

For a safe and enjoyable stay in Okinawa



Hanagasa Mahae

Safety Guide for Visitors to Okinawa



Kukuru

Chim ©ocvb



Safety in the Sea

You must always be prepared in the sea.
Pay attention to the weather and your physical condition.



Call 118 to report accidents in the sea.



Snorkeling

5 safety points

1 It looks easy, but it takes practice

Learn how to use the snorkel, mask and fins.



2 Floating isn't easy

Wear a life jacket and wetsuit for more buoyancy.



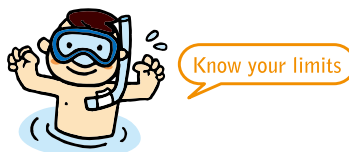
3 The sea is beautiful, but hazardous

Swim in designated areas, check the weather and tides, and don't take risks.



4 Watch your physical Condition

If you're not in good condition, don't go in. No drinking alcohol. Accidents involving the middle-aged are increasing



5 Don't go alone

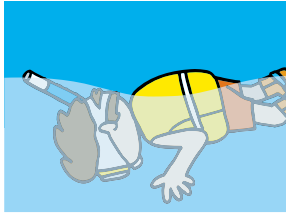
When you go in the sea, never go alone. Take a break after an hour. You may not make it to shore if you're tired.



Accidents happen

Learn from an expert or a snorkeling instructor.

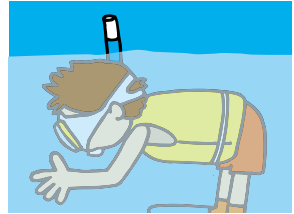
First, practice in a pool or shallow water where you can stand on your feet.



If you lower your chin, the tip of the snorkel goes under and lets water in.



Blow out hard to clear the water from the snorkel.

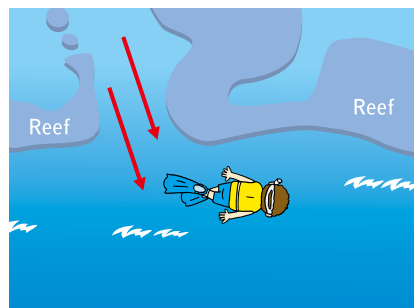
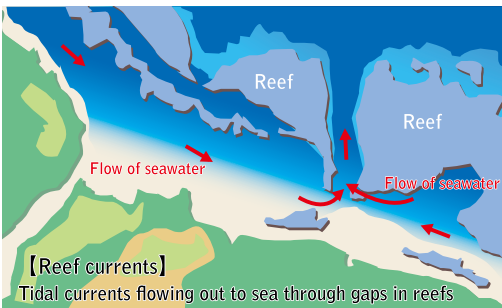


Keep your chin up so the tip of the snorkel stays above the water.

Reef currents

What is a reef current?

It's a strong current that flows out between gaps in a reef. They often occur where a deep channel is formed between coastal reefs.



If you feel yourself being carried out to sea

- 1 Don't swim against the current. Swim parallel to the shore across the current.
- 2 When you get out of the reef current, aim for the nearest land.
- 3 It's best to avoid getting caught in reef currents at all.

Call 118 to report accidents in the sea.



Diving

5 safety points

1 Improve your dive skills

Learn the necessary **diving skills**, and always aim to **improve** them.

Can I swim well?



2 Take care of your health

If you have a **chronic illness**, take **advice from your doctor** first. Leave plenty of time after diving before **getting on a plane**.

Mind your health



3 Don't overdo it

If you aren't in the right physical or mental condition for diving on the day, have the **courage to pass it up**.

Get **plenty of sleep**, **don't drink heavily** the day before, and look after your physical condition.

Sleep well



4 Plan and discuss thoroughly

Besides checking dive time, depth, and gas pressure, thoroughly cover entry and exit methods, precautions at each point, hand signals, **emergency procedures** and so on.

If there's anything you don't understand, **ask the dive staff**.

Check carefully



5 Safe equipment

Using poorly maintained equipment is **very dangerous**.

Keep your equipment in perfect condition to enjoy safe diving.

Inspect regularly



Heatstroke and Ultraviolet Rays

Heatstroke

What is heatstroke?

