

Nara City Information for Residents

June 2017 Issued by Nara City Hall (No.1159)

(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



Elections for Nara City Mayor and City Council Members.

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

Due to termination of a term, elections for Nara City Mayor and the City Council Members will be held on July 9 (Sun.). And with the revision of the Public Office Election Law, the voting age was lowered to 18 years starting from last year. Make sure to vote!.

Eligibility for Voting

Japanese nationals born before July 10, 1999, registered on Nara City's Jumin Kihon Daicho (Basic Resident Register) before April 1, 2017 and live in Nara City now.

*If you moved within Nara City after June 15, 2017 and your name has been registered, please vote at the polling station for the previous address.

*If you moved out of Nara City you have no right to vote, as it is for the city election.

Voter Notification

An envelope containing the voter notification(s) will be sent to each household with voter(s). This notification tells you the polling station(s), etc. It is to ease the voting procedure, so please be sure to bring the notification with you on the day. If you do not receive the notice, lose it or forget to bring it, tell the polling station. If your name is on the Voters List, the notification will be reissued there.

How to Vote

Please go to your designated polling station between 7:00 and 20:00 on July 9 (Sun.) with your Election Notification. The name of your polling station is on the notification.

Proxy Voting

If you cannot write because of a physical or other disability, a staff member of the polling station will write for you.

Braille Voting

When visually-impaired people want to cast a ballot in braille, please request it at the polling station.

Advance balloting: July 3 (Mon.) - 8 (Sat.) *Please note the time differs depending on the place.

If you have a previous engagement on the day of election, please visit any of the polling stations below. Bring your Election Notification if you have one, after filling in the back. If you have no Election Notification yet, fill out the form provided at the polling station.

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

*Due to restrictions for car height, width, and numbers at parking lots, please use public transportation.

Absentee Voting in Hospitals, etc.

Voters who are in hospitals/nursing homes which are designated as absentee voting institutions can vote there. So please ask the managers of those institutions.

Election Bulletin

An election bulletin will be issued and distributed to each household by 2 days before the voting day.

If you don't receive one, contact the Secretariat.

Ballot counting

Same-day counting of ballots will start at 21:30 at Naraden Arena (Chuo Gymnasium), Horen-Sahoyama 4-chome. Returns will be posted on the Nara City website.

Inquiries

City Election Management Committee Secretariat Tel. 0742-34 3501

KOSODATE HIROBA (No application necessary)

Eligible: Children who are almost 0 - 3 years old and their guardians

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

Kosodate Spot (Place): Local facilities will open up spaces to play. Kosodate Spots in Public Halls (Kominkan) are listed on the other page. For the places, dates and time, please see the Japanese Shimindayori, available only in Japanese.

Kosodate Events will be held concurrently with Nigiwai Ichiba
- **Kosodate Hiroba (Childrearing Spaces) by Momoiro Ikujiika** -

Date & Time: June 17 (Sat.) 9:30 - 12:00 **Place:** Hagukumi Center (Sanjo-Honmachi)

Contents	Time	Eligible	Capacity
Brush your teeth with your father! (Teeth brushing lessons) (Things to bring: Towels for wiping mouth, water, sports drink, etc. for rehydration)	(1) 10:30 (2) 11:30	Children younger than school-age and their fathers.	20 people per each session. Applications will be accepted 30 minutes before each event on the 2nd floor.
Aroma de Massage (Things to bring: Face towels) Relax Yoga Workout-friendly clothes	10:00 11:00	Mothers who are currently raising children.	

Babysitting applications for the Aroma and Yoga classes will be closed as soon as the number of applications reaches 20.

Others: A consultation desk regarding childrearing will be set up. For details, please look at the Nara City Website's childrearing support page, Kosodate@Nara.

Inquiries: Kodomo-Seisaku-Ka (Children Policy Section) Tel: 0742-34-4792

Hagukumi Center Nigiwai Ichiba

Date & Time: June 17 (Sat.) 09:10 - 12:00 (Merchandise sales will start at 9:30.)

