

# Nara City Information for Residents

**May 2020** Issued by Nara City Hall (No. 1194)  
(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)



# Important Notice for Preventing COVID-19 Outbreaks

## Avoid the “Three Cs” !

Closed spaces with poor ventilation                      Crowded places with many people nearby  
Close-contact settings such as close-range conversations



## Actions to prevent transmission of covid-19 !



### **Wash hands and gargle frequently**

First of all, washing hands is important. Wash your hands frequently with soap and rinse the soap off with running water, when you return home, before or after cooking, before eating, etc. Or disinfect your hands and fingers with alcohol. Don't forget to gargle also.

### **“Coughing etiquette”**

When you have symptoms such as coughings and sneezings, please wear a mask to cover your mouth and nose. If a mask is unavailable, cover your mouth and nose with a tissue or with the crook of your arm.

**Get enough rest, eat a well - balanced diet and drink water appropriately to strengthen your immune system.**



## For Senior Citizens

### **Refrain from nonessential and non-urgent outings!**

Because if you are infected with COVID-19 it may progress to a severe case.

So, please keep up a schedule of activities to prevent disuse syndrome caused by staying home.

### **Take light exercise at home to keep your muscular strength!**

Light exercise using radio drills or the DVD of Nara City's original exercise “Genki Nara Exercise” are effective.

\*Inquiries: Fukushi-Seisaku-Ka (Welfare Policy Section, City Office)    Tel. 0742-34-5196

### **Eat a balanced diet to maintain and strengthen your immune system!**

### **Strengthen the muscles around your mouth!**

It is very important to keep the muscles around your mouth healthy.

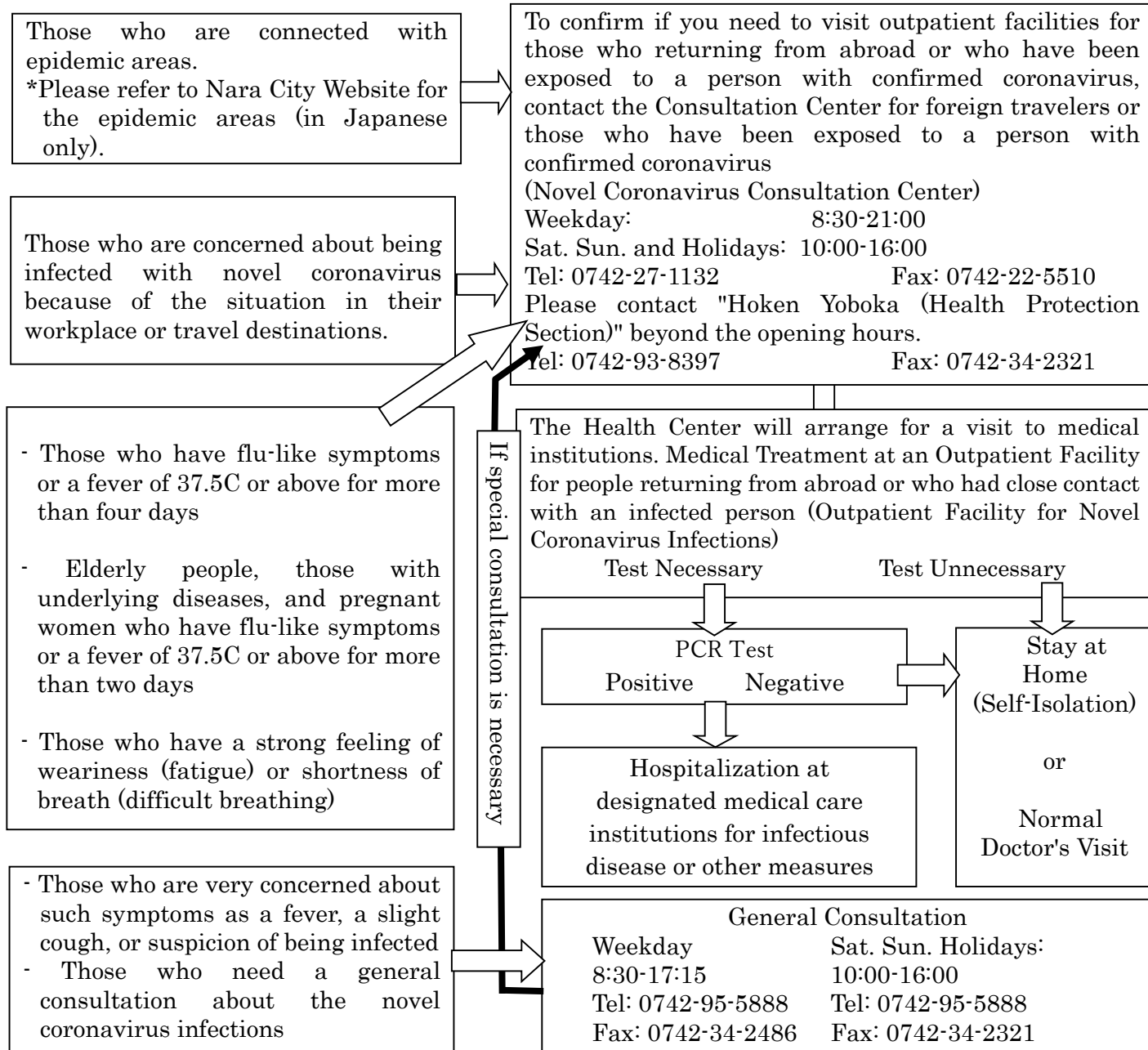
Chew well when eating every time. Activities such as talking with others on the phone, humming a melody, or saying tongue twisters are also recommended.



