



# JUNE 2021 NEWSLETTER

# 6月

English Version



## JUNE 2021 Newsletter

### ✧ Procedure for medical subsidies update of single parent families ✧

- **When:** June 1 (Tue) - 30 (Wed), 9:00 am - 5:00 pm (if sent by mail, must arrive within this period)
- **Who:** Single mother, single father families whose household is non-taxable for income-tax
- **What to prepare:** Notification, health insurance card (for every family member), etc.
- **How to apply:** Fill in the required information on the application form and directly bring it to the Numazu city hall or mail it.
  - ✧ We will send the application form to people eligible for the qualification update at the end of May.
  - ✧ If you would like to newly apply for medical subsidies, please contact us in June.
- **Contact:** ☎055-934-4827 Child Support Division (Kodomo Kateika) 〒410-8601 Numazu city hall

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### ✧ Health center Information ✧

- **What:** Health center carries out various lectures and enlightenment activities so that the citizens are able to lead healthy lives. Please use the services to live long, vivid lives.
- ◇ **Through May 31<sup>st</sup> to June 6<sup>th</sup> is a smoking cessation week. May 31<sup>st</sup> is International No Smoking Day**  
Smoking is reported to increase not only the smoker but the people around that person's risk of cancers and ischemic heart disease. The reason behind being unable to give up smoking is not because of a weak will but because of the strong addiction of nicotine. Smoking cessation consultation of the health center thinks with you, "the suitable smoking cessation method" and supports you. Want you to aim for smoking cessation with our support rather than try it by yourself?

#### ◇About the check-up of HIV, syphilis, hepatitis viruses

Check-ups are free but reservation-system only. The check-up for HIV (AIDS), syphilis, hepatitis B and C can be undergone anonymously.

**When:** 3 times in a month, Tuesday (For June, enforce 4 times)

**Where:** Eastern prefecture health center (Takashima Hon-cho)

**Application method:** By telephone (reservation is required)

✧ If the certification is needed it will be charged.

✧ For the details such as the schedule, please contact us or visit the Eastern prefecture health center website.



② Simple survey will be taken.

③ A public health nurse will explain the time taken and the meaning of results.

④ Blood sample will be taken.

⑤ Rapid test will be conducted (About an hour)

⑥ A public health nurse will explain the result. Please consult any concerns.

**Contact:** ☎055-920-2109 Eastern prefecture health center (Ken Tobu Hokenjo)

#### **[The flow of HIV check-up]**

- ① The checkup can be undergone anonymously. Please tell the reception number issued when you booked on the day of check-up.

◇Let's take the specific medical check-up and cancer check-up!

This year's Numazu city medical check-up will begin from June 14<sup>th</sup> (Mon) until October 30<sup>th</sup> (Sat)

The Numazu city medical check-up ticket will be sent to eligible citizens in early June. For those who are willing to take the medical check-up but has not received the medical check-up ticket, please contact the health center. During the second half of the medical check-up, the medical institution may be crowded since you may not get the check-up at where you desire. We recommend you for an early medical check-up.

※For further information, please visit the city website or the "Information for the specific medical check-up and cancer check-up" which was distributed with the Numazu Newsletter in Japanese.

◇Free coupon for Cervical cancer and breast cancer medical check-ups would be sent to women who are within the target age.

The earlier the cancer is detected, the chances for recovery are higher. For this, a medical checkup is necessary. In our city, we send free coupon ticket to the subjects listed below at the beginning of June to disseminate the right knowledge about cancer and the required examination. Please contact the health center (Hoken center) if you have not received it to your registered address because of transfers and others.

Cervical cancer check (Neck only)		Breast cancer check (Mammography examination only)	
Age	Date of Birth	Age	Date of Birth
21	April 2, 2000 - April 1, 2001	41	April 2, 1980 - April 1, 1981

Contact: ☎055-951-3480 Health promotion section (Health center) (Kenko Zukurika)(Hoken Center)

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✧ Nighttime consultation center about water bill payments ✧

- **When:** June 8<sup>th</sup> (Tue), 5:15pm - 8:00 pm
- **Where:** Waterworks department office building 1st floor, Water service division
- **Contact:** ☎055-934-4853 Water service division (Suido Service ka)

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✧ June 7<sup>th</sup> (Mon) is the due date for payment of light vehicle tax ✧

Please remember to pay your taxes by the due date.