Contents: Harmonica playing (opening), sales of vegetables, general merchandise, soft-serve ice cream, craft corners, games for kids, planetarium, etc.

Place: Hagukumi Center

Inquiries: Hagukumi Center Kanri-ka Tel: 0742-34-2303

Please Cooperate with Garbage Collection

Don't park near the garbage collection site.

Garbage collection boxes can't be kept on municipal roads. When you are not using them, please store them on someone's property.

Unburnable garbage in June

Areas		Burnable Garbage	Unburnable Garbage
A	F	Mon. & Thurs.	14, 28 (Wed.)
B	E		
C	H	Tues. & Fri.	7, 21(Wed.)
D	G		

Areas A-D are covered by Nara City, and areas E-H are covered by City Seibi-Kosha & Co. Ltd. The garbage collection date may be duplicated in some areas, so please check on the home page.

Inquiries: Shushu-Ka (Collection Section)

Tel. 0742-71-3012

City Seibi Kosha (Public Corp.)

Tel 0742-33-8782

Procedures to Apply for Water Charge Deductions Will Start on June 19 (Mon.)

Japanese or foreigners who are registered citizens of Nara City and fulfill the below-mentioned conditions will be able to get a partial water charge deduction, if applied for and duly approved. (Those who receive livelihood subsidies or livelihood assistance, such as for Japanese war orphans who returned to Japan from China, are excluded.) For those whose deduction was already confirmed, Nara City will send application papers. In case you do not receive them by the end of June, please contact the Enterprise Bureau.

Reception Time: 9:30 – 12:00, 13:00 – 16:00 (except for Saturdays, Sundays and Holidays)

Place: Okyakusama Center in the Enterprise Bureau

Deduction Period: From the month the application for deduction is approved until July of the next year

Eligibility: Households whose meter diameters are between 13 and 25 mm and who have a total family income as mentioned below

Size of household	Total family income in the year 2016
one	1,250,000 yen or under
two	1,580,000 yen or under

*Add 330,000 yen per additional member. Nontaxable income included.

Deduction Amount: an amount equal to half the basic water charge per diameter (tax included)

Diameter mm	Water consumption per month	
	8 m ³ or under	over 8 m ³
13	394 yen	502 yen
20	675 yen	885 yen
25	950 yen	1,269 yen

*Please apply by July 18 (Tues.) for the deduction from this August to July next year.

* For those who live in a housing complex where the water charge is paid collectively, the total deduction amount will be refunded after confirming the payment during the deduction period through submitting proper receipts.

Documents Required

- ① Residence certificates for the whole household (showing members' relationships)
- ② Income certificates for all household members
- ③ For those who have nontaxable income (such as a bereaved-family pension, disability pension or employment insurance), papers or their copies which confirm the amount

* Please inquire beforehand as there are cases where neither ① nor ② is necessary.

Application

Fill in the application form available from the Okyakusama Center in the Enterprise Bureau (also downloadable from the Enterprise Bureau Website), and visit the office with your seal, required documents, and a form of identification (a drivers license or national health insurance card).

Inquiries: Okyakusama Center in the Enterprise Bureau (Tel. 0742-35-6825)

Applications for School Expenses Assistance are Due June 30 (Fri.)

School Expenses Assistance for school supplies and school lunches for elementary and junior high school students will be provided according to the below-mentioned standards. Applicants should submit the application to Kyoiku-Somu-Ka (General Affairs Section of the Board of Education) or the municipal schools which your children attend between June 1 (Thurs.) and June 30 (Fri.). For those who wish to continue like the previous year, re-application is required.

Application Certificate : Households whose citizen tax income for fiscal 2017 equals the amount mentioned in the table or lower, and who have difficulty paying the necessary fees for compulsory education. If you are struggling to make a living for some reason, please contact us.