## **Where is the most up -to-date information on COVID-19?**

Nara City website: <https://www.city.nara.lg.jp/site/coronavirus>

## Consultation Service about Novel Coronavirus Infection



### If your family member is suspected of being infected

- (1) Isolate the person. Let him or her stay in an isolated room where they take meals and sleep.
- (2) Do not let him or her come out of the room. Keep use of the common spaces, such as rest rooms and the bathroom, to a minimum.
- (3) Appoint a designated person to take care of the infected person. Avoid appointing a person with an underlying disease, a person with a weak immune system, or a pregnant woman.
- (4) Do not take any used facemasks out of the room. Do not touch the surface of your mask. Wash your hands after having removed the mask from your face.
- (5) Often wash your hands and disinfect them with alcohol.

### Are you in trouble?

The work environment has been changed because of school closings and the work from home. If you feel broken mentally and emotionally, the first thing you need to do is not to suffer alone from stress, but to come to see us for a consultation.

DV Consultation Number: 0742-93-3150  
(City Spousal Abuse Consultation Center)  
Mon. to Sat.: 10:00-12:00, 13:00-16:00

\*DV (Domestic Violence): A domestic partner who controls the other by using physical or emotional violence.

**You may not need to go to the counter of the city office**

There are some procedures that do not require citizens to go to the counter of the city office or its representative office. Some procedures may be carried out by mail, email, fax, or over the internet. Please refer to the City Website for the available procedures. You are advised to use this method to avoid the spread of the novel coronavirus.

**To those who visit City Office**

We try our best to keep those who visit the City Office free from the infection of the novel coronavirus by installing acrylic panels at the counters, providing alcohol for disinfection, etc.

### Topics for FY 2020

The theme for the FY 2020 budget is “Creating a city where we want to live now and in the future”. It is focused on “protecting citizens’ lives and children, a symbol of our future”, providing an environment for children’s healthy growth, quality education, and your security.

