group or on a package tour, consult your travel agent.

If you have an individual ticket, directly contact the airline that you have booked with.

*Use the following sites to obtain information about typhoons.

Japan Meteorological Agency
http://www.jma.go.jp/jma/index.html

Okinawa Tourism Information Website "Be.Okinawa"
https://www.visitokinawa.jp/

When a typhoon is forecasted, contact your airline promptly.
What to do in a Major Earthquake

If you are in a hotel

• Stay away from furniture and glass windows, keep yourself low and protect your head from falling objects.
• Do not rush outside. Falling pieces of glasses and tiles may hit you outside.
• Open the door of your guest room to secure your evacuation route.
• Stay there until the shakes are over. Then, follow the instruction of hotel staff.

If you are outdoors

• Crouch on the ground and protect your head from falling objects.
• Stay away from block walls, cliffs, coast, rivers and narrow roads.
• Run to a nearby open space.

If you are driving

• Slow down and park your car on the shoulder of the road. Turn off the motor.
• Wait inside the car until the major shakes are over.
• Turn on the radio for emergency information.
• Do not lock the doors, with your key inside, when you leave the car.

Tsunami

• Beware of tsunami; a tsunami may follow a major earthquake. If you are driving on the coast or near a river, make a shelter to a higher ground or a tall building.
When you hear a Tsunami Alert

★When you hear a Tsunami Alert★

• Immediately leave the coastal area and run to a high ground or an upper level of a sturdy building.

• Inquire those around you if you do not know where to evacuate. If you are at an accommodation facility, check and see the evacuation route from your room in advance.

• Warn swimmers in the beach to evacuate, and quickly run away from the coast.

• Do not ever approach the sea until the tsunami alert has been completely lifted.

★Check the Elevation★

• At major tourist sites, you will find signs to show the elevation from the sea level.

• Make sure you reach a shelter above sea level as high as possible, when you are evacuated.

• Check the elevation of the place when you are visiting a coastal area.

★Cooperate in Evacuation★

• In case of evacuation, act promptly and follow the instruction of the hotel staff and local people.

• Help evacuate someone who is in need of assistance or ask for help to people nearby.
See the following for
Disaster Information

For your safety, check the Okinawa Disaster Prevention and Information Portal Site

This portal site provides information and related services concerning possible disasters in Okinawa.

- Information issued by local authorities including evacuation advisories, evacuation orders, and information on areas open as evacuation centers
- Information issued by the Meteorological Agency including weather advisories and alerts, emergency warnings, earthquake and tsunami information
- Information issued by the Fire and Disaster Management Agency for protection of the public
- Registration to receive disaster prevention information by email or social media

Registration is free of charge!

Check the URL and QR code in advance

PC  http://www.bousai.okinawa.jp/eng
Mobile  http://www.bousai.okinawa.jp/eng/sp

Enquiries about the portal site
Disaster Prevention and Risk Management Division, Office of the Governor of Okinawa Prefecture  TEL 098-866-2143

In a disaster, obtain accurate information.
Beware of theft from vehicles!

★ 3 steps to avoid becoming a victim ★

- Do not leave valuables in your vehicle!
- Make sure to lock the doors of your vehicle!
- Do not park on the road!

Be careful with your belongings

◆ Carry your valuables (wallets, mobile phones, bags, etc.) close to your body.
◆ Use coin lockers or similar storage options.
◆ Do not leave your personal belongings anywhere, even for a short time.

Do Not Drink and Drive!

Drinking and driving is unforgivable!
Do not drink and drive or let anybody else drink and drive!

Sleeping it off is no guarantee!

[Morning-After Driving]
Roughly 25% of people arrested for drunk driving are Morning-After Drivers (driving between the hours of 6 and 10 AM). If you are going to be driving the next day, make sure you keep your drinking to within the appropriate amount.

Why don’t you come with me?