- ❖Nighttime consultation center about city tax payments
- **When:** June 4<sup>th</sup> (Fri), 5:15pm- 7:00pm
- **Where:** City Hall 2<sup>nd</sup> floor tax payment management department
- **Contact:** ☎055-934-4732 Tax payment management department (Nozei Kanri ka)

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✧ Nighttime consultation center about national health insurance fee payment ✧

- **When:** June 4<sup>th</sup> (Fri), 5:15pm- 7:00pm
- **Where:** City Hall 1st floor National health insurance division
- **Contact:** ☎055-934-4727 National health insurance division (Kokumin Kenko Hokenka)

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✧Have you paid the National Health Insurance Premium? ✧

- **What:** If you have not yet paid previous National Health Insurance Premium, please pay it as soon as possible. If you do not pay, you may get following benefit restrictions.
  1. You will not be able to receive the consultation fee subsidy for health check-ups.
  2. The expiration date of your health insurance card will be shorter.
  3. You will need to pay 100% medical expenses once.
- **Contact:** ☎055-934-4725 National Health Insurance Division (Kokumin Kenko Hoken ka)

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✧ Renewal of National Health Insurance Card ✧

- **What:** The renewal date for the National Health Insurance card (and the Elderly Recipient Card) is in August 1st. At the time of update, the health insurance card will be delivered with the regular mail, but by the application, you can receive it at the counter in person or to change to a simple registered mail (Kani Kakitome).
- **Place:** Health insurance division, first floor, city hall
- **How to apply:** Please call us or go directly to the city hall by June 1.
- **Contact:** ☎055-934-4725 Health insurance division (Kokumin Kenko Hoken ka)

## ✧ We will temporarily close the Serizawa Koujirou Memorial Hall ✧

- **What:** We will close the memorial hall from June 1<sup>st</sup> (Tue) to June 14<sup>th</sup> (Mon) due to an exhibition change.
- **Contact:** ☎055-932- 0255 Serizawa Koujirou Memorial Hall

## ✧ Appointment for the COVID-19 vaccination for the elderly ✧

COVID-19 vaccination for the elderly has started. For this second phase, we will start accepting reservations for approximately 20,000 people. Please have your vaccination ticket (coupon ticket), which you have already received in the mail, ready at hand and call the contact below or visit the website for reservation.

**Reservation begins at:**  
9 am, May 25th (Tue)

**How to make a reservation:**  
Call or visit the website



Call for reservation:  
☎0570-07-5675

Reservation website:  
<https://v-yoyaku.jp/220002-2shi2cho/>

**<For those who wish to receive the vaccine>**

Although it is expected that it will be difficult to make a reservation, the vaccine will be supplied to all of those who wish to take it.

As soon as additional doses are ready to be administered, we will continue to add reservation slots for the vaccination.

※Please check the city website for the latest information. Also, please note that city halls, district centers and vaccination sites do not accept reservations.

Vaccination site	Two doses are required. Please make two appointments.	
	First dose	Second dose
Kiramesse Numazu	6/1 (Tue) - 7/31 (Sat) (every day in principle)	
Kyu Shizuura Higashi Elementary School, gymnasium	5/29 (Sat) - 30 (Sun)	6/19 (Sat) - 20 (Sun)
Hara District Center	6/3 (Thu) - 6 (Sun)	6/24 (Thu) - 27 (Sun)
Ohira District Center	6/12 (Sat) - 13 (Sun)	7/3 (Sat) - 4 (Sun)
Shiritsu Kango Senmon Gakko, gymnasium	7/8 (Thu) - 11 (Sun)	7/29 (Thu) - 8/1 (Sun)
Ashitaka District Center	7/15 (Thur) - 18 (Sun)	8/5 (Thur) - 8 (Sun)
Heda Shinryojo	※ Appointments will not be made at a clinic. Vaccinations will be given within the consultation hours.	

- **Application/Inquiries:** ☎0570-07-5675 City COVID-19 Vaccine Reservation and Consultation Center (Monday to Saturday, 8:30~18:00 (17:00 on Saturday))
- **Inquiry:** ☎055-951-3588 COVID-19 Vaccination Office

## ✧ Child's allowance will be provided on June 11<sup>th</sup> (Fri) ✧

- **What:** We will payout Child's allowance for 4 months; February to May. (For those who have started receiving from March, it will be from the start month to May.)
  - The people who are receiving the allowance, a status report (Genkyo Todoke) will be delivered in the middle of June, so please fill it in and submit it. Please look at the city's home page for people who are looking for information on how to apply for status report (Genkyo Todoke).
- **Caution:** If you will not submit the status report, you will not be able to receive the child's allowance from June.
- **Contact:** ☎055-934-4827 Children's home division (Kodomo Katei ka)

## ✧ Please cooperate with distinguishing the trash ✧

- **What:** Please follow the basic rule of distinguishing the trash.