(Compared to the previous year) (Unit: 1 billion yen)

General Account	Basic account for improving welfare, education, road construction, etc.	144.1 (+7.7%)
Special Account	Account for 7 special projects (national health/nursing care insurances, etc.)	78.4533 (-0.5%)
Public Enterprise Account	Account for 3 municipal enterprises (water supply, sewers, and city hospital)	28.822 (+7.5%)
Total Amount		251.3753 (+5.0%)

#### Developing the City to Be Considerate to Children

Construction of Children’s Center (a tentative name): 1.293 billion yen  
Improvement of traffic safety measures for pre-school children: 21.8 million yen  
Construction of Bambi Homes (after-school day-care centers): 324.23 million yen  
Construction of school buildings for the combined elementary and junior high school in the Heijo-Nishi Junior High School area: 2.46 billion yen  
Implementing waterproofing measures in elementary and junior high school buildings including gyms: 169 million yen  
Disposing of diapers from public nursing homes and certified preschools: 21.7 million yen  
Employing more assistant workers at private nursery schools: 48.96 million yen

#### Making the City Attractive and Comfortable to Live In

Development of the Saidaiji Station area: 3.931 billion yen  
Construction of a new cremation facility: 4.44393 billion yen  
Renovation of the Yamato-Chuo Highway (in the Shikishima construction area): 400 million yen  
Planning of the Clean Center (the new incinerator center): 10 million yen  
Improvement of community roads: 755 million yen  
Replacing conventional lights in parks and on streets with LED lights: 175 million yen

#### Open and Lean Management in Administration

Introducing better counter service at offices for citizens by using ICT: 8.42 million yen  
Automating library management systems for check-out, returns and reservations: 8.9 million yen  
Entrusting garbage collection to the private sector: 557.89 million yen

## Constructing a Hazard-Resilient City

Enhancing earthquake safety in the City Hall buildings: 2.345 billion yen

Constructing the administrative system in an emergency: 466.9 million yen

## Garbage Collection

### Unburnable Garbage Collection Dates and Areas in May

Area	Burnable Garbage	Unburnable Garbage
A, F	Mon. & Thurs.	6, 20 (both Wednesdays)
B, E		
C, H	Tues. & Fri.	13, 27 (both Wednesdays)
D, G		



\*Areas A-D are covered by Nara City, while areas E-H are covered by City Seibi-Kosha & Co. Ltd. or Takeda Kankyo & Yamato Seiso Kyodo-Kigyotai (Joint Venture). The garbage collection date may be changed in some areas, so please check on the Nara City website.

### Please Don't Park Cars near the Garbage Collection Sites

Cars might be splashed with dirty water while loading garbage, and there have been cases where garbage could not be collected. In that case, site users must dispose of garbage themselves.

### Pickup for Unwanted Compact Home Electric Appliances Begins

**Applicable:** personal computers, cellular phones, digital cameras, etc.

**Price:** 1,500 yen per box (with a total length +, width +, height of less than 140 cm and weight up to 20 kg; free of charge for one box containing a personal computer)

**Application:** reserve pickup on the website of ReNet.jp recycle \*recycling of compact-appliances boxes is also available

**Inquiries:** Haikibutsu- Taisaku-Ka(Waste Management Section) Tel. 0742-71-3001

### Did You Finish Your "Dog Registration"?

Dog registration is legally required for each dog once in its life.

Unregistered dogs need to be registered. Owners of the registered dog must notify the city in case of address change or the death of the dog.

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

### How to Dispose of Recyclable Resources

#### PET (Plastic) Bottles

Rinse out contents, remove caps and labels, sort and put into a netted bag. Please do not dispose of in a plastic bag.

Caps and labels can be disposed of as plastic containers and packaging waste.

#### Paper Beverage Cartons

Cartons with aluminum foil coatings or brown-colored interiors are collected as burnable garbage.

Cartons with plastic pour spouts cannot be collected. Please remove such non-paper parts beforehand.

Plastic pour spouts can be disposed of as plastic containers and packaging waste.

#### Glass Bottles

Rinse out contents, divide into 3 categories (colorless, brown, other colors) and put into provided containers.

Containers are for glass bottles only. Do not put in any other garbage.

Fill the containers up to about 60 percent of the capacity. Please use a new container if the current one is more than 60 percent full.

