

# Nara City Information for Residents

July 2017 Issued by Nara City Hall (No.1160)

(All events, classes and lectures are conducted in Japanese.)

Translation by Nara SGG Club (Systematized Goodwill Guide Club)

For some local government section names, the Nara SGG Club uses those decided upon by our translation team. As the city's English website uses machine translation, some names and terms may differ between our translation and the website. We ask for your understanding.

Copies available on request at:

Nara City Hall Information Counter, Nara City Hall Shimin-Ka Counter,  
Nara-shi Shimin Service Center (Nara Family 5F), Nara City Tourist Center,  
Public Health Center (4F, Hagukumi Center), Chubu Kominkan, Seibu Kominkan,  
Hokubu Kominkan, Chuo Library, Seibu Library, Kintetsu Nara Station,  
Nara City Tourist Information Center (by JR Nara Station), Nara Chuo Post Office  
and Nara- Nishi Post Office.

[Inquiries in English] Phone: 0742-22-5595 (9:00-17:00) E-mail: [nsgghyk@gmail.com](mailto:nsgghyk@gmail.com)



## Elections for Nara City Mayor and City Council Members.

**Election Day: July 9 (Sun.) 7:00 - 20:00**

Starting from the last Regular Upper House Election held in July 2016, the voting age was lowered to 18 for the first time in seventy years. The election this time is the first local election to be held in Nara City after its revision of the law.

### **Make sure to vote on July 9, Sunday!**

\*For detailed information on the election, please see the June issue of Nara City Information for Residents.

### **Advance balloting:** July 3 (Mon.) - 8 (Sat.)

If you have a previous engagement on July 9 and you cannot visit the polling station, please visit any of the Polling Stations below. Bring your Election Notification if you have one, after filling in the back. You may also vote without the Election Notification if you do not receive it, or forget to bring it.

\*Please note that the time differs depending on the place.

Advance Balloting Station	Address	Time
Nara City Hall, Central Bldg., 1F, at the Front Entrance Hall	Nijo-Oji Minami 1-1-1	8:30 – 20:00
*Seibu Kominkan (Seibu Kaikan, 5F)	Gakuen Minami 3-1-5	
*Hokubu Kaikan 3F, Shimin Bunka Hall	Ukyo 1-1-4	
Tsukigase Gyosei Center, 1F	Tsukigase Oyama 2845	
Tsuge Gyosei Center, 1F	Tsuge Shiraishi-cho 1026-1	
Nara-Pref. Keizai Club Bldg. 3F	Higashimuki-Nakamachi 6	9:00 – 20:00
Nara Family 1F, Rakuda Hiroba	Saidaiji Higashimachi 2-4-1	10:00 – 20:00

\*Maps to each polling station are in the June issue of *Nara Shimindayori* in Japanese.

**Inquiries:** City Election Management Committee Secretariat      Tel. 0742-34 3501

## **HEALTH CHECKUPS for FISCAL 2017**

For Early Detection of Diseases and Prevention of Severe Cases

Nara City already sent you a Health Checkups Passport, a set of consultation cards for physical exams And health checkups, in late June. It clearly shows what kind of physical exams and health checkups you can take this year. It also has a list of medical institutions which can provide them. Please go to the Japanese version of the Nara City Information for Nara Residents to see a sample.

### Specific Medical Checkups (the right (green) side of the passport)

For Those Covered by Medical Insurance for the Elderly aged 75 or over

Fukushi-Iryo-Ka (Welfare and Medical Affairs Section) Tel. 0742-34-4754

Items, <Period>, & Those Eligible	Contents <Fee: 500 yen>	Things to Bring	Application	Place
(1) Physical Exam. <July to end of Jan. 2018>	Inquiry, physical measurements, blood/urine exams, blood pressure check, anemia, ECG, eye fundus (only for those eligible)	Checkup Passport, Questionnaire, Health Insurance Certificate	Notices will be sent to those eligible in late June *1	Medical institutes or clinic registered in Nara Prefecture (MNP)

\*1 : Those who subscribed on April 1 or after, this year will receive the card for physical checkups in July and after.

