



ハッスル黄門

**Important information for foreign residents
from the Joso Health Center**

**Tuberculosis: Early Detection and Treatment
Under the Public Expenditure System**

1 Introduction

Tuberculosis (TB, or *kekaku* in Japanese) continues to infect many people in Southeast Asia, Africa, and Brazil. In Japan, cases of foreign residents who were infected with TB bacteria in their home countries contracting the disease because their immune system weakened due to the stresses of life and work in an unfamiliar country are increasing.



2 Ensuring early detection of TB

In Japan, the following medical examinations are carried out to ensure that TB is detected as early as possible. Please make sure that you undergo one of the following examinations once a year.

(1) Periodic health examinations in the workplace

Currently, workplaces in Japan are required by law to provide their employees with health examinations at least once per year. Generally these examinations are free.

(2) Municipal health examinations

Health examinations carried out by the municipality you live in. Those unable to take the medical examination at their work place, self-employed persons, and full-time homemakers should get a chest X-ray at a municipal health examination. Please contact your local town or city hall for inquiries regarding the date, time, location, and cost.

(3) Health examinations after having contact with a TB patient

If you have had contact with a TB patient, you are required to undergo a health examination to confirm that you have not been infected with TB. The



Joso Health Center will contact you to inform you of the date and time of your examination. As this examination required by law it is free of charge.



3 Ensuring you can continue treatment stress-free

If the results of your chest X-ray say that you need a more detailed examination, you may be suspected of having TB. Make sure you get examined at a medical institution. If TB is left untreated, TB bacteria will be present in your saliva, meaning that when you cough or sneeze you could infect the people around you. You are also putting your life at risk. However, if TB is treated in its early stages it can be cured.

◎ The public expenditure system



The period of treatment for TB is relatively long, generally lasting between 6-9 months. Even if symptoms are no longer present, it is necessary to continue to take medication for as long as your doctor instructs you.

In order to ensure you can continue to undergo treatment stress-free while you are in Japan, there is a public expenditure system in place to lighten the financial burden of medical fees on individuals. You are covered by this system regardless of what your residency qualifications are. For information about this system, please contact the Joso Health Center.

○ In-patient treatment

If there is a risk that you will spread TB bacteria to others, you will be admitted to a designated medical institution and treated there. All medical fees incurred by TB treatment are covered by public expenditure. As a result, you will not have to pay anything.

However, depending on your earnings from the previous fiscal year, you may be required to contribute up to ¥20,000 a month toward your medical fees.

○ Out-patient treatment

If TB is detected early enough, you can continue to work while taking medication and occasionally visiting a medical institution without risking the spread of TB bacteria to others and having to be hospitalized. In this case, a portion of the cost of your examination and medication will be covered by public expenditure.





For more information about TB symptoms, please see the following resources:

◎The Research Institute of Tuberculosis

<http://www.jata.or.jp/index.php>

○Tuberculosis Telephone Consultation Service

<http://www.jatahq.org/headquarters/index9e.html>

○Stop TB by dots!

<http://www.jata.or.jp/rit/rj/TB2008/start.html>

