

Letter from the Health Service Center

2022 Spring & Summer

～ Recommendation on the use of Vaccine Handbooks～



Are you having difficulties in saving your certificate for COVID-19 vaccination issued in Japan? The COVID-19 vaccination certificates must be saved for future reference. So what is the best way to save it?

Vaccinations are very important to protect yourself and those around you from infectious diseases. Vaccinations given during childhood as protection against infectious diseases are recorded in the mother-child health handbook (MCHH)*, which is looked after by your parents/guardians.

However, as an adult, you must keep your own immunization records.

* In Japan, expectant mothers are given a booklet, called the “mother-child health handbook”, to record their health conditions and important information regarding childbirth, such as the date the baby was born and where the baby was born. This booklet is also used to record the child’s vaccinations and growth.

Do you know what vaccines you have received so far?

Vaccination is not only for your childhood. Depending on your year of birth, there may be vaccines that have not been administered or the immunity from the vaccines you received as a child may gradually decline and you need to get re-vaccinated. In some cases, you may need booster shots once you have become an adult like the current COVID-19 vaccinations.

We recommend the use of a vaccine handbook to keep a record of your immunization history up to date. If you have your MCHH, please keep a record of your vaccinations by attaching additional sheets to a page near your immunization record. You can continue to use your MCHH even when you are an adult. Or you can download an “Adult Vaccination Record Handbook from the National Institute of Infectious Diseases website.

https://www.niid.go.jp/niid/images/vaccine/record-nb/Adult_vaccination_record_notebook.pdf

If you do not have your MCHH, please follow this link. This is also good opportunity to find your MCHH and check your immunization history.

