

Notice : Measles and Rubella (MR) Vaccination (2nd term)

Provisional Translation

Children, one year before entering elementary school (in their final year of kindergarten or day-care center) are eligible for the MR Vaccination (2nd term). Measles and Rubella are highly contagious diseases. Vaccinations are very important to protect children's health and to prevent the spread of infection to other people. Before the vaccination, please carefully read the booklet, 'Vaccination and Children's Health' and fully understand the effectiveness and side effects of the vaccines, and please have your child/children vaccinated.



Tsukuba City Mascot
Captain Hookun

Scan for the provisional translation.



Eligibility

Children who are registered in Tsukuba City on the day of vaccination, and were born from April 2, 2020 to April 1, 2021

When

From April 1, 2026 to March 31, 2027

Where

Please make an appointment in advance.

- ① Tsukuba City Vaccination Partner Clinics
- ② Ibaraki Prefecture Vaccination Partner Clinics
- ③ Other medical institutions (prior application required)*

*If vaccinated without prior application, you will need to pay the full cost.

For details, please visit the city website.

Fee

Free of charge

Please note that after March 31, 2026, you will be required to pay the full amount, which is approximately 10,000 yen.

What to bring

Please bring the following to the medical institution on the day of the vaccination:

1. Maternal and Child Health Handbook (*boshi kenko techo*)
2. Pre-vaccination questionnaire for DT vaccination (enclosed)
3. My Number Health Insurance Card or other ID that verifies age and address.
4. Letter of authorization (Only in cases where the presence of a parent or a guardian is unavoidably impossible)

Others

- We have sent this notice to eligible residents in Tsukuba City.

Please pay attention: If you have received a notice, and you are not a resident in Tsukuba City on the vaccination date (e.g., you moved out of the city), you are not eligible for subsidies and may be required to pay the full costs by yourself.

- If children have already received vaccinations twice at the age of one and older, overseas or at your own expense, they do not need this vaccination because children have antibody titers. If you wish to have them vaccinated again, please contact your doctor.
- The notice may be delivered to residents who have already been vaccinated such as those who have been vaccinated before moving to Tsukuba, or vaccinated on a voluntary basis. We apologize for the inconvenience, but please discard the notice.

**Your child will enter elementary school 1st grade next year.
The table shows the types of vaccinations and how many doses your child needs to get vaccinated before entering school.**

Check your child’s vaccination history in their Maternal and Child Health Handbook (*Boshi techo*).

Vaccines	Doses	Ages of the routine vaccinations
Hib	4 doses maximum (※1)	2 months old to under 5 years old
Pediatric Pneumococcus	4 doses maximum (※1)	2 months old to under 5 years old
DPT- IPV Combination	4 doses	2 months old to under 7 years and 6 months old
BCG	1 dose	Under 1 year old
Measles, Rubella (MR)	2 doses	Phase 1: over 1 year old to under 2 years old Phase 2: One year before entering elementary school
Chickenpox	2 doses	Over 1 year old to under 3 years old
Japanese Encephalitis	3 doses	6 months old to under 7 years and 6 months old

(※1) The number of doses of Hib and Pediatric Pneumococcus vaccines changes with the age at the starting time. The doses in the table shows when children start the vaccination from 2 months to under 7 months after birth.

If your child is past the routine vaccination age, it will be optional and fully self-paid.

※Some vaccines have age limits and may not be available even as optional vaccinations.

In case of serious side effects (health damage) after vaccination, the compensation system differs from that of routine vaccinations.

For optional vaccinations, support is provided through the **Relief System by the Pharmaceuticals and Medical Devices Agency (PMDA)**.

For details about the **Vaccination Health Damage Relief System**, please visit the Tsukuba City website via the QR code on the right.

Please see the Tsukuba City website, ‘Vaccination and Children’s Health’, or the website of the Ministry of Health, Labour and Welfare for more information of vaccinations.

Contact: Tsukuba City Health Promotion Division

| Tel: 029-883-1111 (main line) | Hours: 8:45 AM – 4:30 PM (weekdays only)

Tsukuba City

Measles and Rubella Vaccination (2nd Dose) – Information Sheet

Please read this information carefully and make sure you understand the benefits and possible side effects of the vaccine before receiving it.

Before vaccination, always check your child's vaccination history using the Maternal and Child Health Handbook.

About the Diseases

Measles: Measles is an acute viral infection that affects the whole body. It spreads through the air, droplets, and contact, and is highly contagious. People without immunity are very likely to become infected.

About 10 days after infection, symptoms such as fever (around 38° C) and cold-like symptoms begin. After 2–3 days, a high fever (over 39° C) and a rash appear. In some cases, serious complications such as encephalitis (brain inflammation) may occur.

Rubella: Rubella is a viral infection that causes a rash. It spreads through droplets and is highly contagious. One infected person can spread it to 5–7 people.

Symptoms usually appear 2–3 weeks after infection. It starts with mild cold-like symptoms, followed by fever and a light rash over the body.

In rare cases, complications such as thrombocytopenic purpura (a blood disorder) or encephalitis may occur.

If a woman becomes infected during early pregnancy, the virus can pass to the baby through the placenta. This may cause congenital rubella syndrome, leading to conditions such as cataracts, heart disease, or hearing loss in the newborn.

Effectiveness of the vaccine

The MR vaccine provides immunity to about 95% of people after vaccination.

Receiving two doses helps ensure immunity, especially for those who did not develop sufficient protection after the first dose.

Vaccine Type and Administration

This is a live attenuated vaccine made from weakened measles and rubella viruses.

The MR vaccine is given as a 0.5 ml injection under the skin.

Possible Side Effects

Common side effects include fever, rash, runny nose, cough, and redness or swelling at the injection site.

Serious side effects are very rare but may include anaphylaxis (severe allergic reaction), acute disseminated encephalomyelitis (ADEM), encephalitis or encephalopathy, seizures, and thrombocytopenic purpura.

Source:

Adapted from the Ministry of Health, Labour and Welfare website ("MR Vaccine" and "Easy-to-understand Infectious Disease Q&A")