**Inquires:** Recycling Promotion Dept. TEL. 0742-33-5380



## Notices from Hoken Yobo Ka

To prevent the spread of the infectious corona-virus disease, the following checkups planned to be held in May have been cancelled:

TB Examinations for Citizens

HIV/Syphilis/Hepatitis Examinations

**Inquiries:** Hoken Yobo-Ka      Tel.: 0742-93-837

### Class for Babies

#### **Paku-Paku Class for Five-month-old Babies**

**Those Eligible:** First-born children born in January 2020 and their guardians

**Date & Time:** June 3 (Wed.), 10 (Wed.) 10:00-11:30

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

**Things to Bring:** Mother's and Child's Health Handbook, leaflets about baby food enclosed with the questionnaires for the 4-month-old baby's physical checkup, etc.

**Capacity:** 32 babies and parents each day

#### **Ha-Pika Class for Twelve-month-old Babies (Preventing Tooth Decay Class)**

**Those Eligible:** First-born children born in June 2019 and their guardians

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

**Contents:** Lecture about how to care for baby's new teeth and practice of tooth care

**Things to Bring:** Mother's and Child's Health Handbook and gauze to wipe the baby's mouth

**Capacity:** 30 babies and parents

**Place:** 2F, Hagukumi Center (Sanjo Honmachi)

**Application:** Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone.

Excessive applications will be accepted for another day. Tel. 0742-34-1978

### **Preliminary Examination Leaflets for Vaccinations Were Sent During the End of April (Those born in March 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 don't have a Preliminary Examination Leaflet because of moving into Nara City should contact Kenko-Zoshin-Ka (Health Care Section).

\* Please fill in forms with an indelible black pen.

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

### **Maternal and Infant Health Care Consultation**

Consultation for lifestyle in pregnancy, breastfeeding, infant development, etc.

**Consultation over the phone or in person by public health nurses or midwives**

**Date & Time:** 8:30-17:15 on weekday (9:00-15:00 on weekdays by midwives)

**Place:** Hagukumi Center (3F)

**Consultation in person by public health nurses or midwives**

**Date & Time:** 10:00-14:00 on weekday (acceptable until 13:30)

**Place:** Seibu-Kaikan Consultation Room (2F) (Gakuen-Minami 3-chome)

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

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

**Consultation over the phone or in person by public health nurses**

**Date & Time:** 8:30-17:15 on weekdays at Tsuge Hoken Center

9:00-16:30 on weekdays at Tsukigase Health Consultation Center

\* Reservation required for visit consultation

**Inquiries:** Tsuge Hoken Center      Tel. 0743-82-0341

Tsukigase Health Consultation Center      Tel. 0743-92-0480

**Consultation by visiting public health nurses from Tsuge Health Center**

Date	Place
May 12 (Tues.) 10:00-12:00	Koto Kominkan
May 19 (Tues.) 10:30-12:00	Dongo-ga-oka Community Ground (former Tahara Kindergarten)
May 21 (Thurs.) 9:30-11:00	Yagyu Kodomo-en

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

**Inquiries:** Tsuge Hoken Center (Tsuge Health Center) Tel. 0743-82-0341

## Fluoride Coating for Tooth Decay Prevention

**Those Eligible:** Those born in June 2018 (It is possible to apply until age 2 years and 4 months)

**Date & Time:** June 19 (Fri.), 9:30 – 11:30

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

**Contents:** Dental checkup, fluoride coating, guidance for effective tooth brushing

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

**Application:** Please contact Boshi-Hoken-Ka (Maternal and Child Health Section) by phone or fax with the class name, child's name, the date of birth and phone number by May 29 (Fri.). You may apply through the city's website. Tel. 0742-34-1978 Fax: 0742-34-5155

## Cancer Examinations in June

Apply to Kenko-Zoshin-Ka (Health Care Section) by phone, fax or the city website, from May 1 (Fri.) to 20 (Wed.). Internet applications will be accepted until May 10 (Sun.). Those who belong to Tsuge Hoken Center, apply to the Center directly. Those who are on social welfare or households exempted from municipal tax are free of charge. Please inform us of such when you apply.

### Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
1 (Mon.)	Hokubu Shutchosho	9:15-10:15	27
2 (Tues.)	Tomigaoka Kominkan	9:30-10:30	26
10 (Wed.)	Hagukumi Center	8:45-9:45	33
11 (Thurs.)	Tsuge Hoken Center	9:00-10:00	30
18 (Thurs.)	Hagukumi Center	8:45-9:45	33
19 (Fri.)	Seibu Shogai Sport Center Club House	9:15-10:15	27
22 (Mon.)	Hagukumi Center	8:45-9:45	33
24 (Wed.)	Seibu Toshokan	9:45-10:45	23
25 (Thurs.)	Coop Oshikuma	9:15-10:15	27
26 (Fri.)	Hagukumi Center	8:45-9:45	33

### Lung Cancer Examination

Date	Place	Reception Time	Capacity
1 (Mon.)	Hagukumi Center	14:00-15:00	60

**Stomach Cancer Examination:** X-Ray (involving drinking barium on that day)

**Lung Cancer Examination:** Chest X-Ray (includes tuberculosis examination)

**Fee:** 1,500 yen (1,000 yen for stomach cancer examination only and 500 yen for lung cancer examination only). Based on the results of the lung cancer examination, an additional fee of 600 yen may be needed for sputum examination. (Postage might need to be paid).

**Those Eligible:** 40 years old and over, except those who are pregnant; had stomach, lung or bowel surgery in the past or those organs are currently being treated; have barium sensitivity or have accidentally swallowed it (for those, the lung cancer exam is possible); or had the Nara City stomach cancer examination with an endoscope in FY 2019 (for those, the lung cancer exam is possible)

**Note:** For those who are breast feeding, please inform us of such when you apply. The examination interval shall be once a year. There might be cases where you may not be able to have the examination depending on your condition or medical inquiry.

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax. 0742-34-3145  
Tsuge Hoken Center Tel. 0743-82-0341

## Medical Checkup for Babies and Children

Name (Age)	Date	Place
Checkup for 4-month-old babies (Born in February 2020)	Until the day before turning 6 months old from the 4-month birthday	Designated Medical Facilities *General checkup term is one month. But it will be two months for a while, for the prevention of the new type of coronavirus infection.
Checkup for 10-month-old babies (Born in August 2019)	Until the day before turning 1 year old from the 10-month birthday	
Checkup for 19-month-old babies	All group medical examinations will be suspended, for the prevention of the new type of coronavirus infection. When the date of resumption is fixed, we will inform those who are eligible on an individual basis. For more information, please check the city's website.	
Checkup for 3 and half-year-olds		

**Things to bring:** The questionnaire and your *Mother's and Child's Health Book*. The questionnaire for 4-month-old babies and 10-month-old babies will be sent in the middle of May. If you moved to Nara City after May 1 and have not received the questionnaire, please contact Boshi-Hoken-Ka (Mother and Child Health Section).

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

## To Everyone over 65 Years Old Let's Receive the Periodical Adult 23-Valent Pneumococcal Vaccination

You can receive the vaccination within the fiscal year before your birthday. You should not miss the opportunity as the people able to receive the vaccination are different every year. And please note that those who are a suitable age and have already received this vaccination are not covered by the subsidies. If you want to receive this vaccination one more time, you need to pay the whole fee. If you are not sure whether or not you have received the vaccination please contact Kenko-Zoshin-Ka (Health Care Section) (Tel.: 0742-34-5129).

**Fee:** Partial self-pay 3,000 yen

Welfare recipients, etc. are exempted from costs if they follow an advanced procedure.

For details please contact to Kenko-Zoshin-Ka.

