

Nara City Information for Residents

March 2019 Issued by Nara City Hall (No.1180)

(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



Cherry Blossom Festival along Akishino River

In this festival you can enjoy stage performances, an exhibition of children's paintings and other events. As well lanterns will be lit along the river in the evening. This will be like a reproduction of the TOKAE Lantern Festival, a charming annual event in Nara City. Visitors will be able to see the fantastic scenery of illuminated cherry blossoms there.

2019 Cherry Blossom Festival

Date: March 30 (Sat.) – April 7 (Sun.)

Cherry Blossom Viewing in the Evening

Date & Time: March 30 (Sat.) & 31 (Sun.) 18:00 – 20:00

Place: Cherry-tree lined area along the Akishinogawa River (1 and 2 Chome areas in Nakayamacho-nishi)

When you take a Nara Kotsu bus, get off at Nakayamacho-nishi Nichome bus stop.

Inquiries: Yoshizawa-san of *Akishinogawa Genryu-o-mamoru Kai* (the Akishinogawa Headwaters Conservation Society) Tel. 090-3659-0393



Takisakanomichi Path of Yagyu-gaido Trail

This is a trail which connects a residential area in Nara City with the Yagyu area, going through valleys between Mt. Kasuga and Mt. Takamado. In the Edo Period, between the 17th Century and the middle of the 19th Century, the Yagyu area was the center of the Yagyu-Shinkage School of martial arts, focusing on paying respect to people and their lives. So *Samurai* warriors took the path to go there in those days.

The Takisakanomichi Path runs from Takabatake, located in a residential area of Nara City, to Enjoji. This course continues on to Yagyu through the Kengo-no-michi, warriors' path. Today this route has been gaining popularity as a hiking course.

To Keep from Becoming a Fraud Victim

In Nara City, Damages from Fraud Are Increasing Greatly.

The amount of damage increased in 2018 although the number of incidents was reduced to 119 from 158 in 2017 in Nara Prefecture.

However, the following is the situation of fraud crimes in Nara City:

Number of incidents: 71 (+ 12 year-on-year rate)

Amount of damages: 260.2 million yen (+ 158.9 million yen year-on-year rate)

This shows that the incidents and amount increased sharply. They are 60% and 56% of the total damage incidents and the total damage amount in Nara Prefecture respectively.

Beware of These Cunning Tricks.

“Old cash cards can be exchanged for new one.”, etc. - tricks you out of your money.

“Final Notice (under the pretext of lawsuit)”, etc. - inspires your sense of unease.

“You'll get a refund”, etc. - posing as a phone call from a city officer or a bank clerk.

“Send money by home delivery system”, etc. - request over the telephone.

Fraudsters especially target elderly people. 83% of the victims are over 65 years old. When you feel something is suspicious, hang up the phone and consult with your family, the police station, or City Hall as soon as possible.

Doubt all phone calls about money or credit cards. That might be a fraud.

Inquiries: Nara Police Station Tel. 0742-20-0110

Nara Nishi Police Station Tel. 0742-49-0110

Tenri Police Station Tel. 0743-62-0110

Nara City Crisis Management Division Tel. 0742-34-4930

Nara City Customer Center at City Hall Tel. 0742-34-4895

Elections for Nara Prefectural Governor and Assembly Members

Election Day: April 7 (Sun.) 7:00 - 20:00

The election will be held on April 7 (Sunday).

It is very important for Nara prefectural government for the next 4 years.

“Let’s go vote all together! Don’t waste your precious vote!”

Eligibility for Voting

Japanese nationals born before April 8, 2001, registered on Nara City’s Jumin Kihon Daicho (Basic Resident Register) before December 28, 2018 and who live in Nara City now.

*If you will move within Nara City after March 7, 2019 and your name has been registered, please vote at the polling station for the previous address.

*If you move out of Nara Prefecture you have no right to vote, as it is for the prefectural election.

*If you moved out of Nara City to another place in Nara Prefecture after December 7, 2018 and have not registered yet, without moving out of Nara Prefecture, you can vote in Nara City.

Garbage Collection in March

Unburnable Garbage / Garbage from Moving House

Unburnable garbage may be disposed of in one transparent/semi-transparent 45-liter or less plastic bag. Please put all the garbage in the bag and fasten tightly. Umbrellas (except parasols) can be partially out of the bag. Generally, garbage which doesn’t fit in a 45-liter bag or weighs more than 5kgs will be considered bulky garbage. If you have a large amount of garbage due to moving house and so on, please bring it to the Kankyo-Seibi Kojo (Environment Sanitation Plant) after phoning in advance for an appointment, or ask General Waste Collection and Transportation Permit Agents in Nara City to dispose of it.

