

## About Postpartum Care Services

### Announcement: Daytime Care Has Resumed

Starting October 21<sup>st</sup>, postpartum daytime care services will begin again.

Information about the resumption of overnight care will be released once details are decided.

In-home care services will be continuing as normal.

### About Oshu's System for Postpartum Care

Currently, infection control measures are in place.

Measures include staff donning gowns etc. when services are being provided; your understanding and cooperation is appreciated.

We ask that you take your temperature and wear a mask on the day you receive care. Based on your health condition on the day, these services may be denied.

Services are not available to those who have traveled outside the prefecture during the last 2 weeks, or those who are suspected of having close contact with a COVID-19 patient.

Care services may be changed or canceled depending on the current COVID-19 situation.

Check the city homepage for the most up-to-date information.

### About Postpartum Care

This is a system to enable consultations about breastfeeding and childrearing at home or in a daytime/overnight care setting, to promote peace of mind about parenting after giving birth.

#### Who is Eligible?

People with an Oshu address who have given birth in the last 4 months (as a rule) and their babies, who want care services but don't need a hospital.

#### Service Details

Overnight or daytime care is offered at Mizusawa General Hospital, and in-home care is done by a midwife. It includes:

- Physical and emotional care for the parent (lactation support/rest/childrearing consultations)
- Care for the baby (observing their health, etc.)
- Childrearing support (breastfeeding/bathing practice)

### Service Types and Timeframes

- Overnight care: Every Thursday 9:00AM – Friday 4:00PM (1 night and 2 days, 1 parent-child pair at a time)
  - Daytime care: Monday-Friday from 9:00AM – 4:00PM (2 parent-child pairs per day)
  - In-home care: Weekdays from 9:00AM – 4:30PM (Usually around 2 hours. Limited to parents with an Oshu city address.)
- \* Days off are New Year's holiday (December 29<sup>th</sup> – January 3<sup>rd</sup>) and Golden Week.
- \* Older children may not be brought along.
- \* Each type of care is available for the equivalent of 7 days' worth of use.

### Location (overnight/daytime services)

Oshu City Mizusawa General Hospital  
3-1 Otemachi Mizusawa  
TEL: 0197-25-3833

### Fees

- Overnight care (including meal fee) for 1 night and 2 days: 7,560 yen  
(Usage fee 5,000 yen, meal fees 2,560 yen)
  - Daytime care (including meal fee): 1,240 yen  
(Usage fee 600 yen, meal fee 640 yen)
  - Please pay usage fees via the specified bank within 30 days of receiving care services.  
Please pay meal fees directly at Mizusawa General.
  - Care for twins/triplets/multiples will incur additional fees.
  - In-home care: free of charge
- ※Those receiving welfare or municipal tax-exempt households are exempt from paying fees.

### How to Apply (some changes as of April 1<sup>st</sup>, 2021)

1. Applying
  - Contact either Oshu City Health Promotion Division or the health department of a branch office at least one week before the date you wish to use care services.
  - Applications are accepted starting 3 months prior to the due date.
  - Complete the Application to Receive Oshu City Postpartum Care.
  - Bring your Mother (Parent)-Child Health Handbook and your *hanko* stamp.
2. Determination of Care
  - After birth, let Oshu City Health Promotion Division, Parent-Child Future Office (TEL: 0197-34-2171) know your child's name and date of birth.

- The application will be reviewed and a Care Approval Notice will arrive.

### 3. Appointment

- Specify your preferred days by phone, so employees' availability can be confirmed.
- See the table below for who to contact in case you want to change or cancel your appointment:

Overnight or daytime care	Oshu City Mizusawa General Hospital, Community Medicine Office (Appointment hours: weekdays 8:30AM – 4:30PM)	0197-25-3833
In-home care	Oshu City Health Promotion Division, Parent-Child Future Office	0197-34-2171

\* In the case of in-home care, the appointment will be confirmed by the midwife.

### 4. Usage Details

- Bring your Care Approval Notice to the appointment.
- For overnight and daytime care, check in at the front desk of Mizusawa General on the 1st floor.
- Please pay meal fees directly at Mizusawa General.

※ If you use the following items, please bring them:

For the parent: 3 face towels, if breastfeeding support is desired

For the child: baby bottles, formula

A change of clothes for bath time

Enough diapers of the kind you usually use at home

※ Mizusawa General will provide the following:

For the parent: loungewear and towels

For the child: baby clothes, diaper set, and bottle disinfectant set

### 5. Payment

- A payment slip will arrive after having overnight or daytime care.
- Please pay at a designated bank within 30 days of receiving care.
- No fees are levied for in-home care.