

For Small Children
(1 month - 6 years old)

What to Do in Case of Your Child's Sudden Illness

Pediatric Emergency

The Parents' Guide to Symptoms, Emergencies



Nara Prefecture

Introduction

When a child falls suddenly ill or gets injured during holidays or nighttime, parents might not handle the situation well.

This guidebook helps parents decide when to consult a doctor (to take them to a children's emergency medical center) in Nara prefecture. Don't panic; refer to this brochure before seeing a doctor.

We suggest having a family doctor with whom you could consult about your child's health.

※Use this guide as a reference, please, as there are individual differences; actual symptoms may differ from symptoms described in this brochure.

Moreover, there are some symptoms that cannot be treated in night/holiday emergency medical centers.

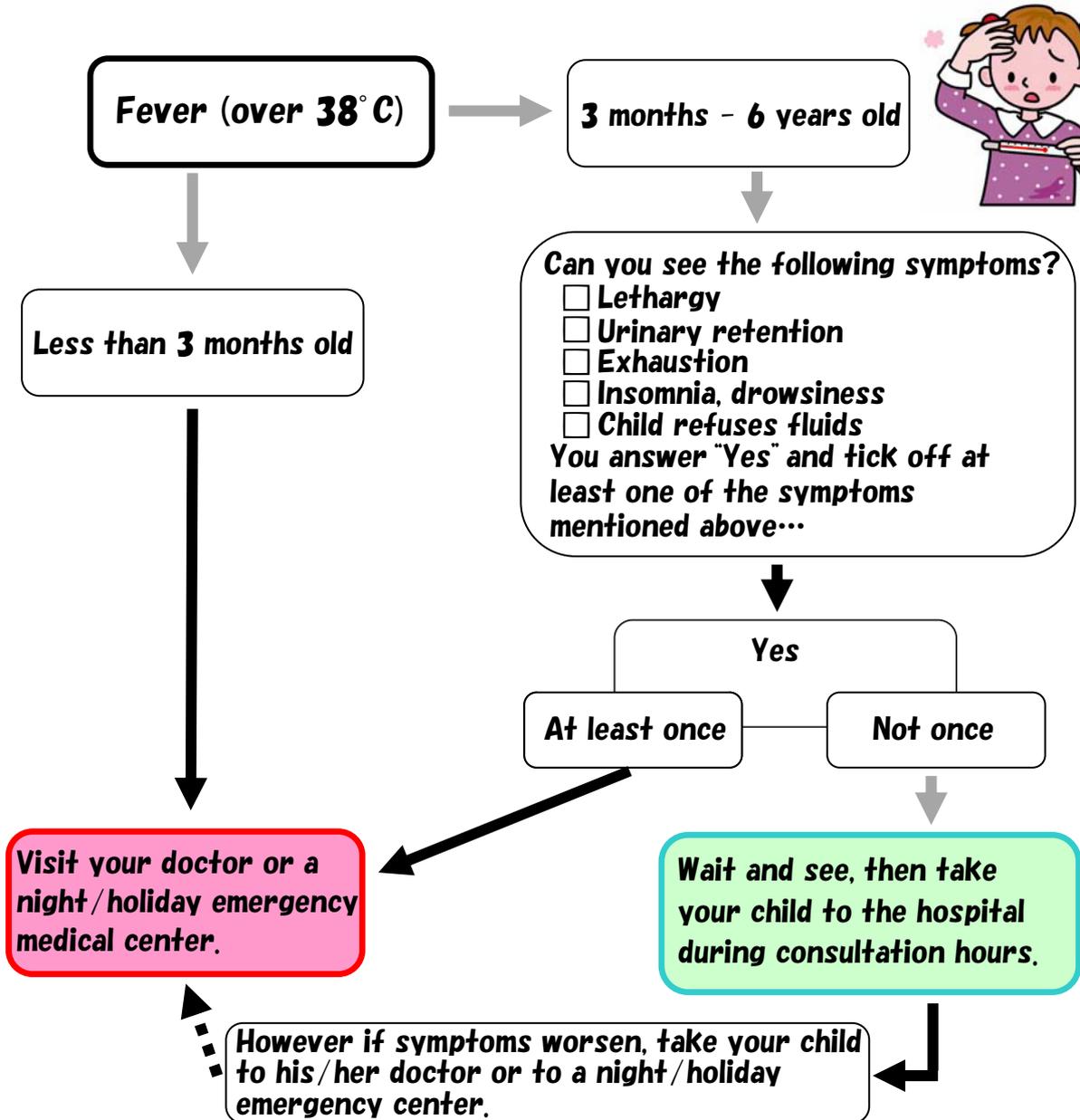
If you are hesitating or do not know any medical facility, please call #8000 (p. 23) or #7119 (p.26).

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Fever (over 38°C)

Call
#8000



Precautions while giving medicines:

Do not give Aspirin, Pontal and Voltaren as antipyretic.

What to do in case of fever

- Keep warm when running a temperature, but cool when running a fever
- Cool down if your child looks hot and keep warm if your child feels cold
- Encourage your child to drink fluids often
- Cool the body if comfortable
- Change clothes very often
- Do not use antipyretic if your child looks well, even though there is a fever.