		Dependents between age 16 and 19 years old (*1)			
		None	1 person	2 persons	3 persons
Dependents under 16 years of age (*2)	None	0 yen	11,100 yen	22,200 yen	33,300 yen
	1 person	31,300 yen	42,400 yen	53,500 yen	64,600 yen
	2 persons	52,600 yen	63,700 yen	74,800 yen	85,900 yen
	3 persons	73,900 yen	85,000 yen	96,100 yen	107,200 yen

(*1) Children born between January 2, 1998 and January 1, 2001.

(*2) Children born on January 2, 2001 or later, up to January 1, 2017

Examples: in the case of a household with two elementary and/or junior high school student dependents, and one senior high school student dependent, the amount of citizen tax income should be a maximum of 63,700 yen.

Necessary Documents: Application forms available at Kyoiku-Somu-Ka (Central Affairs Section of the Board of Education), downloadable from the Nara City website, and Nara municipal elementary or junior high schools; your seal; bankbook; etc.

Inquiries: Kyoiku-Somu-Ka (Central Affairs Section) Tel. 0742-34-5337

Submit your Status Reports for Special Child-Care Allowances within June

Those who receive Special Child-Care Allowances are requested to fill out the Status Reports and send them back to Kodomo-Ikusei-Ka (Child Rearing Section) by June 30 (Fri.) as they will be sent from the City. If you don't submit it by the due date, you may not be able to receive the allowances after June even if you are still qualified.

*It might be necessary to submit a copy of your health insurance card, an income certificate, and so on.

*If you do not receive the reports by mid-June, please contact the Kodomo-Ikusei-Ka (Child Rearing Section), Branch Office. Tel. 0742-34-5160

Mottainai (Wasteful) 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 from other cities or 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 or vases, which are not tableware.

Period and places of collection in June:

1. June 7 (Wed.) at Co-op Oshikuma (Oshikuma-cho)
2. June 14 (Wed.) at Itoyokado Nara Store (Nijo-Oji Minami 1-chome)
3. June 21 (Wed.) at Hagukumi Center (Sanjo-Honmachi)
4. June 28 (Wed.) at Miato-Kominkan (Gojo-cho)

Time: 10:00 – 13:00 (Collection will be done until 12:30) We will accept only items brought to us.

Inquiries: Kankyo-Seisaku-ka (Environmental Management Division) Tel. 0742-34-4591

Nara Tokae Light Festival Seeks Volunteers

Date & Time: August 5 (Sat.) – 14 (Mon.) 16:00 (with light meal) or 19:30 (without meal).

Any number of days within the period. It will end at around 22:15.

Place: Gather in front of the Nara Prefectural Hall (Nobori ohji-cho).

Capacity: 300 people per day. Those 16 years old or younger must come with their guardians. High school students need their guardians' permission.

Fee: Transportation expenses are self-pay.

Application: Send a postcard with the date and the reception time (16:00 or 19:30) you wish to request and your name, address, age, phone number and the number of participants to the secretariat of Nara Tokae-no-Kai (547 Sanjo-cho 630-8244, Tel. 0742-21-7515, 10:00-16:00 on weekdays, closed weekends and holidays, e-mail: info@toukae.jp phone number only for supporters: 090-4278-0039) no later than July 3 (Mon.). You can access via website or cell phone.

Martial Arts and Zazen (Zen Meditation) Classes

Naraden Martial Arts Gym (Horen-Sahoyama 4-chome)

Kendo Classes

1. Basic Classes for elementary school students
2. Advanced Classes for elementary school students
3. Classes for parents and children
4. Classes for junior high school students and over

Date & Time:

1. Every Mon., Tues., and Fri. 17:30-18:30 from July 3 (Mon.)
2. Every Mon., Tues., Thurs., and Fri. 17:30-19:00 from July 3 (Mon.)
3. 9:30-10:30 on Sat. July 1 and 8, Aug. 12 and 19, Sept. 9 and 30
4. Every Mon., Tues., Thurs., and Fri. 19:00-20:00 from July 3 (Mon.)