Heatstroke is the general term for the condition where the balance of water and sodium in the body is lost in a hot environment and your body becomes unable to regulate its temperature. It can lead to death. But it can be prevented easily, and proper first aid can save the lives of heatstroke victims.



Onsite first aid

① Move to a cool place

Move to a cool place with shade and a breeze, or an air-conditioned room.



② Remove clothing and cool off

Loosen clothing and apply ice or cold water to the neck, armpits, and groin to cool the body.



③ Consume fluids and salts

Drink cold water or sports drinks. (However, do not give fluids to a person who is not fully conscious.)



④ Go to hospital

If the person is not fully conscious and can't take fluids by themselves, take them to hospital immediately.



Prevention

Take frequent drinks



Limit time spent swimming in the sea when the sun is high.



Use a hat or parasol



Stay out of the heat, wear open-necked clothing and so on.



When playing sports or other activities that involve sweating, consume plenty of fluids and salts.



Be careful when temperature rises rapidly.



Use a fan indoors.



Ultraviolet rays

Okinawa's ultraviolet rays

The ultraviolet rays in Okinawa are stronger than in other regions.

Sunburn caused by ultraviolet rays causes fever, blistering and pain. Severe sunburn can require hospitalization. To avoid damaging your health, take precautions against ultraviolet rays.



Take the right precautions against ultraviolet for the time and place

Prevention

- Wear a hat
- Cover up with clothing
- Use sunscreen appropriately
- Make use of shade
- Wear sunglasses

Beware of dangerous sea creatures

The beautiful coral reefs are home to many types of animal, and some of them are poisonous.

Learn how to avoid injury from these dangerous creatures. They won't hurt you if you avoid touching or provoking them unnecessarily.



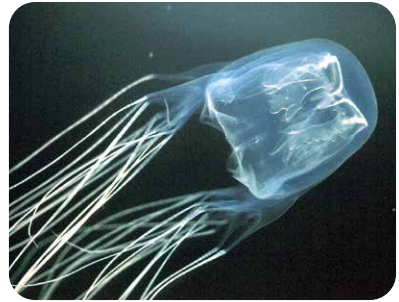
Jellyfish net

Swim inside the jellyfish net.
※The jellyfish net may not prevent all jellyfish from getting through.

Box jellyfish

This jellyfish appears from May to October.

It can be found in water as shallow as 50 cm. Its sting is very painful and can cause shock.