For Those Covered by National Health Insurance (=NHI) (40 years or over)

Kokuho-Nenkin-Ka(National Health Insurance and National Pension Section) Tel. 0742-34-4736

Items, <Period> & Those Eligible	Contents <Fee>	Things to Bring	Application	Place
(2) Special Physical Exam. <July to end of Jan. 2018> Those covered by Nara City NHI (40 - 74years old), as of April 1, 2017. For those who subscribe after April 2 and want to receive this exam, please contact the section in charge. *2	Inquiry, physical measurement, blood/urine exams, blood pressure check, anemia, ECG <500 yen*>, Eye fundus (for those who are eligible) <120 yen*>. * These two are free for those who are city-tax exempt.	Consultation Card, Questionnaire, Health Insurance Certificate	Notices will be sent to those eligible in late June.	MNP
(3) Head MRI Exams. <July to end of March, 2018> Those covered by NHI and accept this year's exam (2), and those who have no unpaid premiums. Capacity: up to 900 persons. First come, first served.	Head MRI Exam. <8,100 yen>	Health Insurance Certificate, Results of the specific physical exam., Certificate for reception	Contact the Kokuho-Nenkin-Ka (July to the end of January 2018)	Nara City General Medical Examination Center (Kashiwagi-cho)

\*2 Those who will become 75 years old by the end of August will receive the card only for physical checkups in late July or later.

- For those covered by insurance other than the above-mentioned two, please ask that insurance company.
- Those who have not joined health insurance (such as welfare recipients) will get the card free of charge. For those who became welfare recipients on April 2 or later, please contact the Kenko-Zoshin-Ka (Health Promotion Section) Tel. 0742-34-5129
- For those who are in institutions, Nara City will send notifications only to those who applied.

## Cancer Exams, etc. (orange side of the passport)

**Kenko-Zoshin-Ka (Health Care Section) in Hagukumi Center (Sanjo-Honmachi),**

**Tel. 0742-34-5129**

Items, <Period>, Those eligible *3	Contents <Fee>	Things to bring	Application	Place
(4) Stomach Cancer Exam. <May to end of March 2018> Those 40 years old and over	Interview, stomach x-ray exam (barium exam). <1,000 yen>	Jushin-hyo (Consultation form)	Kenko-Zoshin-Ka (Refer to the similar cancer checkup page of every month's Nara City Information for residents.) Stomach & lung cancer exams can be together.	Group exam. (Exam cars will stop at 18 places in Nara City)
(5) Lung Cancer Exam. <May to end of March 2018> Those 40 years old and over *4	Interview, chest x-ray exam. <500 yen>, sputum test (only if necessary, extra 600 yen.)			
(6) Stomach Cancer Endoscopic Exam <July to end of Feb. 2018> those aged 50, 52, 54, 56, 58, and 60	Interview, stomach endoscopic exam <4,000 yen>	Jushin-hyo (Medical Exam Passport)	Notices will be sent to those eligible (in late June).	Medical institutes or clinics registered in Nara City (=MNC)
(7) Bowel Cancer Exam <July to end of Feb. 2018> Those 40 years old and over	Interview, fecal occult blood test <1,000 yen>			
(8) Uterine Cancer Exam <July to end of Feb. 2018> women 20 years old and over who are even-numbered ages. (Those with odd-numbered ages who did not have the exam last year, please apply)	Interview, ocular inspection, cytodiagnosis <2,000 yen> *Those who are eligible (supported by general projects for cancer exams) can use free tickets.			
(9) Breast Cancer Exam. <July to end of Feb. 2018> women 40 years old and over who are even-numbered ages. (Women with odd-numbered ages who did not have the exam last year, please apply)	Interview, breast x-ray exam (mammography), *Those who are eligible (supported by general projects for cancer exams) can use free tickets.			MNC

(10) Osteoporosis Exam <July to end of Feb. 2018> women aged 40, 45, 50, 55, 60, 65, and 70	Interview, bone mineral testing [DXA] <1,200 yen>			MNC
(11) Periodontal Diseases Exam <July to end of Feb. 2018 > those aged 40, 50, 60, and 70	Interview, periodontal tissue testing <1,000 yen>			MNC (dentists)
(12) Hepatitis Virus Exam <July to end of Feb. 2018> •Those 40 years old •Those 41 years old and over who have never had the hepatitis virus exam.	Hepatitis Virus C Exam (HCV antibody test), Hepatitis Virus B Exam (HBs antigen test). Selectable, <1,000 yen> Those not eligible but have concerns about hepatitis virus B /C can apply for B & C exams. Call Hoken Yobo-Ka (Tel.: 0742-93-8397)	Those aged 40: Bring Jushin-hyo (Medical Exam Passport). Those aged 41 and over: Bring Interview sheet for hepatitis virus exam with record form.	Notices will be sent to those aged 40. Those aged 41 and over apply to Kenko-Zoshin-Ka (Health Care Section).	MNC
(13) Stomach Cancer Risk Exam <July to end of Feb. 2018> those aged 40, 45, and 50	Interview, blood exam <fee: Depending on each institute. Nara City points given, up to 3,000 yen as exam fee.>	Stomach Cancer Risk Medical Exam Sheet	Health Care Section	
(14) Lung Cancer Low Dose CT Exam <July to end of Feb. 2018> those aged 50, and 60	Interview, chest low dose CT scan <6,000 yen. 5,000 yen for those who had Stomach Endoscopic Exam in the same year>	Lung Cancer Low Dose CT Exam Sheet	Health Care Section	

\*3: Age as of March 31, 2018

\*4: Those who are 65 years old or over may get exams for tuberculosis. Please contact Hoken Yoboka. Tel. 0742-93-8397

**Exemptions for various cancer exams:**

Exams (4) to (12) are free for those who are on welfare benefits or are city-tax exempt.