Capacity:

1. 30 students
2. 20 students with grade 3 and over in Kendo
3. 15 pairs of children aged 5 or 6 years old and their guardians
(Children may participate without their guardians.)
4. 20 junior high school students or over, who have experience in Kendo.

Fee:

1. 9,000 yen
2. 10,000 yen
3. 2,000 yen
4. 4,000 yen

(A ticket sold on the day of the performance: 300 yen)

(A separate accident insurance fee is required for each class.)

Naginata (Long handled sword) Classes

Date & Time: Every Tues. 10:00-12:00, Every Thurs. 16:30-18:30, Every Sat. 13:00-15:00
from July 1 (Sat.)

(Senior high school students and younger meet only on Thurs. and Sat.)

Capacity: 20 people, elementary school students and over

Fee: 4,000 yen



Yari (Spear) Classes (Hozoin school)

Date & Time: Every Saturday 10:00-12:00 from July 1

Capacity: 10 people, senior high school students and over

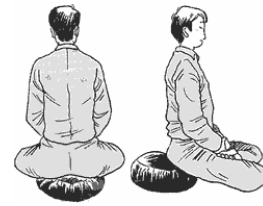
Fee: 6,000 yen

Zazen Classes

Date & Time: Every Sunday 7:00-8:30 from July 2

Capacity: 10 people, senior high school students and over

Fee: 2,000 yen



Naraden No.2 Martial Arts Gym

Judo Classes

1. Classes for elementary school students
2. Classes for parents and children
3. Classes for junior high school students and over
4. Classes for women

Date & Time:

1. Every Tues. and Thurs. 17:00-18:30, Every Sat. 13:30-15:00 from July 4 (Tues.)
2. Every second, third, and fourth Thurs. 15:30-16:30 from July 13 (Thurs.)
3. Every Tues. and Thurs. 18:00-19:30, Every Sat. 14:30-16:00 from July 4 (Tues.)
4. Every Tuesday 10:00-11:30 from July 4 (Tues.). Twice a month.

Capacity:

1. 20 students
2. 15 pairs of children aged 5 or 6 years old and their guardians
(Children may participate without their guardians.)
3. 20 people from junior high school students and up
4. 20 women, aged from 18 years old and up

Fee:

1. 4,500 yen
2. 3,000 yen
3. 4,500 yen
4. 4,000 yen



Naraden Archery Range

Kyudo Classes (Japanese Archery)

1. Classes for junior and senior high school students
2. Classes for senior high school students and over

Date & Time:

1. Every Mon. and Fri. 16:30-18:30 from July 3 (Mon.)
2. Every Saturday 17:00-19:00 from July 1

Capacity:

1. 20 students each from junior/senior high schools where no Kyudo Club exists.
2. 20 beginners, senior high school students and over

Fee:

1. 6,000 yen
2. 3,000 yen

Others: Fees shown above are for the period of three months

Application: Send a return postage-paid postcard with the desired class name, applicant's name (with furigana), address, age (school name and grade for students), gender, and phone number to: **Nara City Sogo Zaidan** (c/o Naraden No.2 Martial Arts Gym, 6-3, Horen-Sahoyama 4-chome 630-8108) no later than June 14 (Wed.). Excess applications will be subject to lottery.

Inquiries: Naraden Martial Arts Gym for Kendo, Naginata, Yari and Zazen Tel. 0742-26-1060
Naraden No.2 Martial Arts Gym for Judo and Kyudo Tel. 0742-27-6163

TEMPORARY WELFARE BENEFITS
(As economic measures by the Central Government)
Application Deadline: June 30 (Fri.), 2017

Applications will not be accepted past the deadline. Don't miss it.