Serious Accidents Have Happened while Collecting Garbage

Collection staff has been injured by glass pieces mixed in burnable garbage. Please dispose of glass pieces as unburnable garbage. And please follow safety measures by wrapping fragile or sharp objects in newspaper or old cloth, and discribe the contents on the plastic bag so it can be read from the outside of the bag.

Please cooperate with safe garbage collection.

*Garbage will be collected as usual on March 21 (National Holiday)

Unburnable Garbage Collection Dates and Areas in March

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	13, 27 (Wed.)
B E		
C H	Tues. & Fri.	6, 20 (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 for Mini-bikes or Light Motor Vehicles

All Light Motor Vehicle Taxes will be levied on those who own motorized bicycles, light automobiles, small-sized special vehicles, or two-wheeled light vehicles (motorcycles) as of April 1. When you move out, pass a vehicle on to other owners, discard it, or if it gets stolen, please follow the procedures for changing ownership or discarding a vehicle.

Places for Declaration and Procedures

1. Motorized bicycles / Small-sized special vehicles:

Shiminzei-Ka (Municipal Tax Division) Nara City Hall Tel. 0742-34-4958

2. Four-wheeled light vehicles:

Keijidousha Kensa Kyokai (Light Motor Vehicle Inspection Organization) Tel. 050-3816-1845

3. Two-wheeled light vehicles:

Keijidousha Kyokai (Light Motor Vehicle Organization) Tel. 0743-58-3700

4. Two-wheeled small-sized vehicles:

Nara Unyu-Shikyoku (Kinki District Transport Bureau Nara Office) Tel. 050-5540-2063

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

The Central Health Center is on the 2nd Floor of the Hagukumi Center Building.

Tuberculosis Examination for Citizens

Date & Time: March 16 (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 March 1 (Fri.) and March 15 (Fri.) Tel. 0742-93-8397

Stomach and Lung Cancer Examinations in 2019

Those Eligible: 40 years and over

Time of Implementation: From May to March in 2020

Inquiries: Please check details of the date, time, and places etc. in the issue of the every month of Shimin-Dayori (Nara City Information) and on the City website.

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

Family Support Center

This organization uses a registration system for people who need or want to give aid for bringing up children.

Explanatory Meeting

Date & Time: March 19 (Tues.), April 6 (Sat.) 10:00-12:00

Others: Please bring two face photos and your seal to register. The photos should be 3 cm long and 2.5 cm wide.

Place: Hagukumi Center (13-1 Sanjo-Honmachi)

Application: Please call the Family Support Center Tel. 0742-34-3305

Individual Notifications in March

Booklets of pre-examination sheets for those born in Jan. 2019 were sent out during the last 10 days of February.

Vaccinations are available when you have the booklet, *Mother's and Child's Health Handbook* and a health insurance card. Before getting vaccinated, fill in the pre-examination sheet with an indelible black pen. Contact Hoken-Yobo-Ka (Health Protection Section), if you have moved to Nara City recently and don't have a booklet yet.

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

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 March. People who moved to Nara City after March 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).

Name	Date	Place
Checkup for 4-month-old babies (Born in Dec. 2018)	Within one month after 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in June 2018)	Within one month after 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in Aug. 2017)	April 4, 11, 18, 25 (Thursday) Reception: 13:15 - 14:15 Waiting numbers will be distributed at 12:45.	Central Health Center
Checkup for 3 and 1/2-year-old children (Born in Sept. 2015)	April 9, 16, 23, May 7 (Tuesdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed at 12:45.	Central Health Center

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

Various Classes for Babies

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

Those Eligible: First babies born in Nov. 2018 and their guardians

Date & Time: April 10 (Wed.) and 17 (Wed.) 10:00 - 11:30

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: 32 families per day

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

Those Eligible: First babies born in April 2018 and their guardians

Date & Time: April 9 (Tues.) 10:00 - 11:00

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

Place: Hagukumi Center (13-1 Sanjo-Honmachi)

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 attend, to Kenko-Zoshin-Ka (Health Care Section). Excess applications will be accepted for another day.

