

Nara City Information for Residents

June 2020 Issued by Nara City Hall (No. 1195)

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

Please be advised that the programs in this issue may be put off, changed, or cancelled in order to prevent infection and spread of the new type of coronavirus.

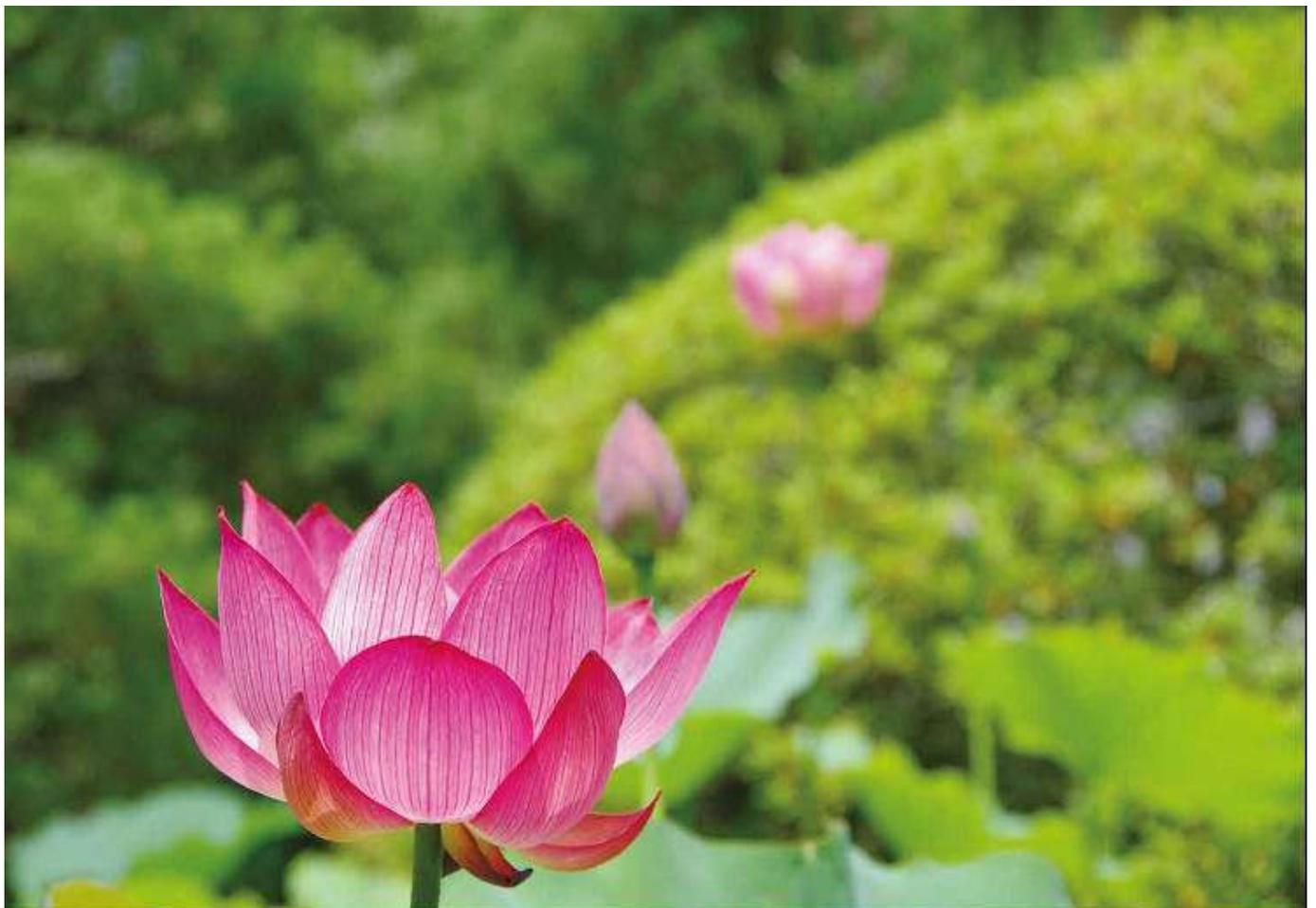
Translation by Nara SGG Club (Systematized Goodwill Guide Club)

