

Safety Tips

Safety & Emergency Tips in Japan

日本滞在中に困ったら？

～ Buying Medicine ～

薬局で薬を買いたい時



~ Buying Medicine ~

Where to go?

In Japan, you can buy some medicines at pharmacies or drugstores without seeing a doctor.

Pharmacies and drugstores are widely available, including at train stations, shopping areas, and convenience locations.

What you **can** buy

- *fever or pain
- *cold symptoms
- *stomach problems
- *allergies
- *motion sickness ..

Medicine is for
mild symptoms only.

What you **cannot** buy

Medicine requires a prescription from a doctor.

If your symptoms are severe, long-lasting, or getting worse, please visit a medical clinic or hospital.



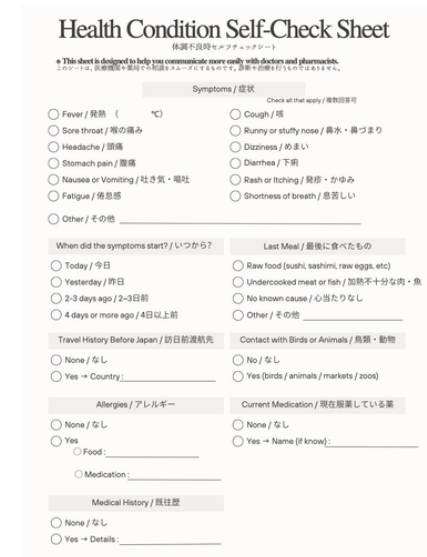
～ Buying Medicine ～

How to communicate

You can tell the pharmacist:

- what symptoms you have / どのような症状？
- how long you have had them / いつから？
- if you have allergies / アレルギーは？
- if you are taking other medicine / 服用中の薬は？

Showing your “Health Condition Self-Check Sheet” may help!



The image shows a 'Health Condition Self-Check Sheet' form. It is titled 'Health Condition Self-Check Sheet' and includes a subtitle in Japanese: '体調不良時セルフチェックシート'. Below the title, there is a note: 'This sheet is designed to help you communicate more easily with doctors and pharmacists. このシートは、医療従事者と患者がスムーズにコミュニケーションできるように設計されています。医師や薬剤師に行われる前に必ずご確認ください。' The form is divided into several sections with checkboxes and text input fields. The 'Symptoms / 症状' section includes: Fever / 発熱 (°C), Sore throat / 喉の痛み, Headache / 頭痛, Stomach pain / 腹痛, Nausea or Vomiting / 吐き気・嘔吐, Fatigue / 倦怠感, Other / その他. The 'Check all that apply / 複数回答可' section includes: Cough / 咳, Runny or stuffy nose / 鼻水・鼻づまり, Dizziness / めまい, Diarrhea / 下痢, Rash or itching / 発疹・かゆみ, Shortness of breath / 息苦しい. The 'When did the symptoms start? / いつから?' section includes: Today / 今日, Yesterday / 昨日, 2-3 days ago / 2-3日前, 4 days or more ago / 4日以上前. The 'Last Meal / 最後に食べたもの' section includes: Raw food (sushi, sashimi, raw eggs, etc.), Undercooked meat or fish / 加熱不十分な肉・魚, No known cause / 心当たりなし, Other / その他. The 'Travel History Before Japan / 訪日前渡航先' section includes: None / なし, Yes -> Country: . The 'Contact with Birds or Animals / 鳥類・動物' section includes: No / なし, Yes (birds / animals / markets / zoos). The 'Allergies / アレルギー' section includes: None / なし, Yes (Food: , Medication:). The 'Current Medication / 現在服用している薬' section includes: None / なし, Yes -> Name (if know): . The 'Medical History / 既往歴' section includes: None / なし, Yes -> Details: .

Important tips

- Take medicine only as directed / 用法を守る
- Do not take more than the recommended amount / 用量を守る
- Ask if the medicine may cause drowsiness / 眠気が出る薬か確認

If you are unsure, please ask the pharmacist or nearby staff for help.