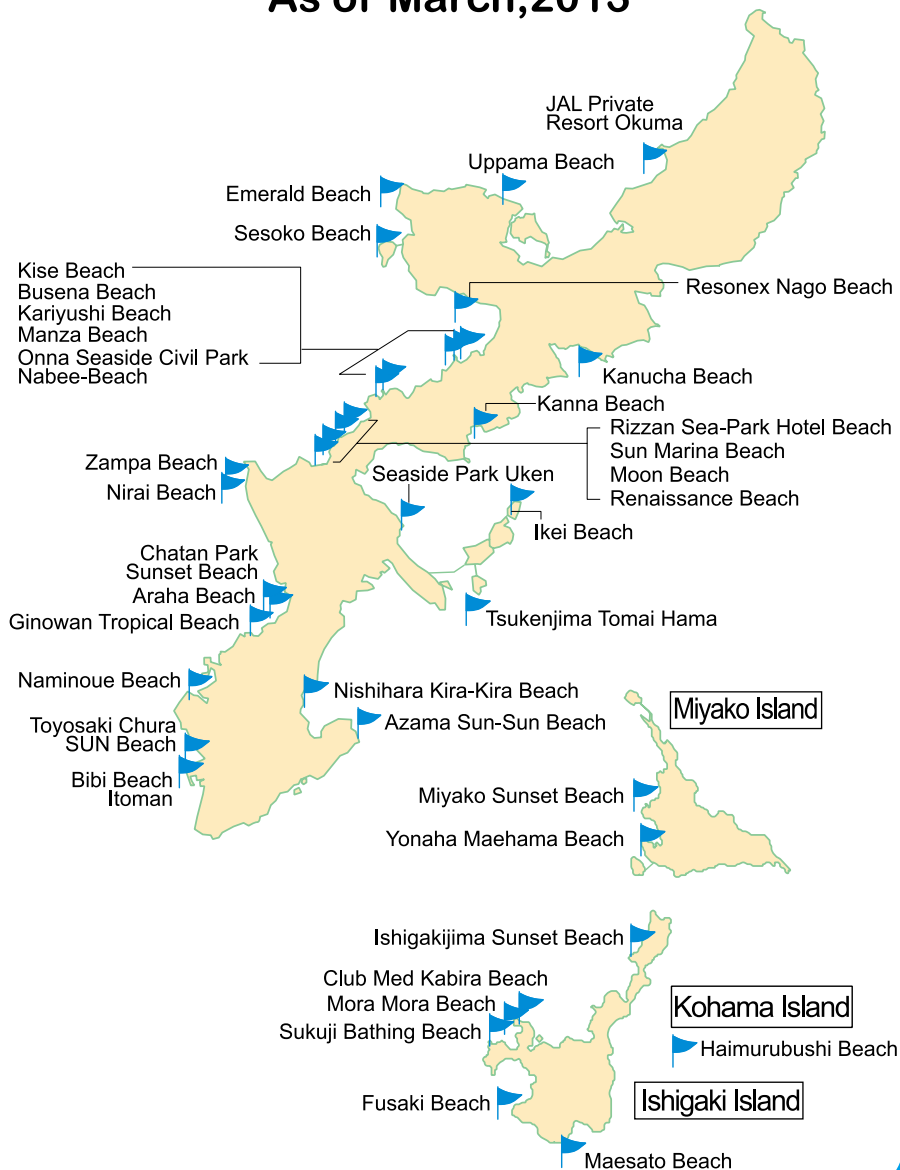
First aid for box jellyfish stings

- 1 If you're stung, get out of the sea right away. Do NOT rub the affected area.
- 2 Pour plenty of vinegar on the affected area.
※Vinegar is only effective for box jellyfish stings.
Do not use it for other jellyfish stings.
- 3 Gently remove the tentacles by hand.
- 4 If it hurts, apply ice or cold water.
※ If the victim stops breathing, perform artificial respiration and heart massage immediately.



Beaches with jellyfish nets

As of March, 2013



- The setting of jellyfish-prevention nets shall be considered at the bathing beaches registered under the Ordinance. (Okinawa Prefecture Ordinance for the Prevention of Water-related Accidents and Protection of Swimmers)
- The timing of installing jellyfish-prevention nets varies depending on the beach, and so some beaches may not have the nets yet. Visitors are recommended to directly confirm the state at the beach.

Other dangerous creatures of the sea

If you get injured, apply first aid and go to hospital. Don't judge your condition yourself.



Crown-of-thorns starfish



Sea urchin



Stonefish



Striped catfish eel



Lionfish

First Aid

Remove any large, visible spines, and bathe in 40 to 45°C water. You can also put hot water in a plastic bag and apply it to the affected area. Be careful not to burn yourself.



Sea anemone(Phyllodiscus semoni)



Sea anemone(Actineria villosa)

First Aid

Avoid rubbing the affected area. Wash off any stingers with seawater, then apply ice or cold water. DO NOT use vinegar. It may cause the stingers to trigger more.



Blue-banded sea snake



Geography Cone

First Aid

Squeeze out the poison and rush the victim to hospital.



Flower urchin

First Aid

Remove any large, visible spines, and bathe in 40 to 45°C water. You can also put hot water in a plastic bag and apply it to the affected area. Be careful not to burn yourself.



Portuguese Man O' War

First Aid

Wash off the tentacles with seawater and apply ice or cold water. DO NOT use vinegar.



Same kind as blue ringed octopus

First Aid

Don't suck out the poison. Squeeze it out and rush the victim to hospital.

Beware of Habu

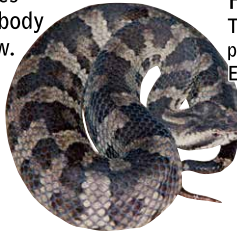
Identification

The head of snakes in the habu family is covered in many small scales, while other kinds of snakes have larger scales. The pattern on the body of the habu looks like the picture below.



