

Sick While Traveling in Japan? How to Find a Doctor

在日本旅行生病了，怎麼找醫生？

Emergency or clinic?

先分辨緊急狀況與一般就醫



Illustrative scene · 情境示意

119 · Call now

If someone suddenly struggles to breathe or will not wake up, call 119 immediately in Japan.

人在日本，若有人突然呼吸困難或叫不醒，立即撥 119。

Non-emergency

非急症

Use JNTO's medical directory to look for a clinic that fits your location and language needs.

非急症可用日本觀光局醫療院所搜尋，依所在地與語言需求找診所。

Call ahead

先打電話

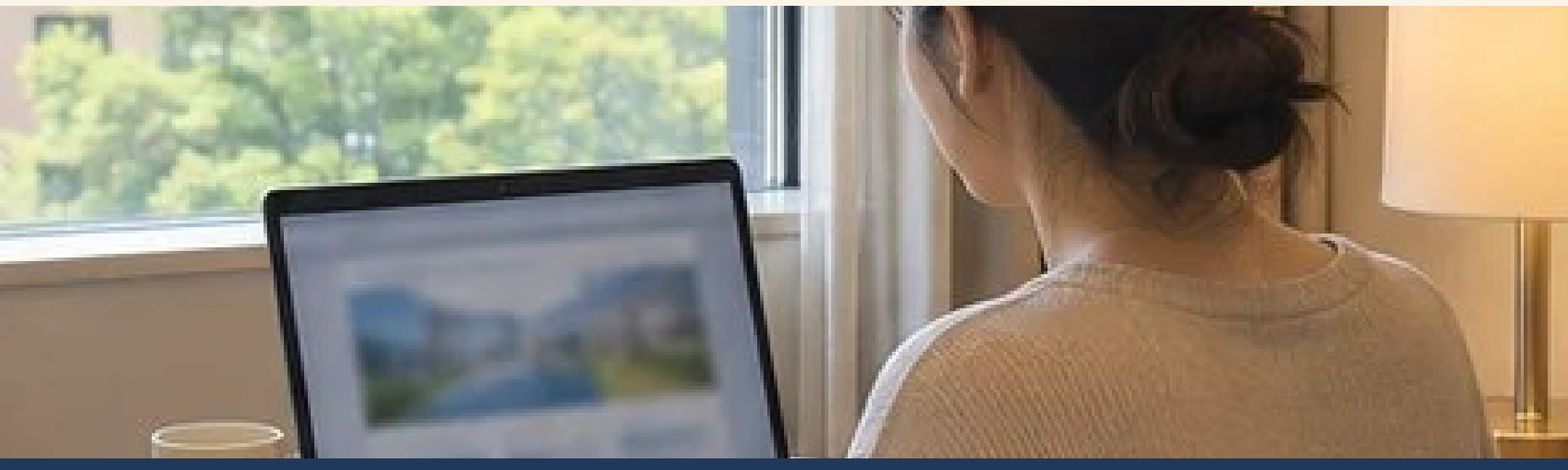
Ask whether the clinic can see you today and can help in the language you need.

出門前問診所今天能否看診，以及是否有你需要的語言協助。

[1] [2] [3]

Use the official directory

用 JNTO 官方目錄找院所



Illustrative scene · 情境示意

01 · Area

Choose where you are now. If you are near a city boundary, compare nearby areas too.

先選你現在所在區域。若接近行政區邊界，也可看鄰近地區。

02 · Language

Select a language you can use for a medical discussion. Add a specialty if you know which one to look for.

選你能用來溝通症狀的語言。知道要找哪一科時，也可加入科別。

03 · Open the listing

Copy the facility name and telephone number. Confirm its services directly before going.

存下院所名稱和電話，出發前向院所確認。

[1] [2] [3]

Read the result carefully

看懂搜尋結果，避免白跑

Distance

距離

The directory’s nearest distance can be measured in a straight line. Check the actual walking route and entrance.

目錄的最近距離可能按直線計算。另查實際步行路線與院所入口。

Hours

時段

Posted hours and listed languages do not guarantee availability for your specific day or time.

公告時間及登錄語言無法保證當天該時段能接診。

After hours

夜間

For a non-emergency outside normal hours, ask where you can be seen. In a medical emergency, call 119.