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



Countermeasures against COVID-19

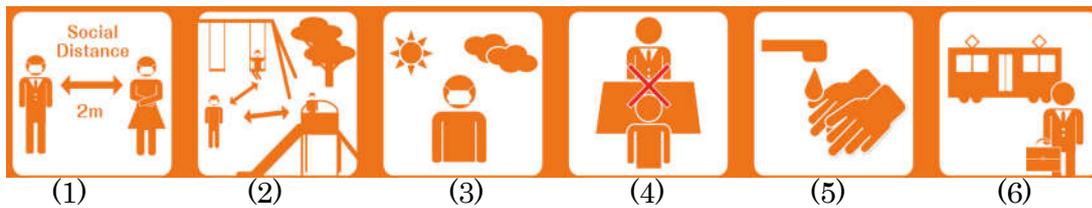
- In Order to Prevent the Rebound of the Coronavirus Pandemic -

New Ways to Stop the Coronavirus Expansion in Daily Life

Areas with the number of coronavirus patients have become so few that we will gradually ease the stay-home orders. However, in order to avoid increased spread of the infection, guidelines for daily life have been announced by a meeting of specialists organized by the central government.

Basic Preventive Guidance

- Social Distancing Space: Possibly 2 meters (1)
- Playing: Outside rather than inside (2)
- Wear a mask even if you do not develop any symptoms. (3)
- Talking: Sit staggered, not directly across from one another (4)
- Right after returning home: Wash your hands and face (5)
- Refrain from moving to and from infected areas (6)



Your Behaviors Will Depend on the Situation

- Shop when there is a small number of people in the store and in a short time. ... (7)
- Commute during less crowded hours, and refrain from talking (8)
- Ask delivery or take-out services for meals (9)

New Working Style

- Tele-working and online meetings (10)
- Staggered commuting (11)
- Wear a mask and ventilate the room during face-to-face meetings (12)



Continue to Follow the Basic Lifestyle Rules

(Related articles are on pages 2 and 3 of the Nara City Information May issue.)

- Wash and disinfect your hands frequently
- Observe coughing etiquette thoroughly
- Ventilate frequently
- Keep social distancing
- Avoid the “Three Cs” (Crowded places, Close-contact settings and Closed spaces)
- Take your temperature and check your health every morning. If you have a fever or feel as if you are coming down with a cold, stay home and get rest.

13 Serious Symptoms

The Ministry of Health, Labor and Welfare has issued “13 Symptoms with High Urgency” for people who are suspected of being infected, those whose family members or closely related people are infected, and those undergoing self-quarantine at home. If you have any of the 13 symptoms, please refer to the following and ask for a consultation.

Facial Expressions & Appearances

- *Your complexion (skin color) is obviously bad.
- *Your lips turn blue.
- *You look unusual and strange.

Breathing Difficulty, etc.

- *Your breathing becomes rough. (Increased breathing rate)
- *You feel choked suddenly.
- *You have chest pain.
- *You feel suffocating when you move even a little.
- *You cannot lie down. You cannot breathe if you do not sit down.
- *You are panting.
- *You start wheezing suddenly (within two hours).

Disordered Consciousness, etc.

- *You look absent-minded. (You react very little.)
- *You look spaced-out. (You do not answer.)
- *Your pulse is skipping. You feel the heartbeat is a little irregular.