Habu patterning

Hime habu
There are black spots on the gray or brown body.



Habu facts

More active from April to November, it doesn't hibernate and is active most of the year. It is nocturnal and during the daytime it hides in walls, caves and thickets. It eats mainly mice. It is good at climbing trees and swimming. It doesn't jump.



Habu

There are black complex patterns on the yellow or white background. Eats mice so is often found near houses



Sakishima habu

Black zigzag pattern on a brown background

What to do if you get bitten First Aid

1 Keep calm and check if it was a habu.

Even if you can't identify the type of snake, the habu leaves two fang marks.

It may leave from one two four bite marks. Within five minutes the bitten area swells and becomes very painful.



2 If you think it's a habu bite, call loudly for help and ask to be taken to hospital.

If you run, the poison circulates faster, so go to hospital by car. If you must walk, go slowly.



4 If it will take time to get to hospital, loosely bind the affected part leaving enough space to insert a finger.

Bind the wounded part in the nearest location from the heart to reduce bleeding. Tight binding will stop blood circulation and make an adverse effect. Please be sure to unbind once every 15 minutes.



3 Suck the blood and poison out of the wound.

If you have a scratch in your mouth, the poison may cause slight inflammation. Even if you swallow the poison, it's broken down in the stomach and causes no harm.



Fatal! Please see a doctor if you are bitten by a habu snake.

【Inquiries about habu】

- Pharmaceutical Affairs and Disease Control Division, Medical and Health Department, Okinawa Prefectural Government
- Department of Biological Sciences, Institute of Health and Environment (Persons in charge of habu snakes)

***Inquiries in Japanese only**

TEL.

098-866-2215

098-946-6710

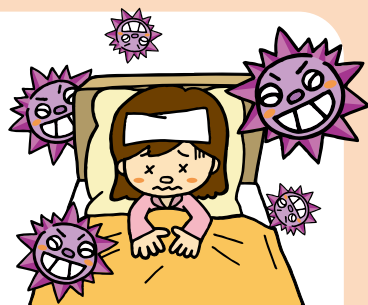


Preventing Infectious Disease

Infectious diseases particular to Okinawa Prefecture

- Cases of leptospirosis have been reported.

In the summer there are many opportunities to play in rivers, but it can occasionally result in *Leptospira* infection through the skin. If you have a sudden fever, headache, and aching muscles 5 to 14 days after going in a river, consult a doctor.



Beware of influenza

- In Okinawa, influenza spreads in the summer too. Wash your hands and gargle frequently.

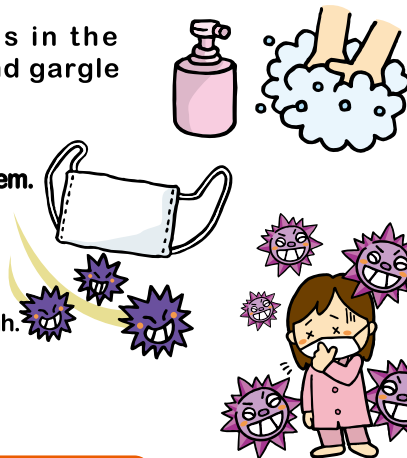
Prevent secondary infection

An infected person can infect those around them.

- Fever, coughing, sneezing, vomiting, diarrhea etc.
- Consult a doctor promptly.

Block the transmission routes

- Recommend a mask to a person with a cough.
- Take care when cleaning up diarrhea or vomit.
- Norovirus gastroenteritis spreads through secondary infection.



Obtain information about the spread of infectious diseases.

- Okinawa Infectious Diseases Information Center
<http://www.idsc-okinawa.jp/>
- Health Promotion Division,
Okinawa Prefectural Government..... TEL 098-866-2209

Avoid infectious diseases to enjoy your stay in Okinawa

★ Consult the nearest public health center ★

- Hokubu Regional Public Health and Welfare Center (Hokubu, Iheya, Izena regions) ... TEL 0980-52-2714
- Chubu Regional Public Health and Welfare Center (Chubu region) TEL 098-938-9886
- Naha Public Health Center(Naha City).... TEL 098-853-7971
- Nambu Regional Public Health and Welfare Center (Urasoe City, Nambu region, outlying islands, Minami and Kita Daitojima regions) TEL 098-889-6351
- Miyako Regional Public Health and Welfare Center (Miyako region) TEL 0980-72-2420
- Yaeyama Regional Public Health and Welfare Center (Yaeyama region)..... TEL 0980-82-3240

*Inquiries in Japanese only



Disaster Response



What to do in a Typhoon

Do not go outside, stay in your hotel: flying objects may hit you or you will be blown away.

