

Nara City Information for Residents

March 2020 Issued by Nara City Hall (No. 1192)

(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



Nara City's Support For Those Who Isolate Themselves from Society

In recent years the number of people who stay at home all the time and do not relate to society has been increasing nationwide, and the length of withdrawal has become longer.

This is an issue to be dealt with by the whole society. We'll introduce our support measures for them.

What Is Social Withdrawal?

Not going to work or school, not having any contact with people outside family, and continuously staying at home longer than six months.

1. Withdrawal in the narrow definition

Not going out of his/her room or house. Or staying at home usually but leaving for nearby places, such as convenience stores.

2. Quasi withdrawal

Staying at home usually but leaving home only when doing things related to his/her hobby.

3. Withdrawal in the broad definition

1. and 2. combined

What Is Nara City Doing for Socially Withdrawn People?

At "Restart Nara", the Nara City Support Center for the Young, founded in 2018 we have been supporting young people who remain reclusive after graduating school. Our support includes job assistance, relearning, counseling, etc.

What Is the Community Doing for Them?

"Anata-no-Manma" (Being yourself) is a place for young people who are likely to become isolated from society. Various activities, such as table tennis or hiking, are held there in a relaxed atmosphere. They are conducted by "Heart Hearth", a volunteer organization, in cooperation with Nara City Social Welfare Council.

What Are Schools Doing for Them?

Night classes are offered for people who did not attend school for various reasons when they were young. Kasuga Junior High School in Nara City is one of them.

So if you stayed away from school education because of withdrawal, this is a place for you to learn again.

Garbage collection date will be changed in some areas, starting in April.

Garbage collection dates will be revised in some areas in order to improve service to citizens and efficiency of collection work.

In the areas listed below, the garbage collection dates (the day of the week) for household garbage and recyclable resources (* see notes) will be changed from April.



Areas where the collection dates for Household Garbage and Recyclable Resources will be changed.

Collection Area E	To be changed to Area F	To be changed to Area G	To be changed to Area H
Nimyo 3-chome to 7-chome	Mitsugarasucho Tomiomotomachi	Tezukayama 1-chome - 6-chome	Nakamachi Maruyama 1-chome,

Mimatsu 1-chome to 4-chome Mimatsugaoka Tomiogawanishi 1-chome to 2-chome	3-chome, 4-chome Torimicho 1-chome to 4-chome Tezukayama 7-chome	Tezukayama 1-chome, 4-chome, 5-chome Mitsugarasu 5-chome, 6-chome Tezukayama Nishi 2-chome	2-chome Tomio-izumigaoka Ishikicho Owadacho Tezukayama Nishi 1-chome Tezukayama Minami 2-chome, 3-chome Tezukayama Nakamachi
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Household garbage for the above areas will be collected by *Takeda Kankyo* and *Yamato Seiso's* Household Garbage Collection Joint Venture.

* Please refer to the "Garbage Calendar" *2 and to "Collection Dates for Garbage and Recyclable Resources Will Be Changed" *2 is a separate sheet, attached to the "*Nara Shimin-Dayori* (Nara City Information), for collection dates for Areas E through H.

Areas where only collection dates for only Household Garbage will be changed.

To be changed from H to E.	To be changed from H to F.	To be changed from G to H
Aogakidai 1-chome to 3-chome Rokujo-nishi 1-chome (Excluding zones where the garbage is put out along the City Road No. 682) Rokujo-nishi 2-chome to 6-chome Rokujo-Midorimachi 1-chome to 3-chome	Shichijo 1-chome, 2-chome Shichijo Nishimachi 1-chome, 2-chome Nishinokyo-cho (West of Kintetsu Kashihara Line) Rokujo 1-chome to 3-chome Rokujo-cho (West of Kintetsu Kashihara Line)	Karamomo-cho Kitanosho Nishimachi 1-chome, 2-chome Nishikujo-cho 1-chome to 5-chome Nishikujo-cho Higashikujo-cho (South of the Iwaigawa River) Hachijo-cho (East of Route 24 and south of the Iwaigawa River) Kitanosho-cho (West of Prefectural road "Kizu Yokota" Line)

* Please refer to the "Garbage Calendar" *2 and the separate sheet, attached to the "*Nara Shimin-Dayori* (Nara City Information), for household garbage collection dates for Areas E, F, and H.

Special Notes to those who live in Areas Numbers 4, 6, and 13 (Tomio District), 17 (Fushimi and Ayameike-Minami), and 20 (Tsuge and Tsukigase Districts).

Your collection area number for Recyclable Resources will be changed.

Please refer to "Collection Dates for Recyclable Resources Will Be Changed" *2 on a separate sheet, attached to the "*Nara Shimin-Dayori* (Nara City Information), for the collection schedule.

*1 Household Garbage: Burnable garbage, unburnable garbage, and plastic containers.

Recyclable Resources: Glass bottles, cans, plastic bottles, paper beverage containers.