(If exemptions are not printed on your eligibility tickets, you need to send the application form for exemptions included in the same envelope and submit it 10 days beforehand (submission on line is possible). Please make sure to apply before the exam date as no exam fee refund will be offered for those who apply after the exam.)

## Garbage Collection

Please do not park around the collection site. Garbage cannot be collected with a car in the way, and you will have to bring it to the collection center yourself.

Please bring garbage to the collection site after draining it as thoroughly as you can.

### Collection Days & Areas for Garbage in July

Area	Burnable Garbage	Unburnable Garbage
A / F	Mon. & Thurs.	12, 26 (Wed.)
B / E		
C / H	Tues. & Fri.	5, 19 (Wed.)
D / G		

A-D: Collection by Nara City

E-H: Collection by City Seibi Kosha (public corp.)

Please confirm the garbage collection dates on the Nara City Website and so on, as the collection dates are different in some areas.

**Garbage will be collected as usual on July 17 (Holiday).**

**Inquiries:** Shushu-Ka (Collection Section) Tel. 0742-71-3012

City Seibi Kosha (public corp.) Tel. 0742-33-8782

## Special Allowance for Severely Challenged or Elderly Foreigners / Ex-foreigners

Nara City will pay a special allowance (20,000 yen/month) as follows to extend social welfare services.

### Special Allowance for Severely Challenged Foreigners / Ex-foreigners

**Those eligible:** Foreigners or ex-foreigners who, as of January 1, 1982 had registered their residence in Japan, had already been determined to be eligible as severely mentally and physically challenged\*(1), and had already reached 20 years of age; however, those who fit into the following categories are excluded:

- 1) Those who are on public welfare, or receive support benefits for Japanese nationals left behind in China (*chugoku zanryu hojin tou shien kyufu-kin*),
- 2) Those who are in social institutions,
- 3) Those who have been receiving public benefits of 240,000 yen or more annually \*(2),
- 4) Those who earned more than the limit for the disability basic pension (annual sum) in 2016.

<notes>

\*(1) Physical disability certificate (*Shintai shogaisha techo*) holders (1 to 3 degrees) or Mental Retardation Certificate (*Ryoiku techo*) holders (degree A)

\*(2) For those who have been receiving public benefits of less than 240,000 yen annually, the amount of the benefits will be subtracted from the special allowance to be paid.

### Special allowance for Elderly Foreigners / Ex-foreigners

**Those eligible:** Foreigners or ex-foreigners who were born before April 1, 1926, and had registered their residence in Japan as of January 1, 1982; however, those who fit into the following categories are excluded:

- 1) Those who are on public welfare, or receive support benefits for Japanese nationals left behind in China (*chugoku zanryu hojin tou shien kyufu-kin*),

- 2) Those who are in social institutions,
- 3) Those who have been receiving public benefits of 240,000 yen or more annually [see\*(2) above],
- 4) Those who earned more than the limit for senior welfare pensions (annual sum) in 2016.
- 5) Those who receive a special allowance for severely challenged foreigners / ex-foreigners.

**Application:**

Shogai-Fukushi-Ka (Welfare Section for the Disabled) (Tel.0742-34-4593) for special allowance for severely challenged foreigners / ex-foreigners.

Choju Fukushi-Ka (Welfare Section of the Aged) (Tel. 0742-34-5439) for special allowance for elderly foreigners/ ex-foreigners

Apply to the section by July 31 (Mon.) with an application form (available at respective sections).

The application form should be accompanied by (1) a copy of the residence certificate

(2) documents that certify the 2016 incomes of you, your spouse and the family member who is responsible for supporting you, and (3) your seal.

\*Those who have already been receiving this allowance are required to reapply with the required documents including renewal application forms, which will be sent to you.

### Mottainai Pottery Market

Ceramics tableware which is not used at home will be collected and can be taken for free.

**Items that can't be collected:** Tableware with food, etc. stuck on. Tableware from other cities or which was used for business. Unglazed pottery or earthen pots; tableware made of glass, plastic, metal or wood; tableware with rubber bottoms and handles (unless removed); ashtrays and flower vases, which are not tableware.