**Applications:** Make an appointment in advance at a registered clinic in Nara City (see Nara City Website) and receive vaccinations with Health Insurance Cards, etc.

**Eligible:** Those who are suitable ages according to the table below and are registered as a citizen of Nara City on the vaccination day. Those who are not eligible must pay the whole amount.

	Birth dates of those who will be eligible in FY2020
65 years old	Those born between April 2, 1955 and April 1, 1956
70 years old	Those born between April 2, 1950 and April 1, 1951
75 years old	Those born between April 2, 1945 and April 1, 1946
80 years old	Those born between April 2, 1940 and April 1, 1941
85 years old	Those born between April 2, 1935 and April 1, 1936
90 years old	Those born between April 2, 1930 and April 1, 1931
95 years old	Those born between April 2, 1925 and April 1, 1926
100 years old	Those born between April 2, 1920 and April 1, 1921

**Others:** 1. Vaccinations will be given only to those who choose to receive them and take responsibility, as it is classified as a B-category disease.

2. Those who are between 60 and 65 and have disabilities of the heart, kidney or respiratory organs or have extreme limitations in daily life due to HIV can receive it with prior approval from Kenko-Zoshin-Ka (Health Care Section).



## Classes for Pregnant Women & Dental Checkup

### The First Experienced Mother's and Father's Class

Date		Contents (Eligibility)
A-Class	B-Class	
June 10 (Wed.)	July 8 (Wed.)	Exchange with experienced mothers and lectures. (* For women in their first pregnancy)
June 13 (Sat.)	July 11 (Sat.)	Bathing practice and lectures (* For 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.

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

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

**Capacity:** 24 families per class

**Application:** Call Boshi-Hoken-Ka (Maternal and Child Health Section) by June 3 (Wed.) for A-Class, and July 1 (Wed.) for B-Class.

Tel. 0742-34-1978      You may also apply through the Nara City Website.

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

**Those Eligible:** Pregnant women (between approx. 16 and 32 weeks in a stable period of pregnancy.)

**Date & Time:** (1) June 25 (Thurs.) 9:30-11:30 (2) July 16 (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", and 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 Boshi-Hoken-Ka (Maternal and Child Health Section) by June 22 (Mon.) for (1), and July 13 (Mon.) for (2).

Tel. 0742-34-1978

Fax. 0742-34-5155

### Rubella Antibody Examination for Those Who Want to Get Pregnant or Are in Early Pregnancy

Infection with rubella in early pregnancy might cause handicaps in the baby (congenital rubella syndrome) such as hardness of hearing, cataracts, heart disease, etc. You're encouraged to have a rubella antibody test to check your immune strength.

**Those Eligible:** Those who will be registered as Nara City citizens on the examination day and expect to become pregnant, or who live together with someone whose antibody titer is 16 times and under by HI test (hemagglutination inhibition test) or under 8.0 by EIA (enzyme immunoassay).

**Those Ineligible:** Those who have already had a rubella antibody examination, have been vaccinated against rubella twice, suffered from rubella, or are in the later period of pregnancy

**Application:** Please contact Hoken-Yobo-Ka (Health Protection Section) by phone, fax or e-mail with your application form by January 31, 2021. You may download it from the City's website.

Tel. 0742-93-8397, Fax 0742-34-2486, E-mail: fushinkensa@city.nara.lg.jp

### Japanese Encephalitis Vaccinations (for Those Born in May 2017)

**Receive the first term vaccinations (the first two times, and the booster one time)!**

**Please read and check the Preliminary Examination Leaflet**

**The 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:** the preliminary Examination Leaflet filled in with an indelible black ballpoint pen, *the Mother's and Child's Health Handbook* and your child's ID document such as a Health Insurance Card, etc. Those who are not registered residents of Nara City on the day of vaccination are not eligible.

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

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

### ***Mottainai Pottery Market is Cancelled***

Unused ceramic tableware you have at home can be collected and can be taken home by others for free. *Mottainai Pottery Market* in May is cancelled to prevent the spread of the Corona Virus Infection.