Seizures (Convulsions, Trembling)

Call
8000

Seizures (Convulsions, Trembling)



Can you see the following symptoms?

- Convulsions stopped but the child is still unconscious.
- The lips turned violet, breathing is weak.

You answer...

"Yes" at least once
in this box

Call an ambulance

- Convulsions last more than 5 minutes.
- This is the first time the child has had a seizure.
- The child is less than 6 months old or more than 6 years old.
- Body temperature during the seizure is less than 38° C.
- Seizure with no right-left difference
- Seizure with vomiting or incontinence
- The child has hit his/her head recently.
- Repetitive seizures

You answer...

"Yes" in this box, but not
"Yes" in the left box

Visit your doctor or
a night/holiday
emergency medical
center.

However if symptoms worsen, take your child to
his/her doctor or to a night/holiday emergency center.

- Seizures have occurred a few times until now and been diagnosed as epilepsy
- I am not sure if this is a seizure

You answer...

"Yes"
only in this box.

Wait and see, then take
your child to the
hospital during
consultation hours.

Precautions during a seizure

- Turn the child on his side and loosen clothing
- Do not shake or hit the child
- Do not put anything in his/her mouth

What to observe in case of a seizure

- Time when it started, how it looks like and how long it lasts
- Is there a right-left difference?
- Check the body temperature

Nausea

Call
#8000

Nausea



Less than 2 months old

2 months - 6 years old

Can you see the following symptoms?

- Repetitive vomiting when breast-feeding or feeding formula
- Stomach gas
- Stomachache
- Spitting blood or bile (greenish fluid)
- Feeling sick and vomiting
- Lethargy
- Different appearance than usual
- Diarrhea lasting more than 12 hours
- Urinary retention
- Dry lips
- Sunken eyes, hypersensitivity

You answer ...

Can you see the following symptoms?

- Gas pain
- Too painful stomachache
- Spitting blood or bile (greenish fluid)
- Feeling sick and vomiting
- Lethargy
- Different appearance than usual
- Diarrhea lasting more than 12 hours
- Urinary retention
- Dry lips
- Sunken eyes, hypersensitivity with headache

You answer ...

Yes

At least once

Not once

Visit your doctor or a night/holiday emergency medical center.

Yes

At least once

Not once

Wait and see, then take your child to the hospital during consultation hours.

However if symptoms worsen, take your child to his/her doctor or to a night/holiday emergency center.

Cough / Wheezing

Call
8000

Cough / Wheezing



Can you see the following symptoms?

- Hoarse voice, barking cough
- Fever higher than 38° C
- Wheezing or cough with a whistling sound
- Suffocating
- Rapid breathing
- Slumped
- Unwilling to take fluids
- Cyanosis (lips or around the lips turned purple)

You answer...

Yes

At least once

Not once

Visit your doctor or a night / holiday emergency medical center.

Wait and see, then take your child to the hospital during consultation hours.

However if symptoms worsen, take your child to his / her doctor or to a night / holiday emergency center.

Stomachache / Constipation

Call
8000



Stomachache / Constipation

Can you see the following symptoms?

- Blood in stool
- Painful scrotum
- The child has been hit in the stomach
- Swollen belly
- Dysphoria
- Vomits similar to coffee residue
- Dislike being touched
- The child does not stop crying
- Condition keep worsening
- Unbearable pain
- Fever

You answer...

"Yes"
at least once in this box.

Visit your doctor or
a night / holiday
emergency medical
center.

- No bowel movements
for a few days
- Navel Pain
- Pain lessens after defecation
- Bearable pain
- Your child looks fine

You answer...