© We ask for the cooperation of residents and visitors in ensuring that patrons of entertainment districts can enjoy their visit, free of harassment by touts. Directly accosting specific persons to solicit them as customers or employees of adult entertainment businesses is prohibited.

Churasan Campaign

Building a welcoming community

These are crime prevention activities that all prefectural residents are undertake so that Okinawa Prefecture will remain attractive and crime-free and offer peace and security to locals and visitors alike.
Beware of Habu!

Identification
The head of snakes in the habu family is covered in many small scales, while other kinds of snakes have larger scales. The pattern on the body of the habu looks like the picture below.

Hime habu
There are black spots on the gray or brown body.

Habu
There are black complex patterns on the yellow or white background. Eats mice so is often found near houses.

Sakishima habu
Black zigzag pattern on a brown background.

Habu facts
More active from April to November, it doesn’t hibernate and is active most of the year. It is nocturnal and during the daytime it hides in walls, holes and thickets. It eats mainly mice. It is good at climbing trees and swimming. It doesn’t jump.

What to do if you get bitten

1. Keep calm and check if it was a habu.
   Even if you can’t identify the type of snake, the habu leaves two fang marks. It may leave from one to four bite marks. Within five minutes, the bitten area swells and becomes very painful.

2. If you think it’s a habu bite, call loudly for help and ask to be taken to hospital.
   If you run, the poison circulates faster, so go to hospital by car. If you must walk, go slowly.

3. If it will take time to get to hospital, loosely bind the affected part leaving enough space to insert a finger.
   Bind the wounded part in the nearest location from the heart to reduce bleeding. Absolutely do not attempt to use a thin cord or similar item as a tourniquet. Tight binding will stop blood circulation and make an adverse effect. Please be sure to unbind once every 15 minutes.

Fatal! Please see a doctor if you are bitten by a habu snake.

[Inquiries about habu]
- Okinawa Prefecture Health and Medical Department, Hygiene and Drug Division
  TEL.098-866-2055
- Health and Biology Team, Institute of Health and Environment
  TEL.098-987-8223

*Inquiries in Japanese only
Protect the Okinawa rail and Irmiomote wildcat from traffic accidents

These creatures are getting hurt and killed
On the northern part of the main island and on Irmiomote Island, drive slowly and enjoy the views.

A crested serpent eagle on a branch  A healthy Irmiomote wildcat  Okinawa rails crossing the road

You can avoid harming the Okinawa rail, Irmiomote wildcat and other animals by driving more slowly.

The Okinawa rail, Irmiomote wildcat and other rare animals are getting hurt in traffic accidents. Visitors to Okinawa should drive slowly enough to stop for wildlife on the roads. If you do accidentally hit an animal with your car, it will not be treated as a crime. Please report the incident so that the animal can be cared for.

Contact

Okinawa rail and Ryukyu rat
- Kuina Line  · · · · · · · · · · · · · · TEL 090-6857-8917

Irmiomote wildcat and crested serpent eagle
- Irmiomote Wildlife Center  · · · · · · · · TEL 0980-85-5581

Crested serpent eagle
- Ishigaki Nature Conservation Office  · · TEL 0980-82-4768

A prompt call can help save a precious life.

*Inquiries in Japanese only
# Contacts for emergency illness or injury

## Northern Region
- Okinawa Prefectural Hokubu Hospital  ☎️ 0980-52-2719
- Northern Okinawa Medical Center EN 📞 0980-54-1111

## Central Region
- Heartlife Hospital EN ☎️ 098-895-3255
- Chubu Tokushukai Hospital EN ZH KO RU TH 📞 098-932-1110
- Nakagami Hospital EN 📞 098-939-1300