**Cancelled dates, time & places:** 10:00 – 13:00

May 6 (Wednesday) Co-op Oshikuma (Oshikuma-cho)

May 13 (Wednesday) Co-op Shichijo (Shichijo Nishi-machi)

May 20 (Wednesday) Hagukumi Center 1F

\* Future plans are on the Nara City website

**Inquiries:** Haikibutsu-Taisaku-Ka (Waste and Recycling Section) Tel. 0742-71-3001

### **Education Center Kids Learning Floor**

Class name (with guardians)	Date	Time	Deadline
Miracle! Science! “Let's make a marble kaleidoscope”	June 6 (Sat.)	(1) 11:00-11:30 (2) 14:20-14:50	Reception on the day
“Enjoy making a paper print” Capacity:15 children	June 13 (Sat.)	(1) 10:00-11:30 (2) 13:30-15:00	Reception on the day
Let's make and play with a top spinning Capacity:15 children	June 14 (Sun.)	(1) 10:00-11:00 (2) 13:30-14:30	Reception on the day
Let's play with blocks Capacity: 12 children	June 20 (Sat.)	(1) 10:00-11:30 (2) 13:30-15:00	Reception on the day
Robot Class (intermediate) two consecutive lessons “Let's try! Robot programming ~ simulation of Mars investigation” Capacity for each class: 10 children *those who can participate both days	June 21 (Sun.) June 28 (Sun.)	(1) 10:00-12:00 (2) 13:30-15:30	June 5

**Capacity:** 20 children for each class (with guardians), if a class has no description of the capacity in the table.

**Application:** Send a return postcard with the class name, the date, the time (1) or (2), child's name (with the phonetic transcription in Kana), child's school name and grade, the guardian or the group leader's address and name (with the phonetic transcription in Kana), and phone number to Hagukumi Center [Kids Learning Floor] (13-1 Sanjo-Honmachi 630-8122 Tel. 0742-36-0401) no later than each deadline.

You can apply for one class per return postcard. In the case of excess applications, a lottery will be held.

\* There are classes which need an application beforehand, and others which can be applied to on that day.

\* Reception on the day of the class will start 20 minutes prior to the starting time (planetarium class reception will start 30 minutes before it starts).

\* You cannot bring the robots home.

\* Please cooperate in etiquette about coughing by wearing a mask and, covering your mouth when you cough and sneeze. Other programs will also be held. Contents and dates above might be changed. Please refer to the leaflet and city website about the details.

## May 17<sup>th</sup> is “Annual High Blood Pressure Day”

### **What Is High Blood Pressure?**

It indicates that systolic blood pressure is more than 140 mmHg or diastolic blood pressure is more than 90 mmHg. High blood pressure mainly causes strokes and heart disease, which are two major diseases among the top three major causes of death for Japanese people. But it seems that only 20 % of patients are receiving treatment, because they have no subjective symptoms. Let's try to make it a rule to regularly measure your blood pressure and consult a doctor if it's high!

### **Recommendation for Blood Pressure Check at Home**

#### **How to Measure Blood Pressure**

Sit up straight in your chair. Keep cuffs at the same height as the heart. Don't tense your arms.

#### **Let's Record Blood Pressure Readings Every Day!**

##### **[Timing for Measurement]**

**Morning:** Within one hour after getting up and urinating. And measure after a minute or two of resting and sitting.

**Night:** After a minute or two of resting and sitting before going to bed.

\* Please follow your doctor's instructions if under treatment.

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section)    Tel. 0742-34-5129    Fax. 0742-34-3

## Protect yourself from “Infectious Colon Diseases Causing Internal Bleeding” (such as O-157)!

This is food poisoning season. Let's protect ourselves from infectious colon diseases that cause internal bleeding.

### **Nature of Infectious Colon Diseases causing Internal Bleeding**

They are highly infectious. You can easily be infected by slightly contaminated food and things such as shared towels.