*2 Notices will be given to those to whom the changes apply.

Inquiries: For collection of household garbage: Shushu-Ka (Garbage Collection Div.)

0742-71-3012

For collection of recyclable resources: Recycle Promotion Dept. 0742-33-5380

For the Garbage Calendar and notices: Haikibutsu-Taisaku-Ka (Garbage Control Div.) 0742-71-3001

Your understanding and cooperation will be appreciated.

Garbage Collection in March

Unburnable Garbage Collection Dates and Areas in March

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	11, 25 (Wed.)
B E		
C H	Tues. & Fri.	4, 18 (Wed.)
D G		

*Areas A-D are covered by Nara City, and areas E-H are covered by City Seibi-Kosha & Co. Ltd.

Please check the city home page because collection date might be different in some areas.

Temporary Large Amounts of Garbage, Due to Moving House and So on, Are Not Collected by Nara City.

Please make a reservation in advance of bringing it in to the Kankyo-Seibi Kojo (Environment Sanitation Plant), or ask General Waste Collection and Transportation Permit Agents in Nara City to dispose of it (for a fee).

Unburnable Garbage

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 the garbage bag tightly. Umbrellas (except parasols) are allowed to 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.

*Garbage will be collected as usual on March 20 (National Holiday).

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

City Seibi-Kosha (Public Corp.) Tel. 0742-33-8782

Procedures for Motorbikes or Light Motor Vehicles

All Light Motor Vehicle Taxes will be imposed on those who own motorbikes, 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, dispose of it, or if it gets stolen, please go through the procedures for changing ownership or vehicle disposal.

Places for Declaration and Procedures

1. Motorbikes / Small-sized special vehicles:
Shiminzei-Ka (Municipal Tax Division) Nara City Hall Tel. 0742-34-4958
2. Four-wheeled light vehicles:
Keijidousha Kensa Kyoukai (Light Motor Vehicle Inspection Organization)
Tel. 050-3816-1845
3. Two-wheeled small-sized vehicles: (General displacement is 125cc or more)
Nara Unyu-Shikyoku (Kinki District Transport Bureau Nara Office)
Tel. 050-5540-2063

Spring Nationwide Fire Prevention Campaign March 1 – March 7



“Take Care Not To Start A Fire! Confirm By Pointing & Saying “Okay”
fiscal year (2019’s fire prevention slogan)

A fire is a horrible disaster. Once it occurs, it can take away precious lives and property

instantly. Let's take precautions against fire, and not cause fires from carelessness and overconfidence.

Seven Tips for Preventing House Fire and Protecting Lives

Three Customs

- 1 **Never smoke in bed.**
- 2 **Use stoves away from flammables.**
- 3 **When you move away from the gas cooker, make sure to turn it off.**

Four Measures

- 1 **Install residential smoke alarms to be alerted of fires.**
- 2 **Use fire proof products to avoid fires spreading to bedding, clothing and curtains.**
- 3 **Install fire extinguishers to put out fires before they spread.**
- 4 **Make a cooperative system in your neighborhood to protect the elderly and the disabled.**

Residential Smoke Alarms Should Be Replaced Every Ten years

They won't be able to detect fires due to the deterioration of parts and/or expired.

Inquiries about Residential Smoke Alarms:

Japan Residential Smoke Alarm Manufacturers Association

9:00 – 17:00 on Monday to Friday

Tel.0120-565-911

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-Sho (South Fire Station)

Tel. 0742-35-1149

Nishi Shoboh-Sho (West Fire Station)

Tel. 0742-45-7621

Kita Shoboh-Sho(North Fire Station)

Tel. 0742-71-9119

Higashi Shoboh-Sho (East Fire Station)

Tel. 0743-82-0513

Stomach and Lung Cancer Examinations in 2020

Those Eligible: 40 years old and over

Time of Implementation: From May to March of 2021. Please check details of the date, time, places, etc. in the monthly issues of *Shimin-Dayori* (Nara City Information) and on the City website.

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

Preliminary Examination Leaflets Were Sent in Late February (To those born in January 2020)

You can get vaccinations if you bring the leaflet, *Mother's and Child's Health Handbook*, and your health insurance card on the day of vaccination. Those who moved to Nara City recently and don't have a Preliminary Examination Leaflet should contact Kenko-Zoshin-ka (Health Care Section).

* Please fill in forms with an indelible black pen.

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

March 1 (Sun.) to 7 (Sat.): Vaccination Week for Children Have Your Children Properly Completed Their Vaccinations?

Vaccination Week is a period for raising awareness of vaccinations and vaccination rates.

Vaccination is very important to raise the immune system for the growth of the children, and they can avoid illness or have lessened symptoms if they are vaccinated.

March is a good month for parents to check whether their children have missed a shot before entering kindergarten or school in April. Please go through their vaccination recordings of the

Mother's and Child's Health Handbook again.

Please remember get vaccinations when your child is in good condition.