In order to reduce the trash and can be reused them again, the trash is distinguished into different categories. Garbage must be separated into the following 4 different categories and have to be thrown away by 8:00 am on the designated date in the designated areas.

<b>Burnable garbage day (Twice a week)</b> Kitchen waste, used tissues, garbage that needs to be sanitized.	<b>Plastic packaging and containers day (Once a week)</b> Plastic, vinyl containers and packaging (Look for the "Plastic Mark").
<b>Recyclable garbage day (Once a month)</b> Cans, bottles, metals, used paper, PET bottles, battery, and lighter etc.	<b>Landfill waste day (Once a month)</b> Crockery, glass, futon, carpet, wooden products, plastic products etc.

\* Garbage separation app Sana-ru: You can check information about the guide and garbage collection days from your smartphone. You can also confirm about garbage separation and the garbage collection day.

### Let's reduce the amount of garbages!!

Last year, the amount of garbage was 58509 tons and it has been reduced 3.9% compared to the previous year because of the reduction by the covid-19. However, garbage from houses has increased.

It is necessary for each person to work on reducing the garbage for a better environment. Additionaly, draining water and using up all of the ingredients will connect to the reduction of garbage as well.

**Contact:** ☎055-933-0711 Clean Center Management division (Clean Center Kanri ka)

## ✧ Evacuation information has been changed ✧

In the event of a flood or sediment disaster, the description of the evacuation information that informs you of the timing of evacuation has been changed. Please take appropriate evacuation actions according to the situation in the event of a disaster.

Due to the revision of the law, each has been changed from May 20<sup>th</sup>

- Warning Level 3 "Preparation for Evacuation, Evacuation of the Elderly and etc." → "Evacuation of the Elderly and etc."
- Warning Level 4 "Evacuation advisory/evacuation instruction (emergency)" → "Evacuation instruction"
- Warning Level 5 "Disaster Occurrence Information" → "Emergency safety guarantees"
- If a warning level 3 or 4 is issued, please evacuate to a safe place immediately.

### New Warning Levels



Warning Level	evacuation information and etc	Actions you should take
5	Emergency safety guarantees	life-threatening Secure immediately!
Be sure to evacuate before Warning level 4		
4	Evacuation instruction	Everyone evacuated from danger
3	Evacuation of the Elderly and etc	Evacuate the elderly from dangerous places Evacuate voluntarily for other people
2	Warning	Confirmation of evacuation information by oneself
1	Early warning information	Raise awareness of disaster

✧ Evacuation information will be issued for each district. Please check the city website and risk management information email to see if evacuation information has been issued to your area.

✧ Even if evacuation information is issued, please pay attention to preventing the spread of COVID-19 infections and consider evacuating not only to designated evacuation sites but also to high place of yours or relatives' house.

- **Contact:** ☎055-934-4758 Risk Management Division (Kiki Kanri ka)

## ✧ Recruitment for Participants in the “2021 NICE Japanese Speech Contest” ✧

Would you like to challenge yourself by explaining about your daily feelings in Japanese?

- **What:** The topic of the speech is up to you (more than 4 minutes and less than 5 minutes, it should be self-made and unpublished)
  - **Who:** Foreigners older than 15 years old who live, work or study in east side of the prefecture. (except junior high school students)  
Number of participants: 15 people (If the number of participants is more than 15, a selection process would be taken)
  - **Application method:** Until August 20<sup>th</sup> (Fri), send an application form found in the Numazu City Hall, 2<sup>nd</sup> floor, Regional Autonomy Division by mail, fax or in person.
    - ❖ 1<sup>st</sup> to 3<sup>rd</sup> places will be commended and all the participants will be presented with a participation prize
  - **When:** October 2<sup>nd</sup> (Sat.) from 14:00 until 16:30
  - **Where:** Numazu City Library
  - **Contact:** ☎055-934-4717 Numazu City Hall, 2nd floor, Numazu Association for International Communications and Exchanges (Chiiki Jichika) Fax: 055-931-2606
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## ✧ June 30<sup>th</sup> (Wed): Deadline for the 1<sup>st</sup> Period City Prefectural Tax Payment ✧