Carefully watch the weather information before going out even when the storm is gone.

Keep away from glass windows when it is stormy.

Stay away from the beaches even after a typhoon passes through. Waves remain high.

Make sure the transportation is in operation before you go to the airport or station.

If your flight is cancelled;

If you have an individual ticket, directly contact the airline that you have booked with. If you are traveling in a group or on a package tour, consult your travel agent.

*Use the following sites to obtain information about typhoons.

Japan Meteorological Agency <http://www.jma.go.jp/jma/indexe.html>

The Okinawa Story tourist information website

<http://www.okinawastory.jp/en/>

Reservations & Flight Information

<p>ANA ☎0570-029-222 (Paid) ☎098-861-8800 (Paid) http://www.ana.co.jp</p>	<p>Peach Aviation Japanese: ☎0570-064-731 (Paid) English: ☎03-4580-8181 (Paid) Korean: ☎82-2-3483-4835 Chinese (Hong Kong): ☎852-3071-3564 Chinese (Taiwan): ☎886-2-2650-7697 Korean, Chinese (Hong Kong, Taiwan) International Calls Business hours: 9:00~18:00 (Mon. to Fri.) (Closed on weekends, holidays and year-end and new year holidays) http://www.flypeach.com</p>	<p>Hong Kong Dragon Airlines (Cathay Pacific Airways) ☎098-851-8580 (Paid) (Flight status information) Business hours: 11:00~17:30 ☎0120-46-3838 (Free) (Reservations) Business hours: 9:00~17:30 (Mon. to Sat.) ☎03-6746-1000 (Paid) (Reservations) Business hours: 9:00~17:30 (Mon. to Sat.) http://www.cathaypacific.com/</p>	<p>China Airlines ☎098-863-1013 (Free) Business hours: 9:00~18:00 (Weekdays) 9:00~17:00 (Weekends) http://www.china-airlines.com</p>
<p>JAL, JTA and RAC ☎098-891-8201 (Okinawa/Paid) http://www.jal.co.jp</p>	<p>Vanilla Air ☎0570-666-603 (Paid) Business hours: 10:00~18:00 (Mon. to Fri.) (Closed on holidays, year-end and new year holidays) http://www.vanilla-air.com</p>	<p>Hong Kong Express Airways Hong Kong: ☎852-3151-1888 (Paid) (English, Cantonese and Mandarin Only) Okinawa: ☎098-863-6662 (Paid) Business hours: 9:30~18:00 (Mon. to Fri.) (Closed on weekends and holidays) http://www.hongkongairlines.com/en_HK/flight/status</p>	<p>Air China ● Japanese Domestic Call Service Center ☎0120-474-999 (Japanese, English and Chinese available) Business hours: 9:30~17:30 (Mon. to Fri.) ● Overseas, mobile phone & pay phone ☎03-5251-0711 (Japanese, English and Chinese available) ● Japanese Phone Service Center ☎800-86-100-999 (Japanese, English and Chinese available) Business hours: 9:00~18:00 (Always open) ● Okinawa Branch Office ☎098-866-8661 Business hours: 9:15~18:00 (Mon. to Fri.) http://www.airchina.jp/ja/index.html</p>
<p>SKY ☎050-3116-7380 (Paid) (Inquiries about yesterday or today's flight) ☎050-3116-7370 (Paid) ☎0980-86-8866 (Arrivals & Departures at Ishigaki 9:00~19:30) ☎0980-73-9500 (Arrivals & Departures at Miyako 9:00~19:30) http://www.skymark.jp</p>	<p>JUNEYAO AIRLINES ☎098-866-8118 (Paid) (Japanese, English and Chinese available) Business hours: 9:30~18:00 (Mon. to Fri.) (Closed on weekends and holidays)</p>	<p>TransAsia Airways ☎0570-550-075 Business hours: Japan 9:30~12:00/ 13:00~17:30 Taiwan: ☎+886-2-4498-123 http://www.flytransasia.jp</p>	<p>Asiana Airlines ☎0570-082-555 Business hours: 9:00~18:00 http://jp.flyasiana.com</p>
<p>SNA ☎0570-037-283 (Paid) ☎06-7637-8817 (Paid) (PHS/International Calls) http://www.solaseedair.jp</p>	<p>China Eastern Airlines ☎098-891-9055 (Paid) (For all languages) Business hours: 12:00~20:00 http://jp.ceair.com</p>		<p>Jin Air ☎098-840-1474 (Paid) (Japanese, English and Korean available) Business hours: 10:00~17:00 (Weekdays) http://www.jinair.com</p>
<p>Jetstar ☎0570-550-538 (Paid) (Service hours: 24 hours a day, 365 days a year) ☎050-3163-8538 (Paid/PHS) http://www.jetstar.com</p>			