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

Japanese Encephalitis Vaccinations (for those born in March 2016)

Receive the first term vaccinations (the first two and the booster)!

(Please read and check the Preliminary Examination Leaflet)

Period of Vaccination: Between age 3 and one day before the 7- 1/2 year 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.

Things to Bring: Preliminary Examination Leaflet, *the Mother's and Child's Health Handbook* and your child's ID document, such as a Health Insurance Card, etc.

*Fill in the Preliminary Examination Leaflet with an indelible black ballpoint pen.

Those who are not registered residents of Nara City are not eligible.

Application: Please make an appointment at a registered clinic (See the Nara City Website)

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

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in April 2017. Eligible up until age 2 years and 4 months.

Date & Time: April 19 (Fri.) 9:30 - 11:30

Place: Central Health Center (Sanjo-Honmachi)

Contents: Dental checkup, fluoride application, brushing guidance

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

Application: Call or fax to Kenko-Zoshin-Ka (Health Care Section) with the title of the program you are applying for, your child's name and the date of birth, and your phone number by March 29 (Fri.). You may also apply through the City website.

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

Class for Pregnant Women & Dental Checkup

Mother's & Father's Class

Schedule A	Schedule B	Contents (Eligibility)
April 10 (Wed.)	May 8 (Wed.)	Lecture and talk with experienced mothers (Women in their first pregnancy)
April 13 (Sat.)	May 11 (Sat.)	Bathing practice and lecture (Women in their first pregnancy and their husbands)

*Eligibility: Those who are in the 22nd to 31st week of pregnancy. Each class has a two-day program.

Time: 9:30 – 12:00

Place: Central Health Center (Sanjo-Honmachi)

Capacity: 24 expectant parents for each class

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone, internet (from the website) or fax with the class name, your preference of schedule A or B, your name, address, age, phone number, expected delivery date, and whether your husband will attend or not by April 3 (Wed.) for schedule A and May 1 (Wed.) for schedule B.

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

Maternity “Happy” Check (Dental Checkup for Pregnant Women)

Those Eligible: Pregnant women in stable condition, in the approx. 16th to 31st week of pregnancy

Date & Time: (1) April 25 (Thurs.), (2) May 23 (Thurs.) 9:30 - 11:30

Place: Central Health Center (Sanjo-Honmachi)

Contents: Dental checkup, effective tooth brushing, fluoride coating (only for those who want to have the coating)

Things to Bring: *Mother’s and Child’s Health Handbook*, and towels

Capacity: 30 women

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone or fax with the class name, date you want to attend, your name, date of birth, phone number, and expected delivery date by April 18 (Thurs.) for schedule (1), or May 16 (Thurs.) for schedule (2).

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

Maternal and Infant Healthcare Consultation

Consultation by a Public Health Nurse

Month	Date	Place
March	6 (Wed.)	Fushimi Kominkan
	14 (Thurs.)	Tawara Kominkan *
	15 (Fri.)	Heijo-Higashi Kominkan **
	18 (Mon.)	Tatsuichi Fureai Kaikan
	26 (Tues.)	Miata Kominkan
	27 (Wed.)	Keisei Kominkan

Time: 9:30 - 11:30 (* 10:30 - 12:00, **13:30 - 15:30)

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

Consultation by Midwives or Public Health Nurse

Seibu Kaikan 2nd floor Consultation Room (Office Consultation)

Time: Weekdays, 10:00-14:00 (Reception till 13:30)

Things to Bring: *Mother’s and Child’s Health Handbook*

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

Time: Weekdays, 9:00-15:00

Things to Bring: *Mother’s and Child’s Health Handbook*

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

Renewal of Qualification Certificates for Child Medical Expenses

The certificates for children who will enter the first grade of elementary or junior high school as of April 1 will be renewed and the current certificates will expire on March 31.

* Those who are not in those age-groups can continue to use the current certificate.

New Certificates Are for Those: Born between April 2, 2012 and April 1, 2013

Born between April 2, 2006 and April 1, 2007

* The new certificates will be sent out in late March. Please send back the application form for the renewal qualification certificate for the child medical expenses, which is enclosed with the certificate.

* Those eligible who do not have a qualification certificate now, are encouraged to apply immediately.

Eligibility for Child Medical Expenses Furtherance: Nara City residents who are covered by health insurance and have not graduated from junior high school yet (up to the first March 31 after reaching the age of 15). However, those mentioned below are not qualified: Those covered by the Medical Expenses Furtherance System for the Mentally and Physically Handicapped, those covered by the Medical Expenses Furtherance System for Hitori-oya (single-parent) Families, and those receiving welfare.