## Naha, Urasoe, Southern Region
- University of the Ryukyus Hospital EN 📞 098-895-3331
- Urasoe General Hospital EN ZH KO ES PT 📞 098-878-0231
- Makiminato Central Hospital EN 📞 098-877-0575
- Okinawa Prefectural Nanbu Medical Center & Children's Medical Center EN ZH KO PT 📞 098-888-0123
- Naha City Hospital EN 📞 098-884-5111
- Ohama Daiichi Hospital EN 📞 098-866-5171
- Okinawa Kyodo Hospital EN 📞 098-853-1200
- Tomishiro Central Hospital EN ZH KO ES PT 📞 098-850-3811
- Okinawa Daichi Hospital 📞 098-888-1151
- Nanbu Tokushukai Hospital EN ZH KO RU ES TH 📞 098-998-3221

## Miyako Region
- Okinawa Prefectural Miyako Hospital EN 📞 0980-72-3151

Medical Interpretation is Available in the Following Languages

<table>
<thead>
<tr>
<th>Language</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>EN</td>
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<tr>
<td>Chinese</td>
<td>ZH</td>
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<tr>
<td>Korean</td>
<td>KO</td>
</tr>
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<td>Russian</td>
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<td>Spanish</td>
<td>ES</td>
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<tr>
<td>Portuguese</td>
<td>PT</td>
</tr>
<tr>
<td>Thai</td>
<td>TH</td>
</tr>
</tbody>
</table>

*A 📞 symbol indicates that phone support is also available in that language. Example: **EN 📞**

*Support may not be available depending on the nature of the inquiry or when a staff member that speaks the language in question is not available.

*Hospitals receive emergency care facility designations for fixed periods. Call in advance to make sure the hospital can take an emergency patient.*
How to use an emergency care hospital

If you need an ambulance, show the sentence below to a nearby Japanese person so they will call one for you.

救急車を呼んでください。

(Please call an ambulance.)

Procedure from arrival of the ambulance

Ambulance arrival → Transport to the hospital → Treatment → Bill payment → Return home

Hospital Admission

Important

You cannot choose what hospital you will be brought to. Depending on your condition, you may be given treatment without questioning, so it is important to fill out p. 27.

AED

There is a device that can be used if someone has heart problems and collapses while out of the home. This device is called an Automated External Defibrillator (AED). When actually using the device, you find illustrated instructions inside the AED package after you open it, so follow those instructions. Many airports and other public facilities have AEDs.

List of medical institutions that accept overseas visitors

List of medical institutions around Japan that are well-prepared to accommodate foreign patients.
http://www.jnto.go.jp/eng/arrange/essential/emergency/mi_guide.html#search

Reference source: *3 Japan Foundation for Emergency Medicine, Others: JIS T0103:2005
How to use medical institutions and important points

Procedure from hospital reception to payment

1. Reception

2. Fill out medical sheet.

3. Receive doctor examination and treatment, and receive a prescription.

4. Complete payment.

5. Submit prescription to pharmacy and purchase medications.

Important

The medical care system varies by country. Avoid difficulties by learning about them in advance. Ask for a general estimate of the treatment cost at reception.

* There is a limited number of medical institutions that can accommodate other languages.

<1> Be sure to listen carefully to the explanation of the examination results.

<2> Payment here is the cost for treatment received up to this point. Keep in mind that payment by credit card is only accepted at major hospitals. Clinics generally accept cash only.

With cash-free international travel medical insurance, no payments are necessary. Note: The cash-free conditions vary by insurance company. Please check beforehand.

<3> You will be charged separately at the pharmacy for any medicine you need. Some medical institutions provide in-house prescriptions.

- Nearby pharmacy
- Drugstore

* Consult a pharmacist, if possible.
* Some types of medicines cannot be purchased at night when the pharmacist is not there.