What to do in a Major Earthquake



If you are in a hotel

- Stay away from furniture and glass windows, keep yourself low and protect your head from falling objects.
- Do not rush outside. Falling pieces of glasses and tiles may hit you outside.
- Open the door of your guest room to secure your evacuation route.
- Stay there until the shakes are over. Then, follow the instruction of hotel staff.



If you are outdoors

- Crouch on the ground and protect your head from falling objects.
- Stay away from block walls, cliffs, coast, rivers and narrow roads.
- Run to a nearby open space.



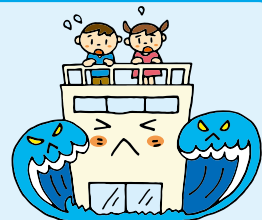
If you are driving

- Slow down and park your car on the shoulder of the road. Turn off the motor. Wait inside the car until the major shakes are over.
- Turn on the radio for emergency information.
- Do not lock the doors, with your key inside, when you leave the car.



Tsunami

- Beware of tsunami; a tsunami may follow a major earthquake. If you are driving on the coast or near a river, make a shelter to a higher ground or a tall building.



If you hear a **Tsunami** Alert



★If you hear a Tsunami Alert★

- Immediately leave the coastal area and run to a high ground or an upper level of a sturdy building.
- Ask people around you where to run.
- Check and see the evacuation route from your hotel room in advance.
- Do not ever approach the sea until the tsunami alert has been completely lifted.

★Check the Elevation★

- At major tourist sites, you find signs to show the elevation from the sea level.
- Make sure you reach a shelter high enough above sea level, when you are evacuated.
- Check the elevation of the place when you are visiting a coastal area.



★Cooperate in Evacuation★

- In case of evacuation, act promptly and follow the instruction of the hotel staff and local people.
- Help evacuate someone who is in need of assistance or ask for help to people nearby.



See the following for disaster information

- The Okinawa Story tourist information website <http://www.okinawastory.jp/en/>
- Okinawa Tourism Risk Management Information Site <http://okinawa-crisis-mgt.info/en/>

Useful info for Okinawa travel!! *Started June 2012. Operated by Okinawa Prefecture

Disaster Information Service

Weather Information
(Heavy rain, Flooding, Storm warning)

Earthquake Information
(seismic intensity, Earthquake information)

Landslide Warning Information

Record rainfall information

Tsunami Information

Typhoon Information

Evacuation Information

Information provided

PC <http://okinawa-crisis-mgt.info/en/>

Okinawa Tourism Risk Management Information Site

Prompt information about typhoons, heavy rain, earthquakes and so on provided by email or smartphone app.

Subscription to the email services is **FREE**

*You only need to send an empty email to subscribe

Email address for subscription

That's a Natural Monument!