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

***Mottainai* Pottery Market**

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

Items that Can't Be Collected:

Tableware from other cities or which was used for business; Ashtrays and flower vases, which are not tableware; Tableware with food, etc. stuck to it; Unglazed pottery or earthen pots; Tableware made of glass, plastic, metal or wood, and/or with rubber bottoms or handles (unless removed)

* Items will be checked when collected. Please take them back home if not accepted.

Date & Place: 1. March 6 (Wed.) at Co-op Oshikuma (Oshikuma-cho)
2. March 13 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)
3. March 20 (Wed.) at Hagukumi Center (Sanjo-Hommachi)
4. March 24 (Sun.) at City Hall North Parking

Time: 10:00-13:00 (Collection will be until 12:30)

* Please bring your own bags for taking items home.

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

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

404-1 Hachijo 5-chome 630-8145 Tel. 0742-35-1106

Special Event for Spring Vacation

Date: March 23 (Sat.)

Time: 1. 9:30-12:00 , 2.10:00-11:00, 3.11:00-12:00

Contents: 1.: Commemorative photo opportunity with a fire engine, Giant *Bosai Sugoroku* game (traditional Japanese board game played with dice), Workshop for making an emergency backpack, *Bosai* Picture Story Show, Exhibition of *Bosai* novelties, Experience of disaster prevention (Smoke evacuation, Earthquake)

2,3. :Lifesaving drill

Inquiries: *Bosai* Center Tel. & Fax .0742-35-1106

Spring Nationwide Fire Prevention Campaign

March 1 – March 7

“Don't Forget to? Check! Wallets, Smartphones and Fires”

(2018 fiscal year's fire prevention slogan)

A fire is horrible disaster. If it occurs, it can take away precious lives and property instantly. Let's be careful in preventing fires, not cause fires from carelessly thinking “This is okay”.

Seven Points for Preventing House Fires and Protecting Lives

Three Customs

1 Never smoke in bed.

2 Use stoves away from flammables.

3 When you leave the gas oven, make sure to turn it off.

Four Measures

- 1 Set a fire alarm for the houses to escape quickly.
- 2 Use fire proof products to avoid fire spreading to bedding, clothing and curtains.
- 3 Have an extinguisher to put out fires while they're small.
- 4 Make a cooperation system in your neighborhood to protect the elderly or the disabled.

House fire alarms should be replaced when they become old. They can't detect fires if the parts deteriorated or the batteries dead.

Inquiries about Fire Alarms for Houses

0120-565-911

9:00 – 17:00 on Monday to Friday

Inquiries: Yobo-Ka, Shoboh-Kyoku (Fire Prevention Section, Fire Department) (Tel. 0742-35-1192)
 Chuoh Shoboh-Sho (Central Fire Station) (Tel. 0742-22-7051), Minami Shoboh-Shoh (South Fire Station) (Tel. 0742-35-1149), Nishi Shoboh-Shoh (West Fire Station) (Tel. 0742-45-7612),
 Kita Shoboh-Shoh (North Fire Station) (Tel. 0742-71-9119), Higashi Shoboh-Shoh (East Fire Station) (Tel. 0743-82-0513)

Sports Classes at Seibu Shogai (Western Lifelong) Sport Center

631-0052 Naka-Machi, Nara City Tel. 0742-52-0100

Class	Capacity	Course, Date & Time 12 times in total	Fee
Joyful Floor Walking (Easy Aerobics)	25 adults	Wednesday-Course runs April 10 – June 3 Time:*(2)	7,200 yen
Easy Stretching (Prevention stiff shoulders and backache)	35 adults	Wednesday- Course runs April 10- July 3 Time:* (1),*(3) Friday-Course runs April 12- July 5 Time:*(3),*(4)	6,000 yen
Dumbbell Exercise & Gymnastics (Core Training)	20 women	Monday- Course runs April 8- July 8 Time:*(2),*(3) Tuesday-Course runs April 9-July 9 Time:*(2),*(3) Wednesday- Course runs April 10-July 3 Time:*(4) Friday-Course runs April 12 - July 5 Time:*(1),*(2)	7,200 yen

Time: *(1)9:50-10:50 *(2)11:00-12:00 *(3)13:30-14:30 *(4)14:40-15:40

Application: Please send a return postcard with the class name, course, time you wish to attend (you can choose two), your name (with furigana), address, age and phone number by March 12(Tues.) Excess applications will be decided by lottery.