- **What:** Don't forget to pay before the deadline.
  - Night consultation counter for city tax payment
    - **When:** June 21<sup>st</sup> (Mon), from 17:15 until 19:00
    - **Where:** City Hall, 2<sup>nd</sup> floor, tax payment management section
  - **Contact:** ☎055-934-4732 Tax payment management section (Nozei Kanri ka)
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## ✧ Holiday- Night Consultation Counter of national Health Insurance Payment ✧

- **What:** Holiday consulting counter: June 13<sup>th</sup> (Sun), from 9:00 to 12:00  
Night consulting counter: June 21<sup>st</sup>, Monday, from 17:15 to 19:00
  - **Where:** City Hall, 1st floor National Health Insurance Division
  - **Contact:** ☎055-934-4727 National Health Insurance Division (Kokumin Kenko Hoken ka)
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## ✧ Declaration on Income for National Health Insurance holders ✧

- **What:** If you did not have any salary for the past year (Reiwa 2; 2020), or if you do not need to inform information about your income (due to survivor's pension, disability pension and non-taxable pensions.), declaration may occasionally cut your insurance fee. If you fit in such categories, please consult by June 11<sup>th</sup> (Fri).
  - Persons who fall under the following do not need to declare.
    1. Those who have already declared income tax and resident tax.
    2. Those who have been receiving national pension or employee pension etc.
    3. When your employer has submitted a salary payment report to city hall.
  - **Contact:** ☎055-934-4726 National Health Insurance Division (Kokumin Kenko Hoken ka)
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## ✧ Application for National Health Insurance brain doctor check up ✧

- **What:** People who have turned 40 years or older as of April 1<sup>st</sup> 2021 and have joined the national health insurance before Reiwa 2 (2020) April 1<sup>st</sup>, and who have paid all the insurance premiums up to fiscal year of Reiwa 2.
- **Who:** 350 people (first arrival)
- **Subsidy:** 40,000 yen (Copayment will be depending on medical institutions.)
- **How to apply:** Visit National Health Insurance Division with National Health Insurance card or by phone. (As a general rule, the application procedure is limited to the person or a member of the same household.)
- **When:** Apply between June 10<sup>th</sup> (Thu) - Reiwa 4 (2022) February 28<sup>th</sup>(Mon)
- **Check up duration:** July 1<sup>st</sup> (Thu)- Reiwa 4 (2022) March 31<sup>st</sup>(Thu)
- ✧ Depending on the status of the spread of COVID-19 infection, the content of the examination may be changed, postponed or canceled.
- **Contact:** ☎055-934-4725 National Health Insurance Division (Kokumin Kenko Hoken ka)

## ✧ COVID-19 vaccine reservation ✧

- **What:** COVID-19 vaccine reservation is recommended that you apply online. Please ask your family or friends for help if you have any problems.  
Also, vaccine counselors are assigned in each district center to explain about reservation websites and how to operate smartphones.
  - **Who:** People who will make a reservation but don't know how to do it
  - **Where :** District Centers in the city (Heda area: Health Center, Heda branch)
  - **When:** Tuesday-Friday until June 30<sup>th</sup> (Wed), 9:00 am-5:00 pm
  - ✧ Please refrain from calling each district center. See the City website for details.
  - **Contact:** ☎0570-07-5675 City COVID19 vaccine reservation / consultation center (Monday-Saturday, 8:30am-6pm (5pm on Saturday))
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## ✧ Establish a holiday reception window for My Number Card ✧

- **What:** Holiday reception window (reservation required, about 20 minutes per person) will be established for people who applied for a My Number Card and received the delivery notice but can't receive the card at the time that city hall is open. Apply by phone at least six days before your visit.
  - **Who:** 35 people on each day. People who applied My Number Card and received the delivery notice
  - **When:** June 26<sup>th</sup> (Sat), July 11<sup>th</sup> (Sun), July 24<sup>th</sup> (Sat), 9am-12pm
  - **Contact:** ☎955-934-4721 Citizen's section (Shimin ka)
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## ✧ Notice of change in opening hours of the municipal library ✧