非急症遇門診已休息，可問哪裡還能看診。遇醫療緊急狀況請撥 119。

[1] [2] [3]

Three questions to ask

打給診所可以直接問這三句



Illustrative scene · 情境示意

Today
今天

Can I see a doctor today? 「**今日、診てもらえますか。**」
我今天能看診嗎？

Language
語言

Is anyone available who speaks Chinese today? 「**今日は中国語を話せる方はいますか。**」
今天有人能用中文溝通嗎？依需求替換語言。

Arrival
到院

What time should I arrive, and how can I pay? 「**何時に行けばいいですか。支払い方法は何がありますか。**」
請問幾點到？可以用哪些方式付款？

[1] [2] [3]

At reception and checkout

報到、付款與領藥前



Illustrative scene · 情境示意

Reception
報到

Bring the identification, insurance information and medicine details the clinic asks for. You can request a cost estimate.
依院所要求準備身分、保險及用藥資料。報到時可先問大約費用。

Payment
支付

Confirm the payment method and what records you can take away. Retain the receipt if you need to ask your insurer.
確認付款方式及可取得的文件。若要詢問保險，請先保留收據。

Pharmacy
藥局

If the clinic sends you to an outside pharmacy, take the prescription there. Payment for the medicine is separate.
若院所開立院外處方，帶到藥局領藥，藥費在藥局另付。

[1] [2] [3]

Save a small medical note

把就醫資料存成隨身卡

Health facts

健康資訊

Save current medicine names, allergies, symptoms and when they began. Keep your preferred language on the same note.

存下目前藥名、過敏、症狀及開始時間，並寫上希望使用的語言。

Non-emergency help

非急症協助

The JNTO Japan Visitor Hotline in Japan is 050-3816-2787. Ask for help finding information if needed.

在日本可向 JNTO 旅客專線 050-3816-2787 詢問資訊。實際接診仍由院所確認。

Emergency

緊急

For a medical emergency in Japan, telephone 119. Do not spend time searching for paperwork first.

人在日本遇醫療緊急狀況，請先撥 119，文件稍後再找。

[1] [2] [3]

Which contact can help?

找診所時，該打給誰？

Need a clinic

想找院所

In Japan, the Japan Visitor Hotline gives visitors information during illness or injury. Call 050-3816-2787.

旅途中生病或受傷，需要就醫資訊，可在日本致電旅客專線 050-3816-2787。

Choose a language

選擇語言

The JNTO hotline operates around the clock in English, Chinese, Korean and Japanese.

這支日本政府觀光局專線全天提供英語、中文、韓語及日語服務。

Need an ambulance

需要救護車

For a medical emergency, dial 119 directly. For a routine visit, confirm availability with the clinic itself.

醫療緊急狀況直接撥 119。一般看診則向診所確認有沒有名額。

[4] [1]

REFERENCES

Sources & links

資料來源與原文連結

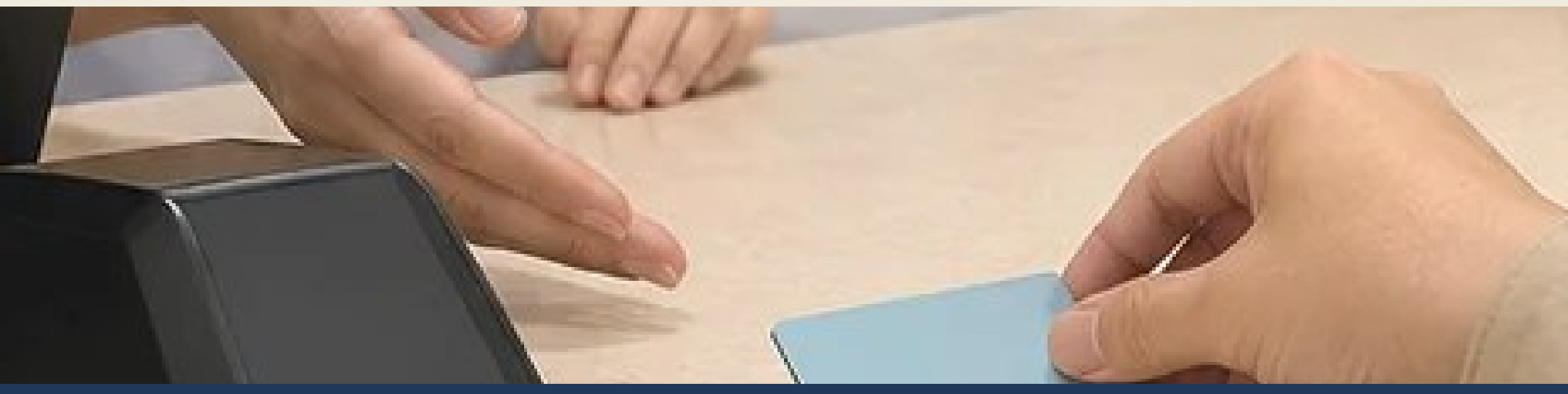
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01 **jnto.go.jp**
JNTO | 找院所與就診指引 →

02 **jnto.go.jp**
JNTO | 繁中就醫指南 →

03 **fdma.go.jp**
日本消防廳 | 救護車指南 →

04 **JNTO · Visitor hotline services**
日本政府觀光局 | 觀光與緊急旅客專線 →



Illustrative scene · 情境示意

Diagrams redrawn for this edition. Scene images are illustrative.
圖解依資料重新編排。內頁影像用於說明情境。