

If you think your child is ill,
watch for signs of illness.



✓Eating

Is your child eating meals or drinking milk as usual?



✓Sleeping

Is your child sleeping well during naps and nighttime?

Does your child sleep well without any symptoms of distress?



✓Playing

Is your child playing as usual?

Is your child in a good mood and lively?

Does your child become interested in playing with toys that they play with every day?



✓Excreting

Is the frequency, amount, and color or texture of the stool and urine normal?

Does your child pee at an appropriate interval?

*If all boxes can be checked,
you can treat your child at home.
Check with your doctor if you have
any concerns!



If you feel there is something wrong
with your child's condition,
and they need to visit a hospital,
what can parents and other adults
do for them?

Be aware of U S O H
(usual state of health)
of your child.

**Focus on your child's usual state,
“my” usual state, and
“your” usual state of health.**

Fevers do not always indicate a serious state.
Check first if your child is **eating, sleeping,
playing, and excreting** as usual.

**To be appropriately
communicate
with the doctor.**

General condition

Explain to your doctor how your child's
conditions (eating, sleeping, playing, and
excreting) are different from usual.

Fever and other symptoms?

Show your doctor line graphs and notes
you have made to explain when and how
they are changing.

Stool or skin

Tell your doctor how they are changing
and since when.

Materials recorded with videos or photos will be
helpful to share with your doctor.

Epidemic status

The epidemic status in preschool, kindergarten,
school, or the community is also an important piece of
information. Let your doctor know if you have heard
anything about it.

Any concerns

What brought you to the hospital?

Do you need to know anything about medication or
treatment?

Let your doctor know about your concern or wishes
as honestly as possible.

To share your child's symptoms
with the doctor,

keep a record of symptoms.

It would be of great help if you would record your
child's condition with notes, photos, and videos,
before visiting your doctor.

Use line graphs and notes.

When reporting a temperature to your doctor, make a fever chart.
If your child has any unusual signs or symptoms such as runny
nose, vomiting, unusual stool, rashes, etc., or if you have any
questions you would like to ask, write them in bullet points.

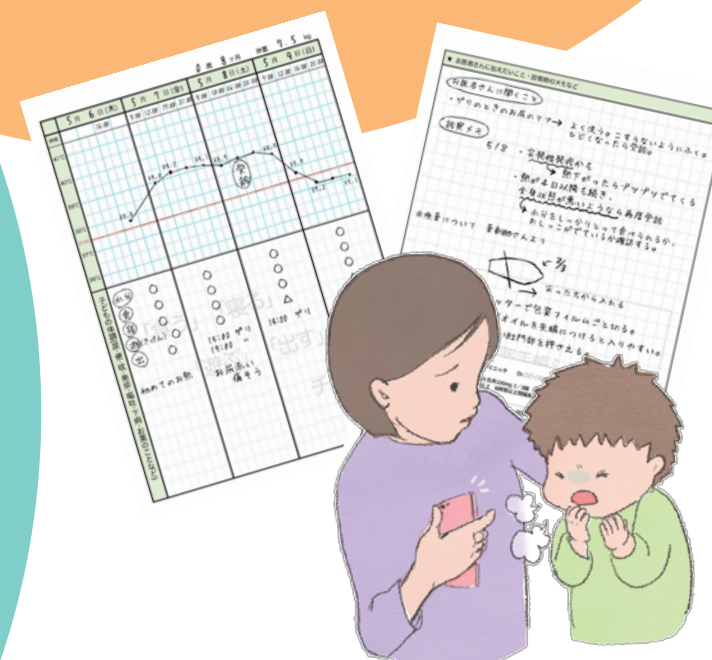
**Provide your doctor with photo- or video-based
information on the symptoms.**

You may share a video recording of your child's symptoms,
such as coughing, with your doctor.

Take pictures of skin rashes or stool (or diaper).

Trying to record in a medication notebook is also nice!

Using a body temperature chart app or LINE stamps will
also be helpful.



VoiceTra

The translation app “**Voice Tra**” is also useful in emergency situations.
Currently, it handles **15** languages.

Download and use the app from here.▶▶▶