"Yes"
only in this box

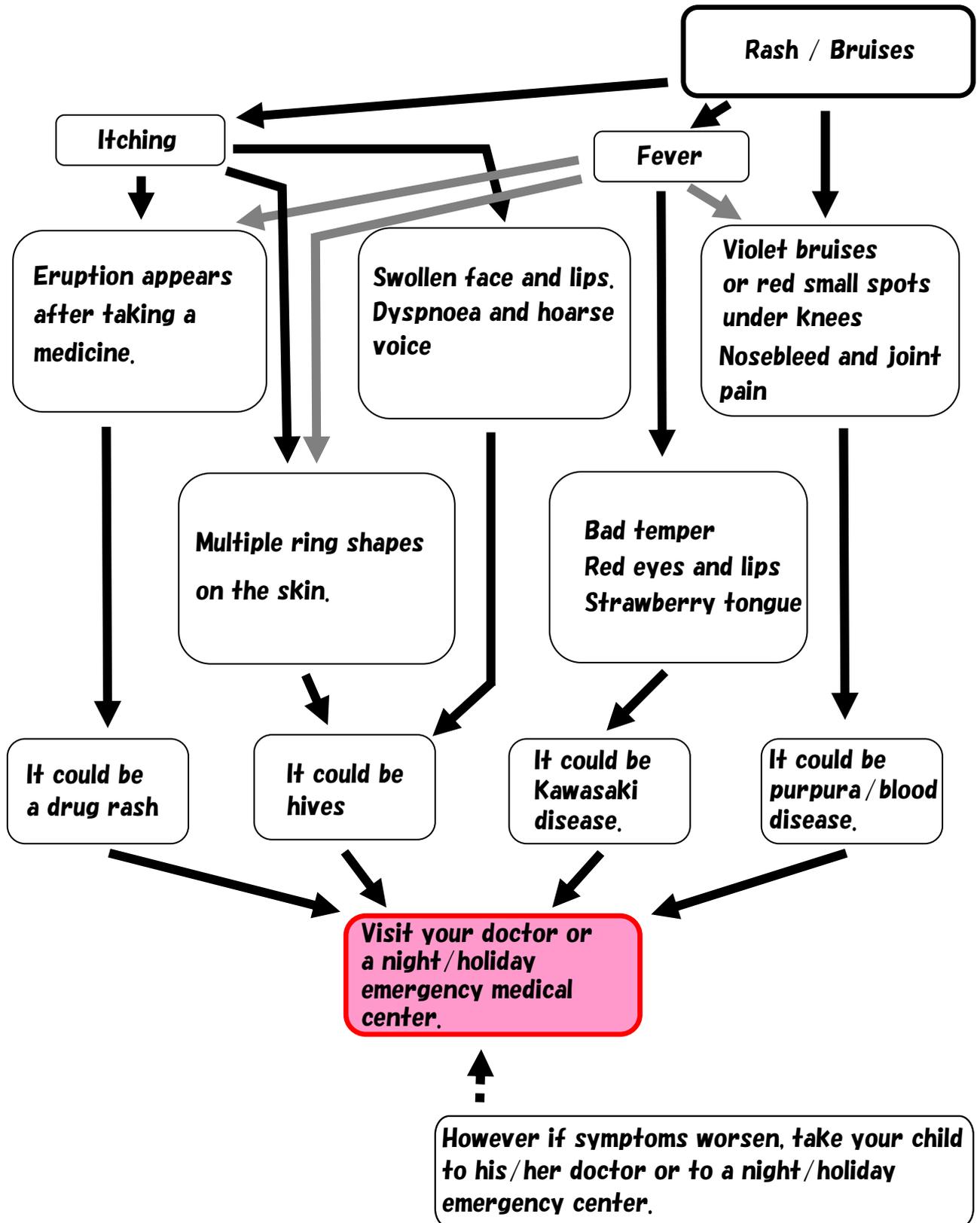
Wait and see, then take
your child to the hospital
during consultation
hours.

However if symptoms worsen, take your child
to his / her doctor or to a night / holiday
emergency center.

What to observe during stomachache / constipation

- If the stool looks unusual, bring it to the hospital.