\* Check items before collection and take them home if they're not accepted.

**Period and place of collection in July:**

1. July 5 (Wed.) at Co-op Oshikuma (Oshikuma-cho)
2. July 12 (Wed.) at Itoyokado Nara Store (Nijo-Oji Minami), 5F
3. July 19 (Wed.) at Hagukumi Center (Sanjo-Hommachi)
4. July 26 (Wed.) at Miato-Kominkan (Gojo-cho)



**Time:** 10:00 – 13:00 (Collection will be done until 12:30)

**Inquiries:** Kankyo-Seisaku-Ka (Environmental Management Division)

Tel. 0742-34-4591

### Renewal of Qualification Certificates for Medical Expenses Support for Single-parent Families

This qualification certificate will be renewed and a new certificate will be issued due to the expiration at the end of July. Those eligible are requested to fill out and return the form which will be sent at the beginning of July. A new certificate will be sent later.

Please apply if you don't have one despite being eligible.

**Those eligible:** Single-parent families or those in an equivalent situation living in Nara City, who support a child/children younger than 18 years old, until March 31, 2018 for those who reached 18 this year, and who are under a health insurance system, but not those households receiving welfare benefits.

**Things required when you apply:** Your seal, Health Insurance Card, proof of both your single-parent status (a copy of a person's family register, etc.), and the child's guardian's bank account statement.

**Inquiries:** Kodomo-Ikusei-Ka (Child Allowance Section) Tel. 0742-34-5042

## **Bosai Center (Disaster Prevention Center)**

01-1 Hachijo 5-chome 630-8145 Tel./Fax. 0742-35-1106

### **Ordinary Lifesaving course**

Course of treatment for adults (ordinary lifesaving course I)

**Date & Time:** July 12 (Wed.), 23 (Sun.), Aug. 9 (Wed.), 27 (Sun.) 13:00-16:00

Course of treatment for infants (ordinary lifesaving course III)

**Date & Time:** July 20 (Thurs.) 9:30-12:30

**Contents:** Instruction in cardiopulmonary resuscitation and using an Automated External Defibrillator (AED)

**Capacity:** 20 people over junior high school age

**Application:** Call Bosai Center by the day before each course  
Tel. 0742-35-1006



### **First Aid Extension Staff course**

**Date & Time:** Aug. 2 (Wed) - 4 (Fri.) 9:00-17:00

\*Lectures will be given for 3 days

**Contents:** Instruction in cardiopulmonary resuscitation and using an Automated External Defibrillator (AED), hemorrhage suppression, carrying injured persons, etc..

\*Those who take this course can usually conduct lifesaving courses in business offices and disaster prevention organizations after course completion..

**Capacity:** About 30 people over junior high school age

**Application:** Call Shobo-Kyoku-Kinkyu-Ka (Ambulance Division) by one week before each course day  
Tel. 0742-35-1190

## **Konoike Joi-Tore Club**

### **Sports Experience in Summer**

#### **1 Run to the best of your ability and improve your skill!**

**The basic exercise of "Running" will improve your instantaneous motion!**

**Date & Time:** Tuesdays such as July 25, August 1, 8, 22, 29  
9:30-11:00 (Indoor exercise on rainy days)

**Fee:** 1,000 yen per day

#### **2 Try the challenge of a boat machine!**

**This is a race of tenacity. Move the boat on the screen by using the rowing machine and get your stamina up!**

**Date & Time:** Fridays such as July 21, 28, August 4, 18, 25  
10:00-16:00 (Five games will be held.)

**Place:** Naraden Field (Horen-Sahoyama 4-chome)

**Those eligible:** Elementary school students and over

**Fee:** 500 yen for the first time (100 yen after the second time)

**Things to bring:** Sportswear, sports shoes, drink and towel

**Inquiries:** Naraden Field (Tel. 0742-22-0001)



## Soft-ball Tennis School

**Date & Time:** Every Saturday starting on August 26 to November 18 (10 times in total)  
9:30-11:45

**Place:** Naraden Konoike Court (Horen-Sahoyama 4-chome)

**Capacity:** Beginners Class: Approx. 30 people, elementary school 3<sup>rd</sup> graders and over  
Beginners & Middle Classes: Approx. 30 people, junior high school students and over

**Fee:** 5,800 yen (for 10 days) For a single lesson, you need to pay 600 yen.

**Things to bring:** Sportswear, tennis shoes, drink and towel

**Application:** Send a return postcard (124 yen) with your name (with the reading in kana), address, age, phone number (guardian's name also in case of elementary school children) to Horen-Sahoyama 4-chome 5-1 630-8108.