Most Often Missed Vaccinations

Vaccination Name	Age	School	
(1) 2 nd term of DT	from 11 to before 13 years old	6 th grade	one time
(2) 2 nd term of Japanese Encephalitis	from 9 to before 13	4 th grade	one time

(1): additional vaccination after receiving 4 times of 1st term DPT-IPV (Diphtheria Whooping Cough (pertussis) Tetanus & Polio)

(2): additional vaccination after receiving 3 times of 1st term Japanese Encephalitis

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

Medical Checkup for Babies and Children

Name	Date	Place
Checkup for 4-month-old babies (Born in December 2019)	Within one month from the 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in June 2019)	Within one month from the 10-month birthday	
Checkup for 19-month-old children (Born in August 2018)	April 9, 16, 23, 30 (Thursdays) Reception: 13:15-14:15; Waiting numbers will be distributed at 12:45	Chuo Hoken Center (Central Health Center)
Checkup for 3 and half-year-old children (Born in September 2016)	April 7, 14, 21, 28 (Tuesdays) Reception: 13:15-14:15; Waiting numbers will be distributed at 12:45	

Things to Bring: The questionnaire which will be sent during the middle of March and the *Mother's and Child's Health Handbook*. People who moved to Nara City after March 1 and have not received the questionnaire by the checkup day can come to the place directly on the day without it. For 4-month and 10-month-old babies' checkups, please contact Boshi-Hoken-Ka (Mother-and-Child Health Section).

Inquiries: Boshi-Hoken-Ka (Mother-and-Child Health Section) Tel. 0742-34-1978

Japanese Encephalitis Vaccinations for Those Born in March 2017

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 and a half-year birthday
Vaccination Schedule

Initial Vaccinations: 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: The Preliminary Examination Leaflet, *Mother's and Child's Health Handbook* and the child's ID document, such as a Health Insurance Card, etc.

*Those not registered as residents of Nara City on the day of vaccination are not eligible.

*Fill in the Preliminary Examination Leaflet with an indelible black ball-point pen.

Application: Make an appointment at a registered clinic (see the city website).

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

Renewal of Qualification Certificates for Child (Infant) 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, 2013 and April 1, 2014

Born between April 2, 2007 and April 1, 2008

* 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

Rabies Preventive Group Injection

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

Place, Dates & Times: Please refer to the Japanese edition of the Shimin-Dayori (Nara City Information) on page 28 for the sites, dates and times. (Written in Japanese only.) It will be held even in case of rain.

Fee: Rabies group injection: 3,400 yen

Registration: 3,000 yen (If your dog is not registered.)

Things to Bring: Owners of registered dogs should bring the postcard sent about the rabies preventive injection (3-ticket type, the postcard will be sent around the middle of March). Those with unregistered dogs should bring a memo with your address, your name, 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, 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 of 2020.

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

* Please use public transportation, since some sites don't have a parking lot.

Inquiries: Hoken-Eisei-Ka (Life Sanitation Section) Tel. 0742-93-8395



The Second Thursday in March is World Kidney Day

World Kidney Day March 12, 2020

CKD (Chronic Kidney Disease) is a national disease 1 in 8 People.

Are your kidneys okay? Let's review the results of the medical checkups.

Checkup item	Continue to receive checkups	Improve your lifestyle	Medical consultation is required
1 protein urine	(-)	(±)	(+) or more
2 eGFR Glomerular filtration rate(ml/min/1.73m ³)	60 or more	59 - 46	45 or less

CKD is diagnosed when 1,2 or both have lasted for more than 3 months.

CKD Check!

Please check what it applies to. There is a risk of CKD if it applies to even one of the Following: high blood pressure, high blood sugar level, high triglyceride, protein in urine, smoking, obesity (BMI* is more than 25), family member or relatives have kidney disorder.

*BMI=weight(kg)/height(m)/height(m)

World Kidney Day Panel Exhibition

Date & Times: Till March 16 (Mon.)

Place: Hagukumi Center 1 F (Sanjo-Honmachi)

Contents: Panel exhibition about CKD

If you are concerned, please consult medical institution or Kenko-Zosin-Ka (Health Care Section)

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

March 1 to 8 Every Year Is Women's Health Week.

Increases in Female-Specific Cancer

Breast cancer and cervical cancer in particular have increased among women. One woman in of eleven gets breast cancer and women aged twenties to their early forties mainly get cervical cancer. As breast cancer and cervical cancer can be detected at their early stages, please make sure to have a medical check once every two years.

*Cancer examinations for this fiscal year finished at the end of February. They will start again from July in 2020.

Women should perform monthly self-examinations of breast cancer and check for endometrial cancer if they have dysfunctional uterine bleeding. Please consult a doctor for any problems.

Amount of Female Hormone Secretions Changes Depending on Age.

It is useful to recognize the influences of female hormones on our bodies and minds.

Let's make time for self-care for women's health!

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