Rash / Bruises

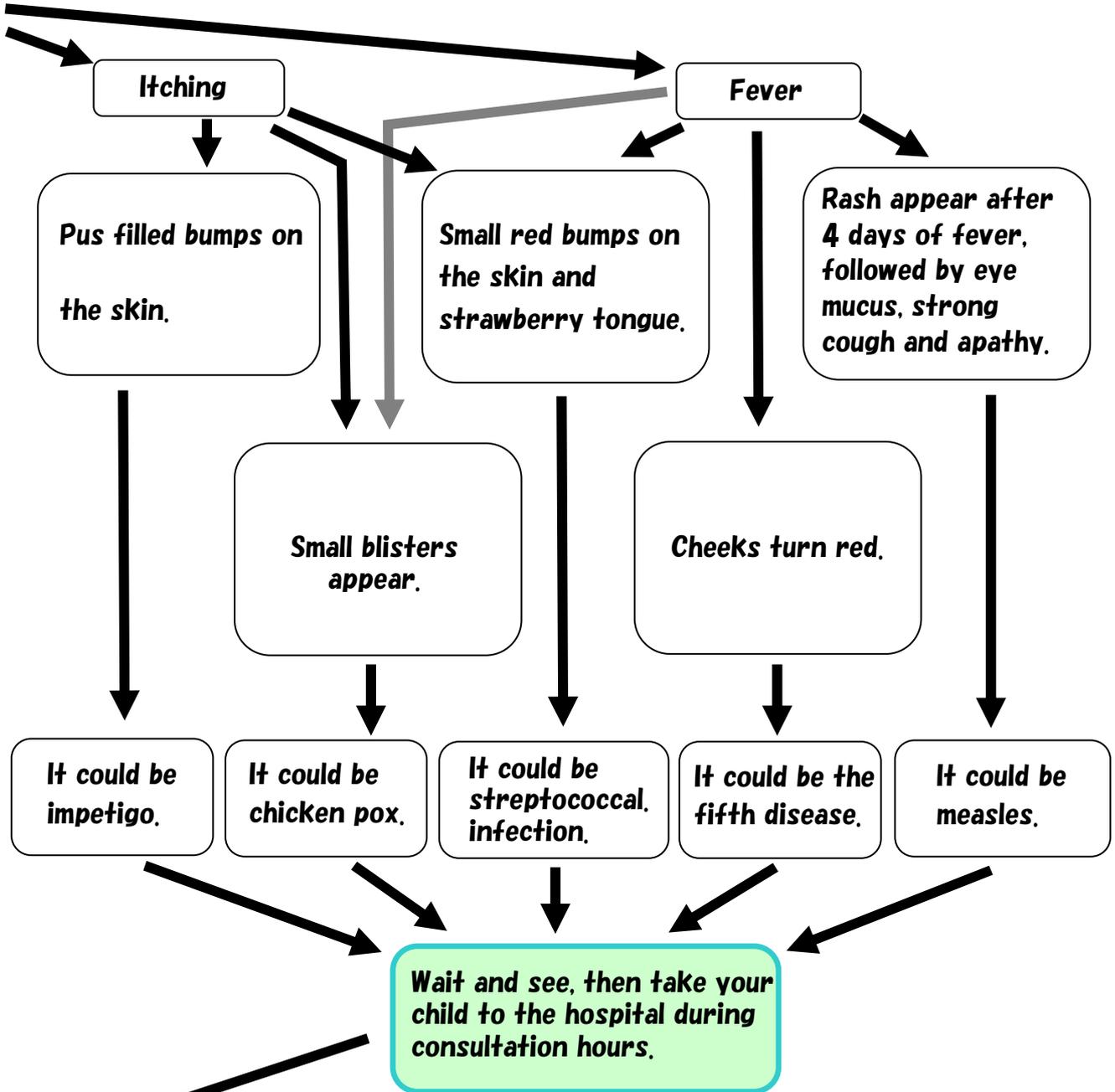




← : Sometimes fever, sometimes no fever

← : In case of a fever

**Call
#8000**



Important notice when visiting a doctor

- As the infection could spread, the child should be isolated from other patients when seeing a doctor. Let the hospital staff know.

Diarrhea

Call
8000



Diarrhea

Less than 3 months old

3 months - 6 years old

Can you see the following symptoms?

- Apathy
- No urination for over 3 hours
- Vomiting
- Fever over 38°C
- Dry lips or mouth

You answer...

Can you see the following symptoms?

- Apathy
- No urination or deep color urine
- Spiritless, looking tired
- Sleepless, roaring
- Unwilling to take fluids
- Sunken eyes
- Dry lips, mouth
- Fever over 38°C

You answer...

Yes

At least once

Not once

Visit your doctor or a night / holiday emergency medical center.

Yes

At least once

Not once

Wait and see, then take your child to the hospital during consultation hours.

However if symptoms worsen, take your child to his / her doctor or to a night / holiday emergency center.

Urinary Retention

Call
8000



No urination
The amount of urine is too small

Can you see the following symptoms?

- Lethargy
- No fluid intake since morning
- Vomiting
- Diarrhea
- Dry eyes and lips
- Fever
- Exhausted
- Unwilling to urinate, genital pain
- Unwilling to urinate and flatulence

You answer...

Yes

At least once

Not once

Visit your doctor or
a night/holiday
emergency medical
center.

However if symptoms worsen, take your child
to his/her doctor or to a night/holiday
emergency center.

Exposed to heat
all day long

Fever

Over 38°C

No

Mood

Cheerless

Cheerful

Replenish fluids and
rest in a cool place.

Wait and see, then take your
child to the hospital during
consultation hours.

The Child Does Not Stop Crying

The child does not stop crying.

Less than 4 months old

5 months - 1 year old

Can you see the following symptoms?

- Earache
- Leg pain during changing a diaper
- The child suddenly stops crying and slumps
- The cry sounds different from his/her usual cry

You answer...

- Red bottom
- The child touches ears, there is an ear discharge
- The child cries loudly and is conscious

You answer...

- The child calms down after breastfeeding
- The child is fine, but does not stop crying
- The child stops crying after being cuddled
- 3-month-old baby starts crying every evening

You answer...

- Swollen pudenda
- Earache
- Pale face, the child complains of pain
- The child suddenly stops crying and slumps
- The cry sounds different from his/her usual cry
- The child stops breathing and becomes pale after crying furiously, then there is a convulsion

You answer...

"Yes" at least once in this box

"Yes" in this box, but not "Yes" in the left box

"Yes" only to symptoms in this box

"Yes" at least once in this box

Visit your doctor or a night/holiday emergency medical center.

Wait and see, then take your child to the hospital during consultation hours.

There is no need to visit a doctor.

Visit your doctor or a night/holiday emergency medical center.

However if symptoms worsen, take your child to his/her doctor or to a night/holiday emergency center.



**Call
#8000**



1 - 6 years old



Can you see the following symptoms?

- No bowel movements for last 2-3 days
- The child touches ears, there is an ear discharge
- The child stops breathing and gets pale, after crying furiously, but soon he/she looks better.

You answer...

- The child is fine, but does not stop crying.

You answer...

Can you see the following symptoms?

- Stomachache
- Earache
- Headache
- Swollen pudenda
- Pale face, the child complains of pain
- The child suddenly stops crying and slumps
- The cry sounds different from his/her usual cry
- The child stops breathing and becomes pale after crying furiously, then there is a convulsion.

You answer...

- The child gets suddenly frightened and starts crying.

- The child touches ears, there is an ear discharge.

You answer...