## Seeking Volunteer Staff for Nara Marathon 2017

**Date & Time:** December 9 (Sat.) 8:30 – 20:30

December 10 (Sun.) 6:30 – 16:00

**Place:** Nara Denryoku Konoike Park (Horen-Sahoyama 4-chome) and its surrounding area, within Nara and Tenri Cities

**Contents:** Route arrangement, water supply, activities at the main stadium and along the course, etc.

**Capacity:** 4,000 people

**Application period:** July 3 (Mon.)- August 25 (Tues.)

**Application:** Fill in the application form which can be printed out from the event homepage and send it to Nara Marathon Volunteer Center (757 Horen-cho 630-8113 Ken Nara-Sogo Chosha). You can also apply from the Website (<http://www.nara-marathon.jp/>). Application acceptance will end when capacity reached.

**Inquiries:** Nara Marathon Volunteer Center

Tel. 0742-21-7880 (10:00-16:00 on weekdays)

E-mail: [volunteer@nara-marathon.jp](mailto:volunteer@nara-marathon.jp)



## Tsuge Kogen (Highland) Marathon

**Date & Time:** November 19 (Sun.) Start at 10:20 (Reception from 8:30)

**Place:** Tsuge Koryu (Communication) Center (Tsuge-Shiraishi-cho)

**Events:** Adults: Half, 10 km, 3 km / High School Students: 10 km, 3 km / Junior High School Students: 3 km / Elementary School Students and Families (one preschool child and one guardian): 3 km

**Fee:** Adults: 5,000 yen (Half), 4,000 yen (10 km), 3,500 yen (3 km) / High School Students: 3,000 yen / Elementary and Junior High School Students: 1,000 yen (2,000 yen for out of Nara City citizen) / Family pair – 3,000 yen

**Application:** Please register and apply on the website RUNTES from July 20 (Thurs.) to September 30 (Sat.). The website will be available from July 15. For further details, please see the website.

**Others:** A lottery and the awarding of various prizes will be held.

**Inquiries:** Tsuge Kogen Marathon Executive Committee (in Tsuge Administration Center)

Tel. 0743-82-0201 / Fax. 0743-82-1950

## Midsummer Martial Arts Exercise and Zazen Meditation

**Date & Time:** July 8 (Sat.) - 9 (Sun.) 6:00 - 7:00 (Reception from 5:30)

**Place and Contents:** Naraden Budo-jo: Kendo Class, Naraden Daini Budo-jo: Judo and Zazen Class, Naraden Daini Arena: Naginata (Long-handed sword) Class, Naraden Budo-jo Nakado-jo: Yari (Spear) Class, Naraden Kyudo-jo: Kyudo (Japanese archery) Class

**Those eligible:** Elementary school students and older with experience, who live, work, go to school, or attend martial arts classes in Nara City.

**Application:** You can apply on that day at each place.

**Inquiries:** Naraden Daini Budo-jo Tel. 0742-27-6163

## HEALTH COLUMN

“Hagukumi” Center (13-1 Sanjo-Honmachi)  
 (The nickname for the Public Health Center / General Education Center)

- Kenko-Zoshin-Ka (Health Care Section)  
 Tel. 0742-34-5129, Fax. 0742-34-3145
- Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

Tsukigase Administrative Center (Tsukigase Oyama) Tel. 0743-92-0480  
 Tsuge Health Center (Tsuge Shiraishi-cho) Tel. 0743-82-0341  
 Nara City Hospital (Higashi-Kidera-cho 1-chome) Tel. 0742-24-1251

### Medical Checkups for Babies and Children

**Things to bring:** The questionnaire and your *Mother's and Child's Health Handbook*. The questionnaire will be sent to you by the middle of July. People who moved to Nara City after July 1 and have not received the questionnaire by the checkup day should come to the place directly on the day. In case of the checkup for 4-month-old babies and 10-month-old babies, please contact Kenko-Zoshin-Ka (Health Care Section). Tel. 0742-34-5129

Name	Date	Place
Checkup for 4-month-old babies (Born in April 2017)	Within one month after 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in Oct. 2016)	Within one month after 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in Dec. 2015)	Aug. 3, 17, 24, 31 (Thursdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed at 12:45	Central Health Center
Checkup for 3 & 1/2-year-old children (Born in Jan. 2014)	Aug.1, 8, 22, 29 (Tuesdays) Reception: 13:15 -14:15 Waiting numbers will be distributed at 12:45	Central Health Center

\* Central Health Center exists inside Hagukumi Center

### Various Classes for Babies

#### Paku - Paku Class for Five-month-old Babies (Baby Food Class)

**Those eligible:** First babies born in March 2017 and their guardians

**Date & Time:** Aug. 2 (Wed.) and 23 (Wed.) 10:00 - 11:30

**Place:** Hagukumi Center

**Contents:** Lecture about baby food by a dietitian and lecture about child rearing by a health nurse

**Things to bring:** *Mother's and Child's Health Handbook* and the leaflet on baby food included in the questionnaire for the checkup for 4-month old babies, etc.