Amount of benefits: 15,000 yen per person (One time)

Eligibility: 1, Those who are on Nara City's Basic Residents Register as of January 1, 2016
2, Those who had City Tax (per capita basis) waived in fiscal 2016
3, Those who are not supported by those paying the City Tax (per capita basis)
4, Those who are not covered by the ordinary Welfare System

Reception: Chiiki - Fukushi - Ka (Regional Welfare Section), 2F, Central Bldg. of City Hall

Reception Time: 9:00 – 17:00 (Except Sat. & Sun.)

Inquiries: Temporary Welfare Benefits Inquiries - Call Center Tel. 0742-34-9292

Child-Raising Spot
No Entry fee

These will be open every month until next March. Please inquire about details to each Kominkan.

Chubu Kominkan (23-4 Kami-Sanjo-cho 630-8228) Tel. 0742-26-6506 Fax. 0742-26-3263

Name	Date&Time (in principle)	Those eligible	Things to bring
<i>Oyako Hiroba</i>	Every 2 nd and 4 th Tues. 10:30-15:00	Children prekindergarten age and younger, and their guardians	Your own drinks

Mikasa Kominkan (313-3 Omiya-cho 4 chome 630-8115) Tel./ Fax. 0742-33-0515

Name	Date&Time (in principle)	Those eligible
<i>Kosodate Mama no Hitotoki</i>	Every 1 st Sat. and 3 rd Fri. 9:30-12:30	Children prekindergarten age and younger, and their guardians

Tomigaoka Kominkan (4162-81 Naka-Tomigaoka 3 chome 631-0003) Tel./Fax. 0742-43-7431

Name	Date&Time (in principle)	Those eligible
<i>Tomigaoka Sukusuku Salon</i>	Every 2 nd Wed. in even-numbered months 2 nd Thurs. in odd-numbered months 9:00-12:00, and 4 th Thurs. 13:00-16:00	Children between around 0 and 3 years old and their guardians

Kasuga Kominkan (86-1 Minami-Kyobate-cho 1 chome 630-8141) Tel./Fax. 0742-62-2253

Name	Date&Time (in principle)	Those eligible	Things to bring
<i>Kosodate Nonbiri Kukan</i>	Every 3 rd Tues. 9:30-12:30 and last Wed. 12:30-15:30	Children between 0 and 3 years old and their guardians	Your own drinks

Miata Kominkan (240-1 Gojo-cho 630-8032) Tel./Fax. 0742-34-5954

Name	Date&Time (in principle)	Those eligible
<i>Miata Kosodate Salon</i>	Every 3 rd Wed. and last Tues. 9:00-12:00	Children between 0 and 3 years old and their guardians

Nimyo Kominkan (3684 Gakuen-Akamatsu-cho 631-0027) Tel./Fax. 0742-46-9113

Name	Date&Time (in principle)	Those eligible
<i>Nimyo Sukusuku Suiyobi</i>	Every 1 st and 3 rd Wed. 9:30-12:30	Children prekindergarten age and younger, and their guardians

Keisei Kominkan (3-43-2 Rokujo-Nishi 1 chome 630-8044) Tel./Fax. 0742-44-2669

Name	Date&Time (in principle)	Those eligible
<i>Puyopuyo-no-Kai</i>	Every 3 rd and 4 th Wed. 9:00-12:00	Children between 0 and 3 years old and their guardians

Heijo-Nishi Kominkan (25 Jingu 4-chome 631-0804) Tel./Fax. 0742-71-5711

Name	Date&Time (in principle)	Those eligible
<i>Heijo-Nishi Piyopiyo Hiroba</i>	Every 1 st Tues. and 3 rd Wed. 9:00-12:00	Children between 0 and 3 years old and their guardians

Tomio Minami Kominkan (501-3 Nakamachi 631-0052) Tel./Fax. 0742-48-3066

Name	Date&Time (in principle)	Those eligible
<i>Tomio Minami Tottoko Hiroba</i>	Every 2 nd Fri. and 4 th Thurs. 9:00-12:00	Children between 0 and 3 years old and their guardians

Heijo Kominkan (1468 Akishino-cho 631-0811) Tel./Fax. 0742-48-3578

Name	Date&Time (in principle)	Those eligible
<i>Oyako Fureai Hiroba</i>	Every 2 nd and 4 th Tues. 9:00-12:00	Children prekindergarten age and younger, and their guardians.