"Yes" in this box, but not "Yes" in the left box

"Yes" only in this box

"Yes" at least once in this box

"Yes" in this box, but not "Yes" in the left box

Wait and see, then take your child to the hospital during consultation hours.

There is no need to visit a doctor.

Visit your doctor or a night/holiday emergency medical center.

Wait and see, then take your child to the hospital during consultation hours.

However if symptoms worsen, take your child to his/her doctor or to a night/holiday emergency center.

Unconsciousness

Call
8000

Unconsciousness



Can you see the following symptoms?

- The child does not wake up after being called his/her name.
- The eyes slightly open, but there is low vision.
- Soon asleep again
- Feeling no pain when being pinched
- Different appearance than usual

You answer...

"Yes"

At least once

Not once

In case of life threatening symptoms, call an ambulance.

Visit your doctor or a night/holiday emergency medical center.

Wait and see, then take your child to the hospital during consultation hours.

However if symptoms worsen, take your child to his/her doctor or to a night/holiday emergency center.

What to do when your child is unconscious

- Turn the child onto his/her side
- Place the upper leg in front of the body
- Raise the chin with a hand support

Earache

Call
#8000



Earache • Rubbing the ears

Having a fever?

Yes

No

Swelling under the ears?

Yes

No (hardly noticeable)

Do ears hurt when you press them?

The child complains of pain

No pain

Splitting headache?

Yes

No (relatively fine)

It could be otitis media

It could be earwax

It could be mumps

It could be swollen lymph glands

It could be beginning of a cold

Visit your doctor or a night/holiday emergency medical center.

Wait and see, then take your child to the hospital during consultation hours.

However if symptoms worsen, take your child to his/her doctor or to a night/holiday emergency center.

Headache

Call
8000

Headache



Can you see the following symptoms?

Convulsions

You answer...

Fever, pale and slumped face
 Strong headache
 The child has hit the head
 Repetitive vomiting

You answer...

There is a fever, but the child is fine.

You answer...

"Yes" in this box

"Yes" in this box, but not "Yes" in the left box,

"Yes" only in this box.

Call an ambulance.

Visit your doctor or a night/holiday emergency medical center.

Wait and see, then take your child to the hospital during consultation hours.

However if symptoms worsen, take your child to his/her doctor or to a night/holiday emergency center.

Accidental Ingestion

**Call
#8000**

**Accidental
ingestion/odd objects
swallowed**

Is the child conscious?

No

Yes

(Foundation) Japan Poison Information Center

○Poison #110, Call Service Poison #110.

(Phone call, line, for general citizens, information provided for free.)

Osaka 072-727-2499 (365 days 24 hours)

Tsukuba 029-852-9999 (365 days 9am - 21pm)

○Cigarette Ingestion Phone

(Information fee: free of charge, information for general citizens recorded on tape)

Osaka 072-726-9922 (365 days 24 hours)

What has been swallowed?

I do not know.

- Button battery
- Coin
- Kerosene
- Benzene
- Nail polish remover
- Detergent
- Bleach
- Mothball

etc.

- Cigarette
- Boric acid baits
- Naphthalene
- Para dichlorobenzene
- Large amount of drugs

etc.

- Cosmetics
- Shampoo
- Perfume
- Soap
- Crayon
- Silica gel
- Matches
- Clay
- Refrigerant, ice bag
- Mercury
- Agent for plant vitality

etc.

Do not induce vomiting

**Induce
vomiting
right away**

**Watch the
development**

Call an ambulance.

**Visit your doctor or
a night/holiday
emergency medical
center.**

**However if symptoms worsen, take your child
to his/her doctor or to a night/holiday
emergency center.**

What to observe after accidental ingestion

- Is the child conscious?
- Is the breathing regular?
- Good complexion?
- Vomiting?
- Check "How much?", "When?" and "What?" has been swallowed?

Strange stool

Call
8000

Strange stool ·
Strange color of stool



Can you see the following symptoms?

- Whitish stool, the skin and white of eyes are yellowish (Jaundice?)
- Cream-colored diarrhea
- Black and sticky stool
- The stool looks like mixed with ground coffee beans
- The stool looks like strawberry jam: the child is in a bad mood and has stomachache
- The stool with red liquid or blood

You answer...

"Yes" in this box
at least once

Visit your doctor or
a night/holiday
emergency medical
center.

- After taking antibiotics: diarrhea, reddish stool (especially when taking a syrup type)
- Fresh blood around the stool or a blood like string on the toilet paper
- Anal pain
- After defecation: blood on the toilet seat

You answer...

"Yes" in this box,
but not "Yes"
in the left box

Wait and see, then take
your child to the hospital
during consultation hours.

- Reddish stool and urine: the child has eaten red food.
- Black stool, but the child is fine. Has the child taken an iron preparation?
- Has the child taken an antidiarrheic?
- The child has eaten lots of blueberries.
- The child has eaten lots of spinach-like vegetables.

You answer...

"Yes" only in this box

No need to see a doctor.

However if symptoms worsen, take your child to his/her doctor or to a night/holiday emergency center.

Nosebleed

Call
#8000

Nosebleed



Do not panic and follow these instructions.