**Capacity:** 40 families per day

### 12 Month Old Baby Ha-Pika Class ( Tooth decay prevention class for babies )

**Those eligible:** First babies born in Aug. 2016 and their guardians

**Date & Time:** Aug. 1 (Tues.), 22 (Tues.) 10:00 - 11:00

**Place:** Hagukumi Center

**Contents:** How to care for babies' new teeth and brushing practice

**Things to bring:** *Mother's and Child's Health Handbook* and a piece of gauze for wiping the baby's mouth

**Capacity:** 30 families per day

**Application:** Please call or fax with the class name, address, child's name, the date of birth, guardian's name, phone number and the date you want to come, to Kenko-Zoshin-Ka (HealthCare Section). Tel. 0742-34-5129 Fax. 0742-34-3145

Excess applications will be accepted for another day.

### Fluoride Coating for Tooth Decay Prevention

**Those eligible:** Those born in Aug. 2015 (Those born from April 2015 to July 2015 also are eligible.)

**Date & Time:** Aug. 18 (Fri.) 9:30 – 11:30

**Place:** Central Health Center

**Contents:** Dental checkup, fluoride application, brushing guidance

**Things to bring:** *Mother's and Child's Health Handbook*, a toothbrush, towels

**Application:** Phone, fax or apply through the homepage with the class name, child's name, the date of birth and phone number to Kenko-Zoshin-Ka (Health Care Section) by Feb. 24 (Fri.)

Tel. 0742-34-5129 Fax. 0742-34-3145

### Maternal and Infant Healthcare Consultation

Please consult with us about pregnancy, breast-feeding, and infant growth and development.

Application is unnecessary. \*Please bring your *Mother's and Child's Health Handbook*.

#### Consultation by Visiting Health Nurses

Month	Date	Place
July  Please refer to The Nara City Information, June issue for the schedule before July 5.	11(Tues.)	Nimyo Kominkan Nimyu Bunkan
	12 (Wed.)	Nanbu Kominkan
	19 (Wed.)	Keisei Kominkan
	21 (Fri.)	Heijo Higashi Kominkan**
	24 (Mon.)	Tatsuichi Fureai Kaikan
	25 (Tues.)	Miata Kominkan
	26 (Wed.)	Kasuga Kominkan**
	28 (Fri.)	Sahogawa Hureai Kaikan
August	1 (Tues.)	Tomio Kominkan
		Koto Kominkan*
	2 (Wed.)	Fushimi Kominkan

**Time:** 9:30 - 11:30 (\*11:00 – 12:00, \*\* 13:30 -15:30)

Consultation over the phone or at the office is held on weekdays 8:30 -17:15

## Consultation by Midwives

<Seibu Kaikan Second- Floor Consultation Room> (Consultation at the office)

**Time:** Weekdays, 10:00 -14:00 (Reception until 13:30) \*Sometimes held by public health nurses

<Kenko-Zoshin-Ka (Health Care Section) > (Consultation over the phone or at the office)

**Time:** Weekdays, 9:00 -15:00

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

## Classes for Pregnant Women & Dental Checkup

### Mother's and Father's Class

Date A	Date B	Contents
Aug. 2 (Wed.)	Sept. 6 (Wed.)	Lecture and talk with experienced mothers (*Women in their first pregnancy)
Aug. 5 (Sat.)	Sept. 9 (Sat.)	Bathing practice and lecture (*Women in their first pregnancy and their husbands)

\*For those who are between the 22<sup>nd</sup> and the 32<sup>nd</sup> week of the first pregnancy. Two days for each class.