Koto Kominkan (3633 Oyagyu-cho 630-1242) Tel./Fax. 0742-93-0400

Name	Date&Time (in principle)	Those eligible
<i>Nakayoshi Club</i>	Every 1 st and 3 rd Tues. 9:00-12:00	Children prekindergarten age and younger, and their guardians.

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-ch) 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 which will be sent to you during the middle of June and your *Mother's and Child's Health Handbook*. People who moved to Nara City after June 1 and have not received the questionnaire by the checkup day can come to the place directly on that day without it. For 4-month and 10-month old babies' checkups, please contact Kenko-Zoshin-Ka (Health Care Section).

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

*** Central Health Center (Chuo Hoken Center) is located inside of Hagukumi Center.**

Name	Date	Place
Checkup for 4-month-old babies (Born in March 2017)	Within one month from the 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in Sept. 2016)	Within one month from the 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in Nov. 2015)	July 6, 13, 20, 27 (Thursdays) Reception: 13:15 - 14:15; Waiting number cards will be distributed at 12:45.	Central Health Center (Chuo Hoken Center)
Checkup for 3 and half-year-old children (Born in Dec. 2013)	July 4, 11, 25, Aug. 1 (Tuesdays) Reception: 13:15 - 14:15; Waiting number cards will be distributed at 12:45.	Central Health Center (Chuo Hoken Center)

Classes for Babies

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

Those eligible: First-born children born in Feb. 2017 and their guardians

Date & Time: July 12, 26 (Wednesdays) 10:00 - 11:30

Place: Hagukumi Center

Contents: Talk about baby food by a dietitian and about child rearing by a public health nurse

Things to bring: *Mother's and Child's Health Handbook* and the baby food leaflet included with the checkup questionnaire for four-month-old babies and so on.

Capacity: 40 babies and parents each day



Ha-Pika Class for One-year-old Babies (Tooth Decay Prevention Class)

Those eligible: First-born children born in July 2016 and their guardians

Date & Time: July 11, 25 (Tuesdays) 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 some gauze for wiping the baby's mouth.

Capacity: 30 babies and parents each day

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone or fax with the class name, your address and phone number, child's name and the date of birth, guardian's name and your preferred date. Excess application will be accepted for another day. Tel. 0742-34-5129

Maternal and Infant Healthcare Consultation

You can consult us on how to look after yourself during pregnancy, breast-feeding, and infant growth and development.

No application is needed. Just bring your *Mother's and Child's Health Handbook*.

Consultation by Public Health Nurse

Month	Date	Place
June	6(Tues.)	Tomio Kominkan
		Koto Kominkan*
	7 (Wed.)	Fushimi Kominkan
	12 (Mon.)	Fushiimi Kominkan Ayameike Bunkan
	13 (Tues.)	Wakakusa Kominkan
	14 (Wed.)	Keisei Kominkan Hiramatsu Bunkan
	21 (Wed.)	Heijo-Nishi Kaikan
	22 (Thurs.)	Tomio-Minami Kominkan
July	4 (Tues.)	Heijo Kominkan
		Tomigaoka Kominkan

The schedule before June 5 is listed in the Nara City Information for Residents issued in May.

Time: 9:30-11:30 *11:00 -12:00

Consultation over the phone or at the office is held on weekdays 8:30-17:15 at Kenko-Zoshin-Ka (Health Care Section).