1. Lean forward to avoid swallowing blood.
2. Do not put anything into the nose. To make a striction, pinch the nostrils together between your fingers.
3. Hold the nose for about 15 minutes without nasal respiration.

Nosebleed

Does not stop

Stops

Visit your doctor or a night / holiday emergency medical center.

No need to see a doctor.
✳ However if the nosebleed lasts longer than 20 minutes, repeats or if other bleeding follows, go and see a doctor.

Nosebleed Don'ts

- Do not tilt the head back. Blood will run into the throat and cause cough, nausea.
- There is no reason to hit the back of the neck.
- Do not stuff tissue paper etc. up the nose. It could cause mucosal inflammation. Moreover it will stick to the scab, so when you pull the tissue paper out, it will cause bleeding again.

Animal Bites

Call
8000



Animal Bites



What has bitten your child?

Dog

Hamster

Cat

Mouse

Suffocating
or wheezing?

Yes

No

Visit your doctor
or a night / holiday
emergency medical
center.

Wait and see, then take
your child to the hospital
during consultation hours.

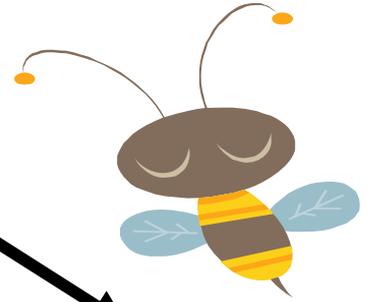
However if symptoms worsen, take your child to
his / her doctor or to a night / holiday emergency
center.

What to observe?

- Pay attention to breathing. If your child looks suffocating or wheezing, go and see your doctor or go to a night / holiday emergency medical center etc.
- If the bite becomes swollen, it might fester. You had better go and see your doctor or go to a night / holiday emergency medical center etc.

Bee and Wasp Stings

Call
8000



Bee and wasp stings

Stung massively
(more than 10 stings
have occurred)

The child gets hives
and becomes very pale
within 10 minutes
after being stung.
Breathing, speaking
difficulty.

Stung only once

Visit your doctor
or a night / holiday
emergency medical
center.

Wait and see, then take
your child to the hospital
during consultation hours.

However if symptoms worsen, take your child
to his / her doctor or to a night / holiday emergency
center.

First Aid for Bee Stings

1. Bees leave the stinger with the poison pouch. Remove the stinger with care to prevent the release of more venom.
2. Wash the sting, pressing around to squeeze the poison out.
3. Put steroid ointment on the sting. Ammonia does not help at all.

Burns

Call
8000

Burns



How does the burn look like?

Large burn with severe pain and skin blisters

The extent of a burn more than 1% (refer to the explanation below)

The extent of a burn less than 1% and 1st degree burn (refer to the explanation below)

First, cool it!

First, cool it!

You must bring your child to a specialist or a night/holiday emergency medical center. Call an ambulance.

However light a burn seems to be, visit your doctor or a night/holiday emergency medical center.

Cool down well enough, the following morning go and see your doctor.

The extent of a burn

- 1% of the extent of a burn is equivalent to the size of a child's palm.
- First degree (burn) means there are no blisters and surface of burnt skin is dry.

How to cool the burns.

- Tapped water (or ice) can be used.
- Cool it at least for 20 or 30 minutes

Disphoria / Bad moods

Call
8000



Disphoria / Bad moods

Can you see the following symptoms?

Impaired consciousness.

- Slump
- Apathy
- Spacing out
- Sleepiness
- Peevishness
- Somehow strange appearance
- Refusing formula
- Pale face
- No fever (even lower body temperature than usual), slumped and refusing to take fluids

You answer...

Yes

"Yes" at least once
in this box,
but "No" in the left box

Call an ambulance

**Visit your doctor or
a night / holiday
emergency medical
center**

The instructions concerning the symptoms mentioned until now refer to the "Emergency & Prevention Guide for Mothers" (KODOMO NO KYU KYU) by Pediatric Society.

'Emergency & Prevention Guide for Mothers' is also available on website

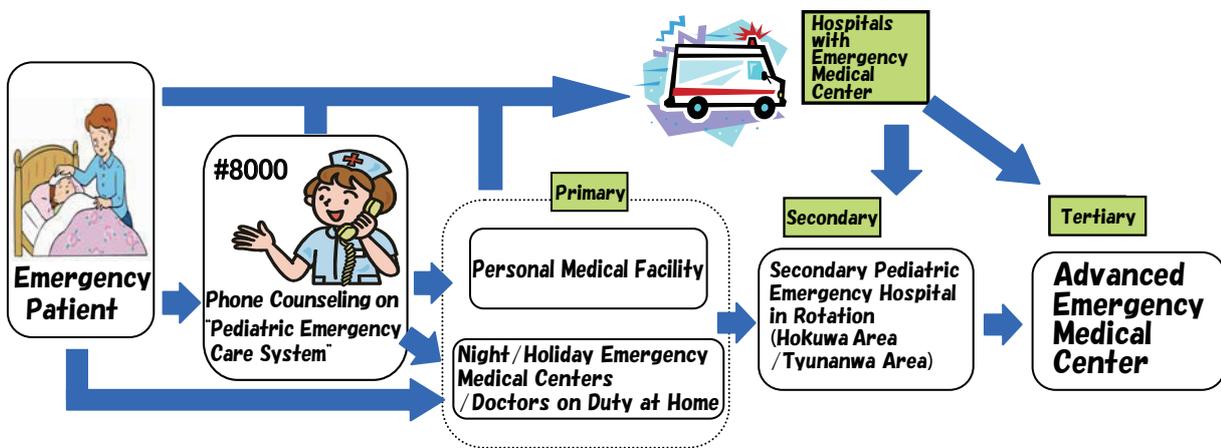
<http://www.kodomo-qq.jp/>

The website helps decide if it is necessary to bring a child to the hospital or not.