Medical Examination on the Phone or Online

As a measure to prevent infections including in-hospital infection, examination and counseling are available on the phone or online. If you would like to use it, firstly please ask your home doctor. If you do not have a home doctor, you can see the list of medical facilities in the place where you live and what preventative services they offer by visiting the website shown below. (Nara City has 46 medical facilities as of May 14)

For more details visit the website of the Ministry of Health, Labor and Welfare ---→



To Pregnant Women

Even if you are infected with coronavirus during the late pregnancy, it is said that the process and severity of the infection will be the same as other patients. Additionally, it is not medically confirmed that this infectious disease is prone to cause abnormality in a fetus, or to lead to stillbirth/miscarriage. So, you do not have to worry too much. However, if you have some concerns, please be sure to visit your obstetrician-gynecologist for a consultation. Also, we would like to ask you to have your child in the area where you live now, refraining from returning to your parents' home far away.

Service for Consultation about the Novel Coronavirus Infection

Those who are connected with epidemic areas.

* Please refer to Nara City Website for information about the epidemic areas (in Japanese only).

Those who are concerned about being infected with novel coronavirus because of the situation in their workplace or travel destinations.

Those who have a strong feeling of weariness (fatigue), shortness of breath (difficult breathing) or high fever.

Elderly people, those with underlying diseases*and pregnant women who have flu-like symptoms like fever or cough. *Those who have diabetes, cardiac insufficiency and respiratory disease, are getting artificial dialysis or anti-cancer therapy.

Those who have had flu-like symptoms for a couple of days. (Those who have flu-like symptoms for more than four days must contact the Consultation Center.)