Okinawa Prefecture is home to a total of 102 natural heritages, including 49 ones designated by the state, and 53 ones designated by the prefecture. The animals below are just among these heritages. (As of May 1, 2013)

① Some of the nationally designated animals

Okinawa woodpecker (special), Iriomote wildcat (special), crested serpent eagle (special), Ryukyu robin, terrestrial hermit crab, Japanese wood pigeon, Ryukyu rat, Okinawa spiny rat, yellow-margined box turtle, emerald dove, Ryukyu leaf turtle, Okinawa rail, Yanbaru long-armed scarab beetle, black sika deer



② Some of the prefecturally designated animals

Great nawab, orange oakleaf, Asahina's skipper, Atlas moth, Kumejima firefly, Kikuzato's brook snake, Anderson's crocodile newt, Okinawan ground gecko, Holst's frog, Namiye's frog, Ishikawa's frog



Protect natural monuments (don't touch them or take them home)

The handling of natural monuments is determined by national and prefectural laws, and fines may be incurred for noncompliance. If you find a natural monument, don't try to catch it. Just observe it quietly.

Natural monuments that you might mistakenly take home

① Terrestrial hermit crabs

② Yellow-margined box turtle

③ Ryukyu leaf turtle

*They are all state-designated natural heritages.



*All of the terrestrial hermit crabs found on Okinawa are natural monuments.

*Certain businesses are licensed to sell terrestrial hermit crabs. You may take home crabs purchased from licensed sellers, but when you buy crabs, check that the seller is actually licensed.

Protect the Okinawa rail and Iriomote wildcat from traffic accidents

These creatures are getting hurt and killed



A healthy Iriomote wildcat

On the northern part of the main island and on Iriomote Island, drive slowly and enjoy the views.



Okinawa rails crossing the road

You can avoid harming the Okinawa rail, Iriomote wildcat and other animals by driving more slowly.

The Okinawa rail, Iriomote wildcat and other rare animals are getting hurt in traffic accidents. Visitors to Okinawa should drive slowly enough to stop for wildlife on the roads. If you do accidentally hit an animal with your car, it will not be treated as a crime. Please report the incident so that the animal can be cared for.

Contact

Okinawa rail and Ryukyu rat

- Ministry of the Environment Yambaru Wildlife Conservation Center Ufugi Nature Museum TEL 0980-50-1025
- Mobile TEL 090-6862-9170

Iriomote wildcat and crested serpent eagle

- Iriomote Wildlife Center TEL 0980-85-5581

Crested serpent eagle

- Ishigaki Nature Conservation Office . . TEL 0980-82-4768

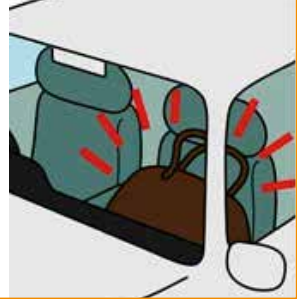
A prompt call can help save a precious life.

***Inquiries in Japanese only**

Car Safety

Don't become a victim

- ✓ Take out the key and lock the doors, even for short stops
- ✓ Don't leave bags, coats and other valuables in your car
- ✓ Use well-managed car parking



Drinking and Driving is forbidden by law

In Okinawa Prefecture, drinking and driving is forbidden by law. Visitors to Okinawa are asked not to drink and drive.

Stop Drunk Driving

- ① If you're going to drive, don't drink alcohol.
- ② If you're going to drink alcohol, don't drive.
- ③ Don't offer alcohol to someone who is going to drive.
- ④ When someone has drunk alcohol, don't let them drive.



Why don't you come with me?



Beware of touts

◎ We ask for the cooperation of residents and visitors in ensuring that patrons of entertainment districts can enjoy their visit, free of harassment by touts.

Directly accosting specific persons to solicit them as customers or employees of adult entertainment businesses is prohibited.



Churasan Campaign

Building a welcoming community

The residents of Okinawa Prefecture are working together to build a safe and welcoming community for residents and visitors alike.