Choose a Family Doctor

A “Family Doctor” is a doctor who treats initial symptoms, usually of all family members, at a local clinic or a small hospital. A “family doctor” can offer you advice on health and introduce appropriate medical facilities to you.

Pediatric Emergency Care System in Nara Prefecture



In case of a child's emergency, please go and see your pediatrician or to a night / holiday emergency center. (Primary emergency care)
The doctor might decide to send your child to a secondary pediatric emergency hospital in rotation. (Secondary emergency care)
If the child's condition is very much severe, he / she could be moved to an advanced emergency medical center or to a hospital with an emergency medical center. (Tertiary emergency care)
A nurse or a pediatrician is available over the phone for counseling during the nighttime or holidays.

Request from Nara prefecture

Seriously ill patients or those who need to be hospitalized are sent to a secondary pediatric emergency hospital in rotation.
Recently, hospitals are near their capacities, so the rule (patients in serious condition are sent there) might be obstructed. Moreover it is hard to judge whether the child's symptoms fall under the primary or secondary emergency care, because child's symptoms are atypical and change quickly.
So, please, have kind understanding for the Pediatric emergency care system.

Pediatric Emergency Care - Phone Counseling

Phone counseling number **#8000** (touch tone line, cell phone, public phone)
or **0742-20-8119** (dial-up line, IP phone)

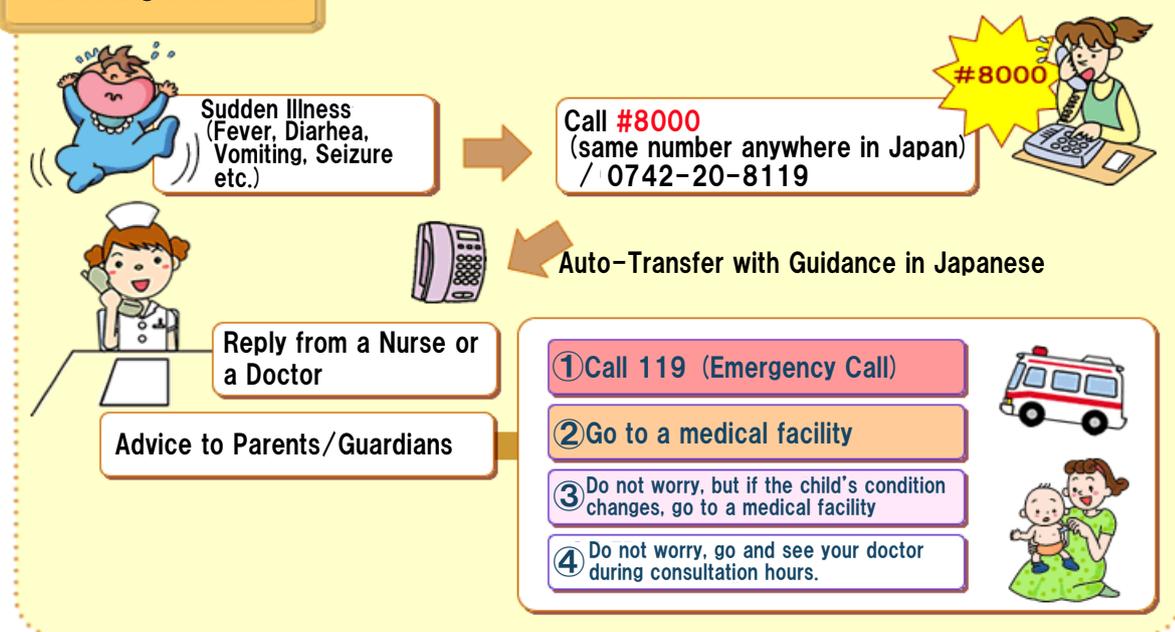
Consultation hours

..... Weekdays 18:00 - 8:00 (the next day)
Saturday 13:00 - 8:00 (the next day)
Sunday, public holidays,
New Year's holiday (29th Dec - 3rd Jan)
8:00 - 8:00 (the next day)

Consultants..... Nurses or Pediatricians

Clients Children less than 15 years old or their family residing in Nara prefecture.

Counseling Flow Chart



Nara Medical Information Network

'Nara Medical Information Network' provides information about consultation hours, specialties, access etc.

It is possible to search by hospital name in "Available doctors now", by a specialty or by body condition.

Moreover, there are sections concerning

"Pediatric Emergency Treatment", available in Japanese.

Some information is available only in Japanese.