- **What:** From July 1<sup>st</sup> (wed), weekday opening hours will be extended by 30 minutes.
    - Before the change: Tuesday-Friday 9:30am-6:30pm
    - After the change: Tuesday-Friday 9:30am-7:00 pm
  - **Contact:** ☎055-952-1234 Municipal library (Shiritst Toshokan)
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## ✧ Subsidy ticket furnishing for the usage fee of the indoor heated swimming pool ✧

- **What:** A subsidy ticket to cover some parts of the usage fees will be provided to those who would like to use the neighboring city's indoor heated swimming pool due to rebuilding the pool.
- **When (Reception):** Weekdays, 8:30 - 17:00
- **Where (Reception):** At the civic gymnasium, or on the 8<sup>th</sup> floor of the city hall (*With Sports* division)
- **Who:** People over the age of 3 who has a resident's registration in Numazu city
- **Applicable facilities:** Shimizucho Onsui Pool, Mishimashi Onsui Pool, Ken Fuji Sueieijo, Nagaoka Onsui Pool
- **How:** In person → Bring the application form that is on the city website, at the civic gymnasium, or the 8<sup>th</sup> floor of the city hall (*With Sports* division), with your identity verification document issued by the public agency to
- **How:** By mail → Send the application form with the copy of your identity verification document issued by the public agency. (The subsidy ticket will be sent by mail later.)

### ◇ Temporal reception for subsidy ticket application

- **What:** A temporary reception will be established on a weekday night and on a weekend
  - **Weekday night:** June 10<sup>th</sup> (Thu), 17:00 - 20:30
  - **Weekend:** June 13<sup>th</sup> (Sun), 8:30 - 17:00
  - **Where (Reception):** Civic gymnasium
  - \*Please visit the city website for further details such as how to apply.
  - **Contact (Application and inquiry):** ☎055-922-7200 *With Sports* division (Civic gymnasium)  
410-0055 Takashimahoncyo 1-4
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## ✧ Temporary closure of Numazu City Archives of Meiji History ✧

- **What:** Due to the fumigation and Pest Extermination of the building, the Numazu City Archives of Meiji History will be closed for the following period.
- **When:** June 21<sup>st</sup> (Mon) - June 30<sup>th</sup> (Wed)
- **Contact:** ☎055-923-3335 Numazu City Archives of Meiji History (Meiji Shiryo kan)

## ✧ Have you completed the antibody test and vaccination for the Rubella test? ✧

- **What:** You can receive antibody tests and vaccination for rubella test free of charge.  
Men who were born between April 2, 1962, and April 1, 1979, had no opportunity for routine immunization and had a low rubella antibody prevalence, so until Feb. 28, 2022, using coupons, you can get a rubella antibody test and vaccine free of charge. Coupons have been shipped to all eligible people in 2019 and 2020. Those with low antibody titers as a result of antibody testing should be vaccinated. If you have lost your coupon, please contact the Health Center.

**Subsidy for rubella antibody test costs:** We are subsidizing the antibody test fee of rubella for the purpose of reducing the anxiety towards delivery and sustaining the health of children by preventing the congenital rubella syndrome.

- **Who:**
  1. Women planning, or wishing to become pregnant
  2. Cohabitant of women planning, or wishing to become pregnant
  3. Cohabitant of pregnant female with low rubella antibody titers

- **Application deadline:** Monday, Feb. 28, 2022

※ Depending on your medical history, you may not be eligible for the subsidy. Please contact us for details such as application method.

- **Contact:** ☎ 055-920-2082 Tobu Health Center (Ken Tobu Hoken jo)

**Subsidy for rubella vaccination:** It is important to carry out a rubella antibody test and to vaccinate people with low antibody titers. The city subsidizes part of the inoculation cost.

- **Who:**
  1. Women planning, or wishing to become pregnant
  2. Cohabitant of women planning, or wishing to become pregnant
  3. Cohabitant of pregnant female
- **Grant amount:** Rubella vaccine: 4,000 yen / Measles-rubella mixed vaccine: 5,000 yen.
- **Application due date:** March 31<sup>st</sup> (Thu) 2022
  - ※ Aid is only once for each person.
  - ※ Please contact us for details such as application method.
- **Contact:** ☎ 055-951-3480 Health Promotion Section (Health Centre) (Kenko Zukuri ka) (Hoken Centre)

**DISCLAIMER: The English version is a translation of the original newsletters in Japanese. While reasonable efforts are made to provide accurate translations, there might be some discrepancy. We encourage you to please report if you find any inaccuracy or translation error.**