Contacts for Emergencies and Unexpected Incidents

**In some locations, only inquiries in Japanese can be handled.
When making an inquiry, please get help from somebody who speaks Japanese.**

Accidents and unexpected incidents

- Local police stations ☎110
- Okinawa Police Headquarters ☎098-862-0110
- Ambulance ☎119
- 11th Regional Coast Guard Headquarters ☎098-867-0118
- Maritime accidents ☎118

Contacts for Transport Information and Typhoon Information

- Okinawa City Monorail ☎098-859-2630
- Japan Road Traffic Information Center ☎050-3369-6666
- Naha Airport Building
 - Domestic Flight Terminal ☎098-840-1151
 - International Flight Terminal ☎098-840-1179
- Weather and typhoon information ☎098-833-4290
(Okinawa Meteorological Observatory Weather Center)
- Okinawa Bus ☎098-862-6737
- Ryuku Bus Kotsu ☎098-852-2510
- Naha Bus ☎098-852-2500
- Toyo Bus ☎098-947-1040
- Okinawa Bus Association ☎098-867-7386
- Okinawa Taxi Hire Association ☎098-855-1344
- Okinawa Prefectural Hotel and Ryokan Environmental Health Association ☎098-861-4166
- Okinawa Rental Car Association ☎098-859-3825
- Inquiries about air service availability etc.
 - ANA ☎098-861-8800
 - JAL, JTA, RAC ☎098-891-8201
 - SKY ☎050-3116-7370
- SNA ☎0570-037-283
- Jetstar ☎0570-550-538
- Peach Aviation ☎0570-064-731
- Vanilla Air ☎0570-666-603
- Contact information for international airlines
 - Shanghai China Eastern Airlines ☎098-891-9055 ☎098-860-6881
 - JUNEYAO AIRLINES ☎098-866-8118
 - Beijing Air China ☎098-866-8661
 - Taipei China Airlines ☎098-863-1013
 - TransAsia Airways ☎0570-550-075
 - Hong Kong ☎098-863-6662
 - Hong Kong Express Airways
 - Hong Kong Dragon Airlines (Cathay Pacific Airways) ☎098-851-8580
 - Seoul Asiana Airline ☎098-852-0077
 - Jin Air ☎098-840-1474

Other Tourist Information

- Okinawa Convention & Visitors Bureau (OCVB) Naha Airport Tourist Information Desk
 - Domestic Flight Terminal Arrival Lobby 1F ☎098-857-6884
 - International Flight Terminal Arrival Lobby 1F ☎098-859-0742
- Okinawa Barrier Free Tour Center ☎098-858-7760
- Okinawa Convention & Visitors Bureau (OCVB) ☎098-859-6123
- Okinawa Prefecture Tourism Promotion Division ☎098-866-2764

Contacts for emergency illness or injury

**In some locations, only inquiries in Japanese can be handled.
When making an inquiry, please get help from somebody who speaks Japanese.**

● Northern Region

Okinawa Prefectural Hokubu Hospital ☎0980-52-2719

Northern Region Northern Okinawa Medical Center ☎0980-54-1111

● Central Region

Okinawa Prefectural Chubu Hospital ☎098-973-4111

Heart Life Hospital ☎098-895-3255

Chubu Tokushukai Hospital ☎098-937-1110

Nakagami Hospital ☎098-939-1300

Ginowan Kinen Hospital ☎098-893-2101

● Naha, Urasoe, Southern Region and Kumejima

Hospital, University of the Ryukyus ☎098-895-3331

Urasoe General Hospital ☎098-878-0231

Makiminato Central Hospital ☎098-877-0575

Minei Daiichi Hospital ☎098-877-5806

Okinawa Prefectural Nanbu Medical Center & Children's Medical Center ☎098-888-0123

Naha City Hospital ☎098-884-5111

Ohama Daiichi Hospital ☎098-866-5171

Okinawa Kyodo Hospital ☎098-853-1200

Okinawa Red Cross Hospital ☎098-853-3134

Tomishiro Chuo Hospital ☎098-850-3811

Nanbu Hospital ☎098-994-0501

Nishizaki Hospital ☎098-992-0055

Okinawa Daiichi Hospital ☎098-888-1151

Nanbu Tokushukai Hospital ☎098-998-3221

Yonabaru Central Hospital ☎098-945-8101

Kumejima Public Hospital ☎098-985-5555

● Miyako Region

Okinawa Prefectural Miyako Hospital ☎0980-72-3151

Miyakojima Tokushukai Hospital ☎0980-73-1100

● Yaeyama District

Okinawa Prefectural Yaeyama Hospital ☎0980-83-2525

Ishigakijima Tokushukai Hospital ☎0980-88-0123