Reference source: JIS T0103:2005
<table>
<thead>
<tr>
<th>病みや症状の程度を示します</th>
<th>我慢できる</th>
<th>かなり辛い</th>
</tr>
</thead>
<tbody>
<tr>
<td>頭が痛い</td>
<td>耳が痛い</td>
<td>息苦しい</td>
</tr>
<tr>
<td>I have a headache.</td>
<td>My ear hurts.</td>
<td>I have difficulty breathing.</td>
</tr>
<tr>
<td>頭痛</td>
<td>聴こえない</td>
<td>ヒューヒューする</td>
</tr>
<tr>
<td>I cannot hear well.</td>
<td></td>
<td>I am wheezing (lightly).</td>
</tr>
<tr>
<td>耳鳴り</td>
<td>耳鳴り</td>
<td>ビーーーすする</td>
</tr>
<tr>
<td>My ears are ringing.</td>
<td></td>
<td>I am wheezing (heavily).</td>
</tr>
<tr>
<td>頭痛</td>
<td>口の中が痛い</td>
<td>息切れがする</td>
</tr>
<tr>
<td>My mouth hurts.</td>
<td>My tongue hurts.</td>
<td>I am out of breath.</td>
</tr>
<tr>
<td>舌が痛い</td>
<td>味が痛い</td>
<td>血尿がもた</td>
</tr>
<tr>
<td>My tongue hurts.</td>
<td>My taste is dull.</td>
<td>There is blood in my urine.</td>
</tr>
<tr>
<td>齲が痛い</td>
<td>齦が痛い</td>
<td>排尿困難</td>
</tr>
<tr>
<td>I have a toothache.</td>
<td>My gums hurt.</td>
<td>I have difficulty urinating.</td>
</tr>
<tr>
<td>齦が痛い</td>
<td>齦が痛い</td>
<td>頻尿</td>
</tr>
<tr>
<td>My teeth hurt.</td>
<td>My gums hurt.</td>
<td>I have to urinate frequently.</td>
</tr>
<tr>
<td>齦が痛い</td>
<td>齦が痛い</td>
<td>排尿時に痛みがある</td>
</tr>
<tr>
<td>My gums hurt.</td>
<td>My gums hurt.</td>
<td>Urinating is painful.</td>
</tr>
<tr>
<td>眼が痛い</td>
<td>眼が痛い</td>
<td>かぶれた</td>
</tr>
<tr>
<td>My eye hurts.</td>
<td>My neck is stiff.</td>
<td>I have a rash (in one place).</td>
</tr>
<tr>
<td>見えない・見えにくい</td>
<td>頭が痛い</td>
<td>発疹がでた</td>
</tr>
<tr>
<td>I cannot see well.</td>
<td>My neck hurts.</td>
<td>I have a rash (all over).</td>
</tr>
<tr>
<td>眼のかゆみ</td>
<td>腹が痛い</td>
<td>かゆみがひどい</td>
</tr>
<tr>
<td>My eyes are itchy.</td>
<td>My abdomen hurts.</td>
<td>I am very itchy.</td>
</tr>
<tr>
<td>頭が痛い</td>
<td>頭が痛い</td>
<td>じんましん</td>
</tr>
<tr>
<td>I have a headache.</td>
<td>I have a headache.</td>
<td>I have hives.</td>
</tr>
<tr>
<td>喉が痛い</td>
<td>咽喉が痛い</td>
<td>お腹が痛い</td>
</tr>
<tr>
<td>I have a sore throat.</td>
<td>My neck is swollen.</td>
<td>I have a pain in my abdomen.</td>
</tr>
<tr>
<td>声が出ない</td>
<td>肩が痛い</td>
<td>お腹が張る</td>
</tr>
<tr>
<td>I have lost my voice.</td>
<td>My neck hurts.</td>
<td>I am bloated.</td>
</tr>
<tr>
<td>たんが出てくる</td>
<td>頭が痛い</td>
<td>腹から出血</td>
</tr>
<tr>
<td>I cough up phlegm.</td>
<td>My neck is swollen.</td>
<td>I have vaginal bleeding.</td>
</tr>
<tr>
<td>せきが出てくる</td>
<td>ブけかない</td>
<td>腹から水が出た</td>
</tr>
<tr>
<td>I have a cough.</td>
<td>I cannot walk.</td>
<td>I am leaking water.</td>
</tr>
<tr>
<td>鼻水が出る</td>
<td>腿が痛い</td>
<td>赤ちゃんについて気になることがある</td>