**Date & Time:** 9:30 - 12:00

**Place:** Chuo Hoken (Central Health) Center

**Capacity:** 24 families per class

**Application:** Call, send an e-mail, or fax with the class name A or B, your name, address, age, phone number, the expected delivery date, and whether your husband will attend or not to Kenko-Zoshin-Ka (Health Care Section) by July 26 (Wed.) for A or by August 30 (Wed.) for B. Tel. 0742-34-5129 Fax. 0742-34-3145

### Maternity Happy Check (Dental Checkup for Pregnant Women)

**Those eligible:** Pregnant women (approx. between 16 and 32 weeks, and are in stable condition)

**Date & Time:** ① Aug. 24 (Thurs.) 9:30-11:30 ② Sept. 28 (Thurs.) 9:30-11:30

**Place:** Chuo Hoken Center (Central Health Center)

**Contents:** Dental checkup, lecture about tooth brushing, fluoride coating (only for applicants)

**Things to bring:** *Mother's and Child's Health Handbook*, towels

**Capacity:** 30 people

**Application:** Call or fax with the event name, your preferred date, your name, your date of birth, phone number, and expected delivery date to Kenko-Zoshin-Ka (Health Care Section) by Aug 22 for ①, or Sept. 26 for ②.

### Tuberculosis Examinations for Citizens

**Date & Time:** July 15 (Sat.) 9:30 – 10:30

**Place:** Nara-shi Sogo Iryo Kensa Center (General Examination Center), Kashiwagi-cho

**Contents:** Chest X-ray examination

**Capacity:** 15 people, 65 years old and over

**Application:** Call Hoken-Yobo-Ka (Health Protection Section) between July 3 (Thurs.) and the day before the examinations. Tel. 0742-93-8397

### Japanese Encephalitis Vaccinations will start for those born in June 2014

Receive all three times (the first, the second and the booster) of the first term vaccination.

(Confirm it on the Preliminary Examination Leaflet.)

**The Period of Vaccination:** Between age 3 and one day before the 7-1/2 years old birthday

**Vaccination Schedule:**

**Initial Vaccination:** Two times with an interval of one to four weeks

**Booster Vaccination:** Once, with an interval of one year after the completion of the initial vaccinations.

**Application:** Make an appointment at a registered clinic (see the City HP). Those who are not registered residents of Nara City on the day of vaccination are not eligible.

**Things to bring:** The Preliminary Examination Leaflet

(Use an indelible black ballpoint pen to fill it out.)

*Mother's and Child's Health Handbook* and your child's ID, such as a Health Insurance Card, etc.

**Inquiries:** Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

### **Heat Stroke: Do you know preventive methods and coping measures? ·**

Seniors may suffer heat stroke even when they are indoors. Infants whose body's heat regulating mechanism is undeveloped, those who are not accustomed to high temperatures, those who have an underlying disease, or obese persons should be especially careful about heat stroke.

**Preventive Methods for Heat Stroke:** Use a parasol. Wear a hat and dress cool. Make use of shade.

Drink enough water. Take salt when sweating. If there are high temperatures or high humidity, please do not save electricity unreasonably, and also use electric fans and air conditioners in moderation.

**Coping Measures for Heat Stroke:** If you feel dizzy, especially standing up, or have a headache, ① move to a cool place in the shade or an air conditioned room. ② Loosen your clothes to rest. ③ Cool your body. ④ Drink water. However, in a serious case like unconsciousness or convulsions, get in touch with a medical center nearby.

### **To Those Who Plan to Go Abroad -- Be Careful of Infectious Diseases --**

#### **Preventive Measures**

**Infectious diseases carried by mosquitoes (Malaria, yellow fever, dengue, zika virus, etc.):**

Don't expose skin outside and use mosquito repellent so as not to be bitten by mosquitoes.

**The main infectious diseases caused by food and water (Typhoid fever, dysentery, cholera,**

**hepatitis A, etc.):** Don't eat raw or half-raw fish or meat. Never drink raw water or ice. Don't eat cut fruits.

**Other infectious diseases:**

**Rabies:** Don't approach animals without reason. A rabies vaccine in advance is effective. If you are bitten by a dog, get in touch with a medical facility as soon as possible.

**Middle East respiratory syndrome (MERS):** Don't eat camel meat. Don't drink camel milk. Don't approach camels.

**Avian influenza:** Don't touch chickens and ducks. Don't go to markets where chickens are sold or to chicken farms. Wash your hand carefully.

**Inquiries:** Hoken-Yobo-Ka (Health Protection Section)

## **Various Cancer Examinations (August)**

\*Please apply to Kenko Zoshin-Ka (Health Care Section) by phone, fax, or internet through the homepage.

\*Those who belong to Tsuge Kenko Center, phone the Center.

\*Period of Acceptance: from July 3 (Mon.) to July 20 (Thurs.); internet applications will be accepted until July 10 (Mon.).

\*Free of charge for those who are on social welfare or belong to households receiving residence tax exemption. Please notify us of such when you apply.