Maternity Nurse Consultation

Place: Seibu Kominkan 2nd Floor Consultation Room: Consultation at the office

Date & Time: 10:00 -14:00 on weekdays Reception: until 13:30

Consultation by maternity nurses or health nurses

Place: Kenko-Zoshin-Ka: Consultation over the phone or at the office

Date & Time: 9:00-15:00 on weekdays

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

Fluoride Coating for Tooth Decay Prevention

Those eligible: Those born in July 2015 (It is possible to apply until age 2 years old and 4 months.)

Date & Time: July 21 (Fri.) 9:30 -11:30

Place: Chuo Hoken (Central Health) Center

Contents: Dental checkup, fluoride coating, guidance for effective toothbrushing

Things to bring: *Mother's and Child's Handbook*, a toothbrush for your child, and towels.

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone or fax with the class name, child's name and the date of birth, and phone number before June 23 (Fri.). Electronic application through our homepage is also available.

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

Tuberculosis Examinations for Citizens

Recently, the number of the elderly suffering from tuberculosis is on the rise in Nara City. Earlier detection will prevent the disease from becoming more severe and spreading wider. Be sure to have an X-ray examination once a year.

Date & Time: June 17 (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 June 1 (Thurs.) and the day before the examinations. Tel. 0742-93-8397

Be Careful about Infectious Diseases Spread by Mosquitoes

Prevention Points

- 1) **To prevent breeding of mosquitoes:** Frequent cleaning and getting rid of standing water in order not to grow mosquito larva.
- 2) **Don't get bitten by mosquitoes:** Wear long sleeved shirts and full-length pants for outside activities. Use mosquito repellent.

If you go abroad, collect infection information on the area you will travel to.

If you have a fever or do not feel well after returning home from the areas where dengue fever, zika virus or other infectious diseases are prevalent, please contact Hoken-Yobo-Ka (Health Protection Section).

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

Rubella Antibody Test

Those eligible: Registered citizens of Nara City on the test day who fulfill these conditions:

- 1) Women who want to become pregnant.
- 2) Husbands of women who want to become pregnant and other family members living with them.
- 3) Husbands of pregnant women whose antibody value is low (under 16 times in HI test or less than 8.0 in EIA test) and family members living with them.

*People who had the same tests before, were vaccinated for Rubella, have had a definite diagnosis of Rubella, or are pregnant, are exempt.

Application: Phone, or send application forms, which can be downloaded from our website, by fax or e-mail (fushinkensa@city.nara.lg.jp) to Hoken-Yobo-Ka (Health Protection Section) by Jan. 31 (Wed.), 2018. You can check the details on our website.

Various Cancer Examinations (July)

*Applications: Please apply by phone, fax or internet through the homepage to Kenko Zoshin-Ka (Health Care Section). Those who belong to Tsuge Kenko Center, please apply by phone to the Center.

*Period: From June 1 (Thurs.) to June 20 (Tues.); Internet application will be accepted until June 10 (Sat.)

*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
10 (Mon.)	Hagukumi Center	8:45 – 9:45	33
12 (Wed.)	Nara City Hall	9:00 – 10:00	30
14 (Fri.)	Seibu Library	9:45 – 10:45	21
19 (Wed.)	Tsuge Hoken Center	8:30 – 10:30	30
20 (Thurs.)	Co-op Oshikuma	9:15 – 10:15	27
21 (Fri.)	Hagukumi Center	8:45 – 9:45	33
24 (Mon.)	Hokubu Shutcho-sho	9:15 – 10:15	27
25 (Tues.)	Tomio Kominkan	9:15 – 10:15	27
26 (Wed.)	Heijo Kominkan	9:15 – 10:15	27
27 (Thurs.)	Hagukumi Cener	8:45 – 9:45	33
28 (Fri.)	Tomio-Minami Kominkan	9:15 – 10:15	27
31 (Mon.)	Seibu Shogai Sports Center Club House	9:15 – 10:15	27

Fee: 1,500 yen (1,000 yen for stomach cancer examination only, 500 yen for lung cancer examination only). 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
24 (Mon.)	Hagukumi Cener	14:00 – 15:00	60

Fee: 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.)