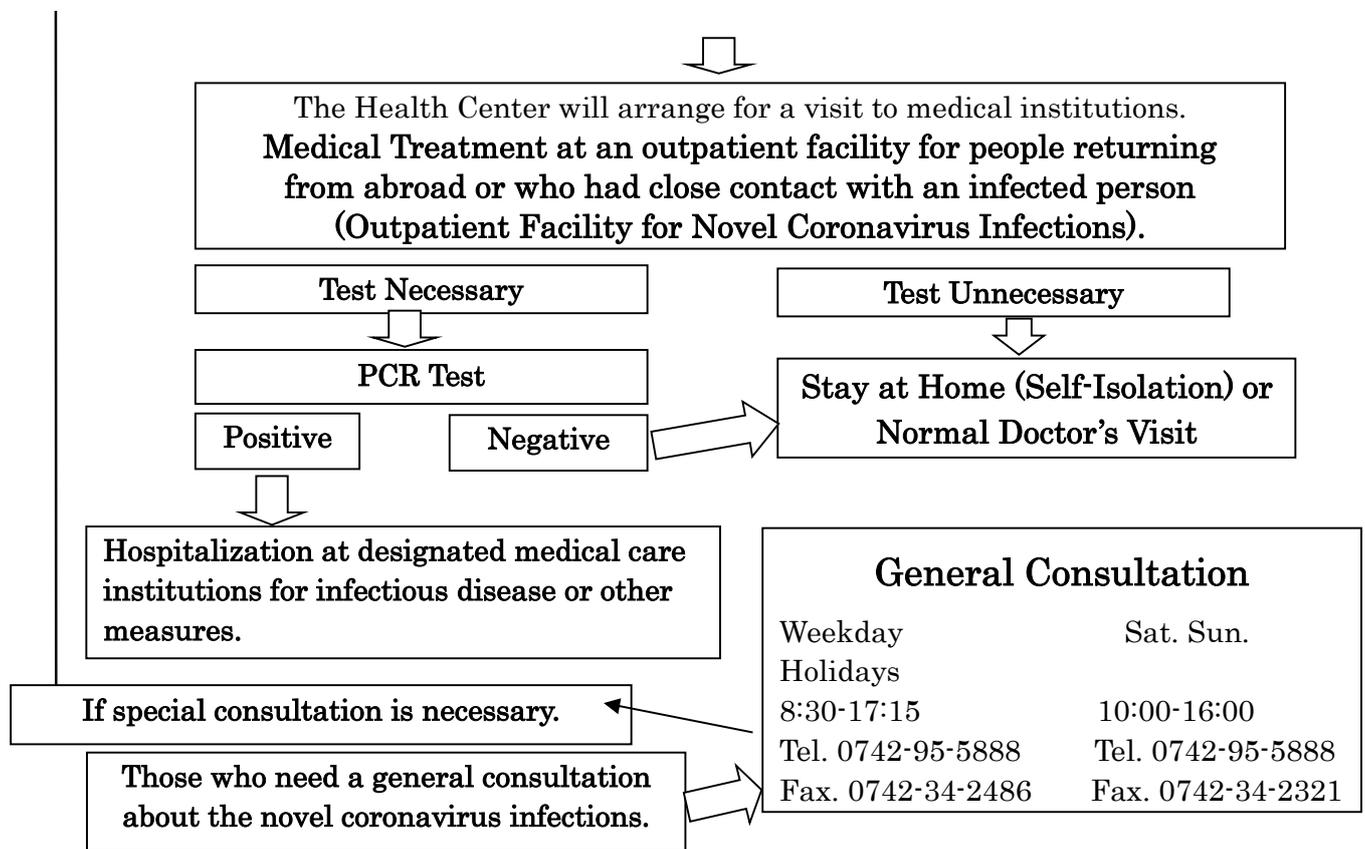


To confirm if you need to visit outpatient facilities for those who returning from abroad or who have been exposed to a person with confirmed coronavirus, please contact

The Consultation Center for foreign travelers or those who have been exposed to a person with confirmed coronavirus (Novel Coronavirus Consultation Center).

Open 24 Hours a Day Tel. 0742-27-1132 Fax. 0742-27-8565





RE) Request, direction for staying home or suspending business and a subsidy to prevent escalation.

Nara Prefecture Emergency Action Call Center

Tel: 0742-27-3600 Fax: 0742-23-9244 9:00-17:00

RE) A subsidy to prevent escalation, safety net and insurance for emergency.

Sangyo-Seisaku-Ka

Tel: 0742-34-4741 Weekday: 8:30-17:15

RE) DV (Domestic Violence)

(A domestic partner who controls the other by using physical or emotional violence.)

DV Consultation Number (City Spousal Abuse Consultation Center)

Tel: 0742-93-3150 Mon. to Sat.: 10:00-12:00, 13:00-16:00

RE) DV (Domestic Violence) and plus

Cabinet Office

Tel: 0120-279-889 24 hours open

RE) Cash benefit (100,000yen per person)

Nara City Cash Benefit Call Center

Tel: 0570-200-261 Weekday: 9:00-17:30

*It will start on May 26th.

Inquiries: Fukushi-Seisaku-Ka Tel: 0742-34-5196

RE) Temporary benefit for household with children

Kodomo-Ikusei-Ka Branch Office

Tel: 0742-34-5351 Weekday: 8:30-17:15

RE) Headquarters' meeting, others

Emergency Headquarters Staff Office for the novel coronavirus

Tel: 0742-34-4945 Weekday: 8:30-17:15

Please contact Nara City Call Center outside of above service hours. (Everyday open)

Tel: 0742-36-4894 Fax: 0742-36-3552 Weekday: 8:30-18:00 Sat. Sun. Holidays: 9:00-17:00

*Please be aware that English service may not be available at the above locations.

Nara City's Measures to protect against the new type of Corona Virus

The new type of Corona Virus is running rampant throughout the world.

[The Consulting Center for those who traveled abroad or had close contact with infected persons (Consulting Section for New Type of Corona Virus)] (opened on February 5) had over 6,000 inquiries by the end of April. Nara City Health Center started PCR inspection from April 20 (until that, it was conducted by Nara Prefecture) and the inspection has been held every day. We will present information concerning the new type of Corona Virus from various points of view in this issue

Situation of infected persons in Nara City (total of 19 persons, as of 15:00 May 11)

Gender (person)		Symptoms (person)		Infection route (person)		
male	10	no symptoms	3	1)	Cruise ship passengers	2
female	9	mild	10	2)	Commuters to Osaka & those who contacted them	5
Age group (person)		moderate	3	3)	Visitors to Osaka & those who contacted them	4
~ 30's	2	severe	1	4)	Persons with unknown route of infection	6
40 ~ 60's	11	death	2	5)	Those who contacted the above people	2
70's ~	6					