Website <http://www.qq.pref.nara.jp/>



【Night/Holiday Emergency Medical Centers】

As of June. 6, 2010

Facility	Address	Phone	Specialty		Reception Hours
Nara City Night/Holiday Emergency Medical Center	1-1-28 Nijooji Minami Nara	(0742) 34-1228	GP (General Practice) Pediatrics	Weekdays	21:30 - 5:30
				Saturday	14:30 - 18:30
				Holidays	21:30 - 5:30
				(Sun, national holidays)	12:30 - 18:30 21:30 - 5:30
Nara City Holiday Emergency Dental Center	1-1-30 Nijooji Minami Nara	(0742) 34-3144	Dentistry	Holidays	9:30 - 15:30
Ikoma City Night/Holiday Emergency Medical Center	1-3 Higashi Shimmachi Ikoma	(0743) 75-0111 74-5600	GP Pediatrics	Weekdays	22:00 - 6:00
				Saturday	16:00 - 6:00
				Holidays	10:00 - 6:00
Tenri City Holiday Emergency Medical Center	605 Kawaragi Tenri (at Tenri Health Center)	(0743) 63-3257	GP Pediatrics	Holidays	10:00 - 16:00
Yamato Koriyama Emergency Medical Center	317-2 Honjo Yamato Koriyama (at Yamato Koriyama Health Center)	(0743) 59-2299	GP Pediatrics	Holidays	12:00 - 21:00
Mimuro Emergency Medical Center	2-5-18 Inaba Kurumase Ikaruga, Ikoma County	(0745) 74-4100	GP Pediatrics	Holidays	9:30 - 11:30 12:30 - 16:30 17:30 - 20:30
				Dentistry	Holidays
Kashihara City Night/Holiday Emergency Medical Center	9-1 Unebi Kashihara (at Kashihara Health Center)	(0744) 22-9683	GP	Weekdays	21:00 - 23:30
				Saturday	21:00 - 23:30
				Holidays	9:30 - 11:30 12:30 - 23:30
			Pediatrics	Weekdays	21:00 - 5:30
				Saturday	21:00 - 5:30
				Holidays	9:30 - 11:30 12:30 - 5:30
Dentistry	Holidays	9:30 - 11:30 12:30 - 20:30			
Sakurai City Night/Holiday Emergency Medical Center	136-1 Kanaya Sakurai	(0744) 45-3443	GP Surgery Pediatrics	Holidays	10:00 - 16:00 18:00 - 23:00
Shiki Holiday Emergency Medical Center	348-1 Sakate Tawaramoto, Shiki County (at Tawaramoto Health Center)	(0744) 33-8000	GP Pediatrics	Holidays	10:00 - 16:00
Katsuragi Area Holiday Emergency Center	1-45 Nishi, Yamato Takada (at Yamato Takada Health Center)	(0745) 22-7003	GP Pediatrics	Holidays	8:30 - 11:30 13:00 - 15:30 17:30 - 20:30
				Dentistry	Holidays
			Gose Holiday Emergency Medical Center	774-1 Gose (at Ikiiki Life Center)	(0745) 65-1416
Gojo Emergency Medical Center	3-1-13 Hommachi Gojo	(0747) 24-0099	GP Pediatrics	Saturday Holidays	18:00 - 23:30 18:00 - 23:30

【Doctors On-Duty at Home】

City/Village	Treatment Hours	Confirmation	
Gojo city	Holidays: 9:00 - 16:00	Gojo city office	(0747) 22-4001
Totsukawamura	Sunday: 9:30 - 16:30	Totsukawamura Council	(0746) 62-0001

[Family Doctors]

Institution Code	
Phone#	
Available day	
Hours	
Close day	
Remarks	
Institution Code	
Phone#	
Available day	
Hours	
Close day	
Remarks	

[Emergency Medical Center] (The nearest Night / Holiday Emergency Medical Center)

Institution Code	
Phone#	
Available day	
Hours	
Remarks	

How to Call an Ambulance

First Call 119 !

- (1) Dial up 119.
- (2) Say : " Kyukyusha wo onegai shimasu " (Ambulance, please)
- (3) Tell the following information
 - Age of your child
 - Your child's name.
 - Address
 - Phone number
 - Landmark close to your place
- (4) Describe your child's condition



What to Do while Waiting for the Ambulance

- (1) Prepare following
 - Health insurance card
 - Maternal and Child Health Handbook
 - Money
- (2) Unlock the entrance
- (3) Ask your family or neighbors to show the ambulance the way when it arrives.

When you Go to the Hospital by an Ambulance

- (1) Follow paramedic's instruction
- (2) Make sure fire sources are turned off
- (3) Take your child's shoes with you
- (4) Lock the door

What to Do when You Hesitate to Call an Ambulance

○ Center for Emergency and Safety in Nara Prefecture

(Call # 7119 or 0744-20-0119)

Following advice is provided 24 hours 365 days.

- If emergency call is necessary or not.
 - If you need to go and see your doctor or not.
 - The ways of first-aid
- etc.



'How to deal with symptoms?' in this booklet refers to

“Pediatric Emergency” by Japan Pediatric Soc.