Those eligible: 40 years old and over. Pregnant women, those who had stomach, lung or intestine surgery or are in treatment (in details, please ask for Kenko Zoshin-Ka); 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 or questionnaire.

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

HIV Checkup Promotion Week from June 1 (Thurs.) to June 7 (Wed.)

◆ HIV Antibody Same-day Tests and HIV Consultations

Date & Time: Every first, second, and third Monday, 13:30 – 15:00

◆ HIV Checkup on Holidays and Night Time

Date & Time: June 5 (Mon.) 18:00 – 19:30

June 10 (Sat.) 13:30 – 15:00

Place: Hagukumi Center (Sanjo Hommachi)

Contents: Consultation, blood test, and explanation of test results

The test results will be given in about one hour, but it will take about 10 days in case more detailed verification is needed. You can come anonymously. Free of charge.

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

Be Careful of Ticks When You Are Outdoors

Ticks causes SFTS (severe fever with thrombocytopenia syndrome), and are active from spring to autumn. If you are bitten, don't pull the bug off forcibly

Go see a doctor (dermatologist or GP) immediately.

◆ How to prevent being bitten by ticks

- ① Wear a long sleeve shirt, long pants, and gloves.
- ② Repellent with the ingredient DEET is effective.
- ③ After outdoor activities, check whether ticks are on your clothes or and , skin, then take a bath and do the laundry.
- ④ After walking your pet, brush them. Acaricide for pet is effective.

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

Seikatsu Eisei-Ka (Life Sanitation Section) Tel. 0742-93-8395

Other Information

Watching Bats

Date & Time: May 20 (Sat.), June 10 (Sat.), July 29 (Sat.), August 19 (Sat.),
September 9 (Sat.) 17:30 – 19:30

Place: Nara Prefectural Library and Information Center (Daianji Nishi 1-chome)

Fee: Necessary

Capacity: 50 people each day

(Elementary and junior high school students must be accompanied by their guardian.)

Inquiries: Bat Museum Association (0742-95-0023)

Open to the Public: Baby Deer Gather Round!

Date & Time: June 1 (Thurs.) – 30 (Fri.), 11:00-14:00

Place: Rokuen (Deer enclosure in Kasuga Taisha Shrine Grounds)

Fees: Necessary

Inquiries: Nara-no-Shika Aigo Kai (Foundation
for the Protection of Deer in Nara)
(Tel. 0742-22-2388)



What to Do in the Event of a Ballistic Missile Strike

(Civil Protection Portal Site)

A ballistic missile is able to reach its destination within 10 minutes after launching.

If a ballistic missile might strike Japan, the Japanese Government will inform people by using J Alert, and will simultaneously give voice messages and use the special emergency siren via the Disaster Prevention Administrative Radio System.

(1) To evacuate immediately

(2) To gather information correctly and immediately

When a message is issued: Act calmly and immediately.

If outdoors – Go indoors to a place such as a robust building or an underground shopping arcade nearby.

If no buildings are nearby – Hide behind something in the shade or lie down on the ground and protect your head.

If indoors – Sit down away from windows or move to a room with no windows.

When a ballistic missile falls nearby:

If outdoors – Cover your mouth and nose with a handkerchief or similar item, and evacuate to a safe place such as a high sealed building, an upwind hill, or the roof.

If indoors – Stop ventilation fans, close windows, and seal the gaps around windows.

If a ballistic missile falls, you can confirm the response of the Japanese government here.

Prime Minister of Japan and His Cabinet website: www.kantei.go.jp/

Prime Minister of Japan, Disaster Risk Management Information Twitter Account:
@Kantei_Saigai

*please select a button on the upper right, for English or Chinese.