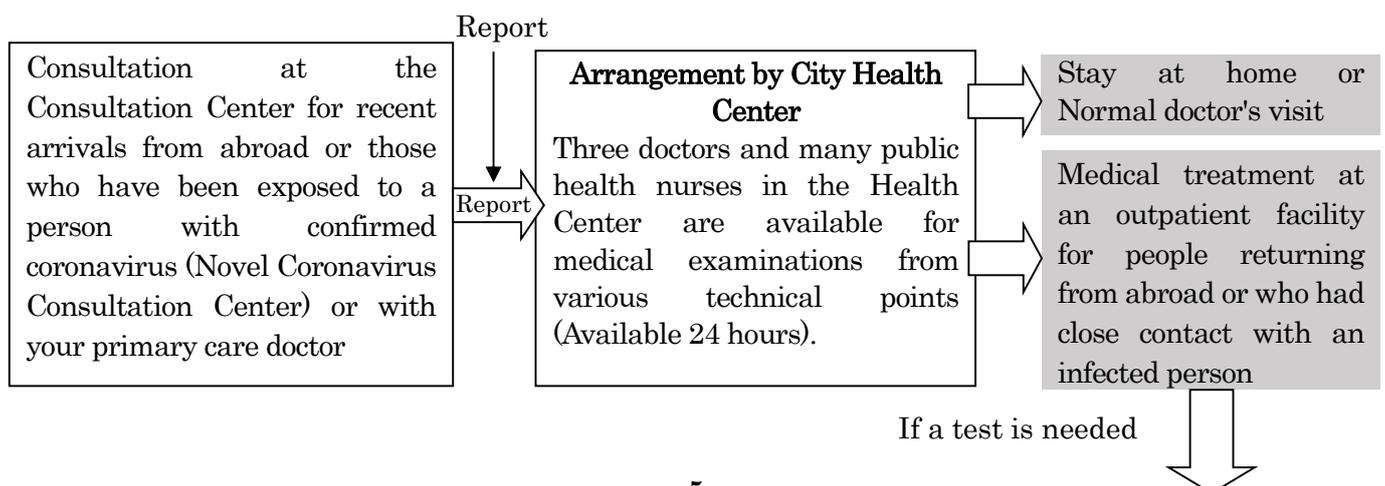
* Of these people, 10 have left hospital, 7 are in hospital (including rehospitalization and medical care accommodation)