</tr>
<tr>
<td>I have a runny nose.</td>
<td>My knee hurts.</td>
<td>I worry about the baby.</td>
</tr>
<tr>
<td>鼻血が出る</td>
<td>曲げられない</td>
<td>不正出血</td>
</tr>
<tr>
<td>I have a nosebleed.</td>
<td>I cannot bend my knees.</td>
<td>I am having irregular bleeding.</td>
</tr>
<tr>
<td>クしゃみ</td>
<td>歩けない</td>
<td>腹が痛い</td>
</tr>
<tr>
<td>I sneezing.</td>
<td>I cannot walk.</td>
<td>I have a pain in my abdomen.</td>
</tr>
<tr>
<td>呼吸困難</td>
<td>脳梗塞</td>
<td>不正出血</td>
</tr>
<tr>
<td>I am having chest palpitations.</td>
<td>My pulse is irregular.</td>
<td>I am having irregular bleeding.</td>
</tr>
<tr>
<td>脈が乱れる</td>
<td>我慢できない</td>
<td>腹が痛い</td>
</tr>
<tr>
<td>My pulse is irregular.</td>
<td></td>
<td>I have a pain in my abdomen.</td>
</tr>
<tr>
<td>割れた</td>
<td>ケガをした</td>
<td>泣き続けている</td>
</tr>
<tr>
<td>My baby won’t stop crying.</td>
<td>I injured myself.</td>
<td>My baby won’t stop crying.</td>
</tr>
<tr>
<td>切った</td>
<td>交通事故</td>
<td>吐いた</td>
</tr>
<tr>
<td>I cut myself.</td>
<td>I was in a traffic accident.</td>
<td>My baby threw up.</td>
</tr>
<tr>
<td>剃った</td>
<td>ころんと</td>
<td>病気が</td>
</tr>
<tr>
<td>I pricked myself.</td>
<td>I fell down.</td>
<td>My baby has a fever.</td>
</tr>
<tr>
<td>剃った</td>
<td>あたった</td>
<td>食事をしない</td>
</tr>
<tr>
<td>I burned myself.</td>
<td>I bumped against something.</td>
<td>My baby won’t eat.</td>
</tr>
<tr>
<td>剃った</td>
<td>落ちた</td>
<td>元気がない</td>
</tr>
<tr>
<td>I was stung/bitten by an insect.</td>
<td>I fell.</td>
<td>My baby is listless.</td>
</tr>
<tr>
<td>氏名 Name</td>
<td>性別 Gender</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td></td>
<td>男性／女性 Male/Female</td>
<td></td>
</tr>
<tr>
<td>生年月日 Date of birth</td>
<td>年齢 Age</td>
<td></td>
</tr>
<tr>
<td></td>
<td>歳 years old</td>
<td></td>
</tr>
</tbody>
</table>

- 現在治療中の疾患（ある／なし） Are you currently in treatment for any illnesses? (Yes / No)  
  
- 現在服用中の薬（ある／なし） Are you currently taking any medications? (Yes / No)  
  
- 妊娠について（している／していない） Are you pregnant? (Yes / No)  
- 既往症 Past illnesses  

- アレルギー 薬／食物／虫（ハチなど）／動物／そのほか Allergies to medications, foods, insects (e.g. bees), animals, other  
  ※具体的に書いてください *Please use specifics.  

- 通常の会話は何語を使いますか？( What is your language of preference?  
- 信仰する宗教は？( Do you practice a particular religion?  

Reference source : Japan Tourism Agency
Okinawa Prefecture

Okinawa Prefecture Tourism Promotion Division
☎ 098-866-2764  FAX.098-866-2765
http://www.pref.okinawa.jp/

Okinawa Convention & Visitors Bureau
☎ 098-859-6129  FAX.098-859-6222
http://www.ocvb.or.jp/

https://www.visitokinawa.jp/