Their incubation period is long (3 to 8 days), so it is difficult to trace the path of infection.

When they spread inside the human body, they produce strong “Verotoxins”, and can cause serious brain and kidney trouble.

\*Pay special attention to people with weak resistance, like babies or elderly people.

### **Main Infection Route**

Germs mainly live in the bowels of animals, such as cattle. If these adhere even a little to drinks or foods, it becomes a source of infection. The risk of infection is especially high if eating raw meat (raw liver, etc.) or insufficiently heated meat. Infection can spread from person to person through toilets, etc.

### **Prevention**

It is illegal to eat raw beef liver. Internal organs such as the liver and meat must be heated sufficiently. (Germs die when heated to a central temperature 75 degrees Celsius or over for one minute. In the coming season, there will be more opportunities for barbecues. When you handle raw meat, use dedicated tongs and chopsticks, separate from individuals' chopsticks for eating)

Wash your hands thoroughly before and after cooking and after using the bathroom.

Wash hands carefully after you touch raw meat.

Wash kitchen utensils carefully and sterilize them.

Eat as soon as possible after cooking.

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

Hoken-Eisei-Ka (Health Sanitation Section)    Tel. 0742-93-8395

## Children's Regular Vaccination Schedule for Fiscal Year 2020

Vaccination (V.) Name		Eligibility	Average V. Age	V. Times
Hib		From 2 months before 5th birthday	Start between 2 and 7 months old	It depends on the age V. is started
Childhood Pneumococcus Infection (CPI)				
Hepatitis B		Before 1st birthday	1st time: 2 months old 2nd time: 3 months old	3 times
			3rd time: between 7 and 8 months old	
[4-type combination vaccine] Diphtheria, Whooping Cough, Tetanus, and Inactivated polio, or [Inactivated polio]	1st Term	From 3 months to 7 1/2 year birthday	[Initial Period (IP)] Between 3 and 12 months old	3 times
			[Additional Period] 12-18 months after finishing 3rd initial time	Once
Tuberculosis (BCG)		Before 1st birthday	Between 5 and 8 months old	Once
Chickenpox		From 1 year before 3rd birthday	Once during the initial period between 12 months and 15 months	Twice
			Once during the 6-12 months after finishing initial period	
Measles and Rubella (MR)	1st Term	From 1 year before 2nd birthday		Once
	2nd Term	Those born April 2, 2014 to April 1, 2015	5-year-old kids (before elementary school)	Once
*Japanese Encephalitis (JE)	1st Term	From 6 months to 7 1/2 year birthday	Initial period: 3 years old Additional period: 4 years old	IP: Twice Additional period: Once
	2nd Term	Over 9 and below 13 years old	Elementary school 4th graders (10 years old)	Once
[2-type Combination vaccine] Diphtheria and Tetanus	2nd Term	Over 11 years old and below 13 years old	Elementary school 6th graders (12 years old)	Once
*Human Papilloma Virus Infection (HPV vaccine)		Girls grade 6 (Elementary) to high school 1st year	Junior high school 1st year	3 times

**\*Japanese Encephalitis Vaccination (JEV):**

- 1) Those born between April 2, 1995 and April 1, 2007 are eligible to get the JEV for free until the day before the 20th birthday thanks to preferential measures.
- 2) Those born between April 2, 2007 and October 1, 2009 who have not finished all three times of the 1st term can get the others from age 9 to before their 13th birthday.

**\*Human Papilloma Virus Infection (HPV vaccine):** Nara City does not actively recommend since June 14, 2013.

**Place:** Medical institutions registered by Nara City (please refer to Nara City Website.)

**Eligibility:** For those who have a residence certificate in Nara City. Those who want to get vaccinations outside Nara City or Nara Prefecture need to apply to Kenko-Zoshin-Ka.

**Things to Bring:** *Mother's and Child's Health Handbook*, Health Insurance Card identifying the child as a citizen of Nara City, Preliminary Examination leaflet (Children born on/after January 1, 2013)

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