Rabies Shots and Dog Registration in Fiscal Year 2019

Rabies Shots Should Be Given Once A Year to Every Dog Older than 91 Days.

Fee: Rabies shots given at the site: 3,200 yen

Registration: 3,000 yen

Things to Bring:

Owners of registered dogs should bring the postcard sent about rabies shots (3-ticket type).

Those with unregistered dogs should bring a memo with your name, address, and phone number, as well as the kind, name, gender, birth date and color of your dog.

*Some dogs may not be allowed to receive the shot due to their physical condition.

*Dogs, collared and/or muzzled, must be brought by a person who is accustomed to handling them.

*In case your dog cannot receive the shot at the site and within the term scheduled by the City, please take it to an animal hospital between April and June, 2019.

*Dog registration, which is legally required for each dog once in its life, can be received at the same sites. Unregistered dogs need to be registered. Dogs can also be registered at the City Public Health Center, Shutcho-sho, Administration Centers and Liaison Offices as well as each shot site.

*Please refrain from using a car to visit the sites if possible, since some sites don't have a parking lot.

*The post-card for rabies shots will be sent to you around the middle of March.

Places, Dates & Times: Please refer to the Japanese edition of the Shimin-Dayori (Nara City Information) about the sites, dates and times. It will not be postponed in case of rain.

Inquiries: Seikatsu-Eisei-Ka (Life Sanitation Section), the City Public Health Center Tel.0742-93-8395

March 1 (Fri.) to 7 (Thurs.): Vaccination Week for Children

March is a good month for parents to check whether their children have missed a shot before entering kindergarten or school in April. Have your children properly completed their vaccinations?

Please go through their vaccination records again in the *Mother's and Child's Health Handbook*.

Regular Vaccination Schedule for the last year (for your reference)

Vaccination Name		Babies										Preschoolers					School Children					
		Age / Kind	2	3	4	5	6	7	8	9	10	11	1	1+1/2	2	3	4	5	6	7	8	9
		months old										years old										
Hib	Inactivated	①	②	③									④									See below A
Childhood Pneumococcus	Inactivated	①	②	③									④									See below A
Hepatitis B	Inactivated	①	②					③	Until the													
Tuberculosis (BCG)	Live					①	day															
							before 1															
							year ←															
							old															
Diphtheria Whooping	1st Term DPT-IPV	Inactivated		①	②	③	←Get DPT-IPV when your child turns three months old.					④	←Until 7 +1/2 years old									

Cough (pertussis) Tetanus & Polio	2nd Term DT	Inactivate d				⑤from 11 before 13 years old
Measles & Rubella	Live		①		②	
Chickenpox	Live		①	②	Average vaccination age for the 2 nd term: primary school 4 th graders ↓	
Japanese Encephalitis (*)	Inactivate d	1 st term: average vaccination is 3 years old→		①② ③	←Until 7+1/2 years old	④from 9 and before 13
Human Papilloma Virus	Inactivate d	Nara City stopped active recommendation from June 14, 2013	Average age is Junior high school 1 st graders between 6 th graders and high school 1 st graders →			①② ③

A: Vaccination times depend on when you start. For details, please contact Nara City.

*** Those Eligible for Japanese Encephalitis Special Measures**

- (1) Those born between April 2, 1995 and April 1, 2007 and have not completed four JE shots are eligible for free until the day before their 20th birthdays.
- (2) Those born between April 2, 2007 and October 1, 2009 and received the second term shots from 9 and before 13 years old, but haven't completed the first term shots, are eligible to catch up on the missed shots.

- * Nara City will not send any special notices.
- * Please make an appointment at a medical institution registered with the City (listed on the Nara City website), and bring your *Mother's and Child's Health Handbook* and your Health Insurance Card.

Those who were born after January 1, 2013 should bring the preliminary Examination Leaflet.

- * Another dose may be taken after 27 days for live vaccines, and after 6 days for inactivated vaccines (If you will get the same vaccines, make sure to keep to the prescribed intervals.)

The period when you can receive regular vaccinations at public expenses is limited. Check your *Mother's and Child's Health Handbook* for early inoculation. The Regular Vaccination Schedule mentioned here may be different from the schedule recommended by your doctor.

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