## Stomach and Lung Cancer Examinations

Date	Place	Reception time	Capacity
3 (Thurs.)	Hagukumi Center	8:45 – 9:45	33
7 (Mon.)	Tsuge Hoken Center	8:30 – 10:00	30
8 (Tues.)	Tsuge Hoken Center	8:30 – 10:00	30
9 (Wed.)	Tsuge Hoken Center	8:30 – 10:00	30
10 (Thurs.)	Hagukumi Center	8:45 – 9:45	33
14 (Mon.)	City Hall	9:00 – 10:00	30
15 (Tues.)	Nanbu Kominkan	9:15 – 10:15	27
16 (Wed.)	Tomio- minami Kominkan	9:15 – 10:15	27
17 (Thurs.)	Hagukumi Center	8:45 – 9:45	33
21 (Mon.)	Hokubu Shutcho-sho	9:15 – 10:15	27
22 (Tues.)	Tomigaoka Kominkan	9:30 – 10:30	24
24 (Thurs.)	Hagukumi Center	8:45 – 9:45	33

**Fee:** 1,500 yen (stomach cancer examination only: 1,000 yen, lung cancer examination only: 500 yen)  
600 yen may be added as an additional fee for a sputum examination based on general checkup.  
(Postage might need to be paid.)

## Lung Cancer Examination

Date	Place	Reception time	Capacity
14 (Mon.)	Hagukumi Center	14:00 – 15:00	60

**Fee:** 500 yen, 600 yen as an additional fee for a sputum examination based on general checkup may be added. (Postage might need to be paid.)

**Those eligible:** 40 years old and over. Pregnant women, those who had stomach, lung or intestine surgery or are in treatment (please ask Kenko Zoshin-ka for details); those who have barium sensitivity or had aspiration (lung cancer examination is possible); and those who had an endoscope stomach cancer check by Nara City in the last fiscal year (lung cancer examination is possible) are excluded.

**Others :** For those who are breast feeding, please notify us of such when you apply.

The examination interval is once a year.

There might be cases where you may not be able to take the examination depending on your health condition or questionnaire responses.

**Inquiry :** Kenko Zoshin-ka ( Health Care Section) Tel. 0742-34-5129

## Cancer Examination / Total Support Program for Health

### 1) Cervical cancer examination 2) Breast Cancer examination

Individual notices with coupons for free examinations will be sent in late June.

**Date of examinations:** Between July and the end of February 2018.

**The place to go:** Registered clinics

**Contents:** 1) Cervical cytology, 2) Mammography inspection

**Those eligible:** 1) Those born between April 2, 1996 and April 1, 1997 and 20 year old women. 2) Those born between April 2, 1976 and April 1, 1977 and 40 years old women.

## **Renewal Procedures for Medical Care Certificates for Intractable Diseases Specified by the Government**

**Those eligible:** Those who have a medical care certificate for any intractable disease specified by the government which is valid until September 30, 2017, or December 31, 2017, and who receive an individual notice and want to receive a new medical care certificate on October 1 or later.

**Application:** Confirm the contents of the individual notice you will receive and send to or directly contact Hoken-Yobo-Ka (Health Protection Section) with the necessary documents by July 31.

## **Notices for the Second Term of Japanese Encephalitis Vaccine and Diphtheria and tetanus toxoids (DT) Vaccine**

### **The Second Term of Japanese Encephalitis Vaccine**

**Time of notifications and those eligible:**

- 1) Notifications were sent in order from April to those who were born between April 2, 2008 and April 1, 2009 and are fourth graders in elementary school.
- 2) Notifications were sent in mid June to those who were born between April 2, 1999 and April 1, 2000 and are third graders in high school.

**Target Ages:** 1) Between 9 years old and one day before 13<sup>th</sup> birthday.  
2) One day before 20<sup>th</sup> birthday as a special treatment.

### **Diphtheria and tetanus toxoids (DT) Vaccine**

**Time of notification:** Notifications were sent in late May.

**Those eligible:** Those born between April 2, 2005 and April 1, 2006 and are sixth graders in elementary school.

**Target age:** Between 11 years old and one day before the 13<sup>th</sup> birthday.

### **How to get vaccinations**

Make an appointment at a registered clinic (see the city website). On your appointment day, bring the *Mother's and Child's Health Notebook* and a document such as a health insurance card, etc. identifying the child. Note that there are no tickets for vaccinations.

Those who didn't receive a notification postcard but are eligible as shown above can get vaccinations.

Those who are not registered as Nara City citizens at the time of vaccination or are out of eligibility should pay the fee. Those who live outside of Nara City or Nara Prefecture and want to get vaccinations should contact Hoken-Yobo-Ka in advance.

**Inquiries:** Hoken-Yobo-Ka (Health Protection Section)

Tel. 0742-93-8397 Fax. 0742-34-2486