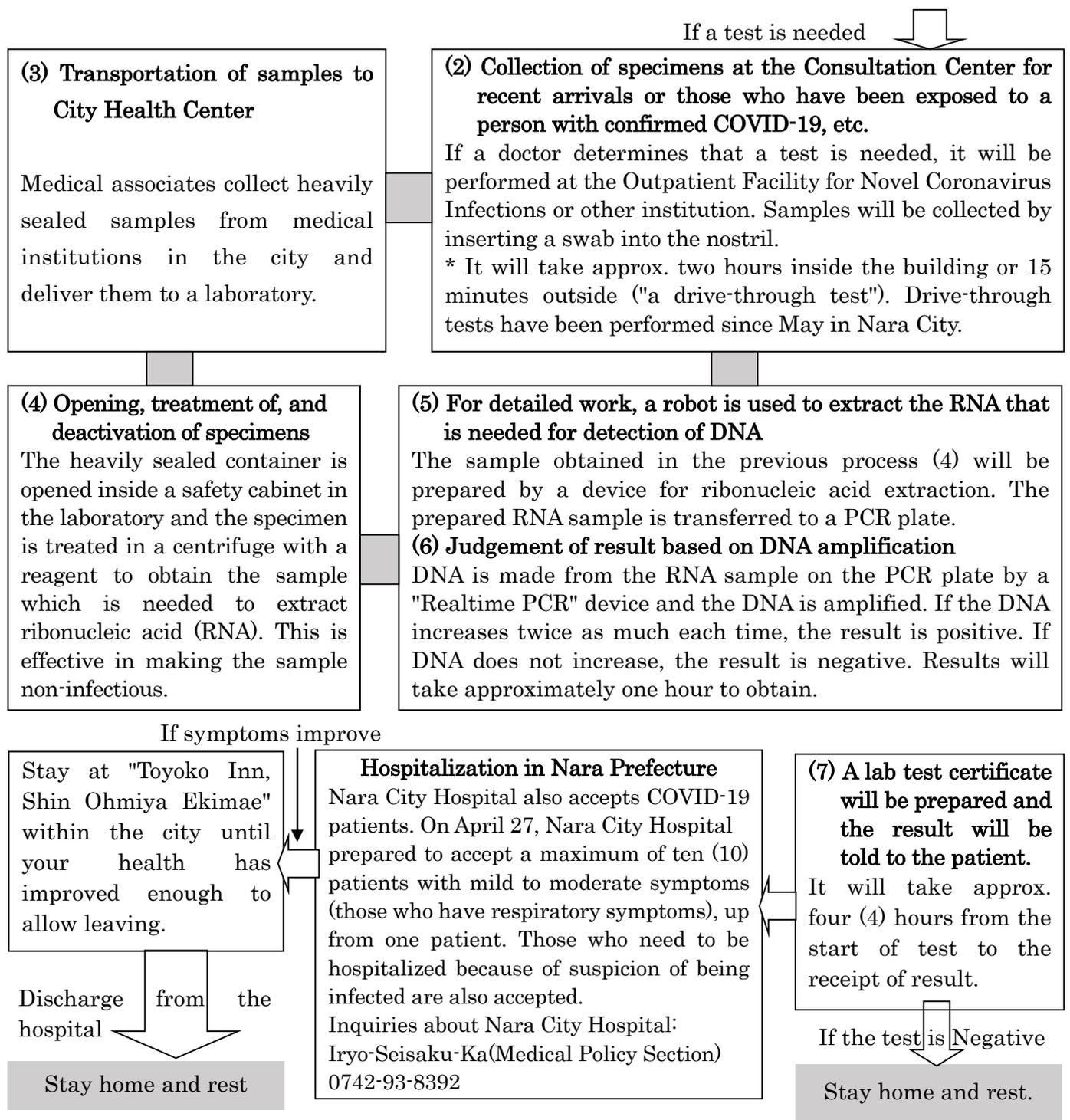
The first person diagnosed in Nara city was on March 6. Since the beginning of April, the number of positive tests has increased. The total number of people confirmed positive for the infection reached 19 in Nara City as of May 11. The table above shows the number of infected people. The infection was not related to gender. More middle-aged people (40s~60s) were infected than younger generations (two people in their twenties are infected). In the data shown in the table of symptoms, 70% of those infected had no symptoms or mild case of illness. But the situation is potentially dangerous, as two infected people died and a case of relapse / rehospitalization has also occurred. In the data about infection routes, some commuters, visitors to Osaka and those who had contact with them became infected. Nara city is convenient to Osaka. 30% of the infection routes have not been traced yet, and we do not know where the infection will occur from now on. Please be careful and live with the conscious intent to protecting ourselves from infection.

Process from Consultation to PCR Test Results

The City Public Health Center started PCR tests for novel coronavirus on April 20. The testing capacity is 24 specimens per tune and 72 specimens per day. We will show you the process from the point you are advised to get a test to after you have your results.

(1) From Consultation to Test





Online Study Support System for Children

We are organizing an online learning environment for children that have been influenced by school closings, etc.

“G Suite for Education” connects home with classroom

From May, municipal elementary and junior high schools have been advancing the introduction of Google’s online system that enables two-way communication with teachers or classmates at home. That expands the range of home learning with homework and study support videos. Using this system, it’s possible to hold homeroom meetings, etc. with all classmates, hand out and collect homework, and conduct surveys using computers and tablets.

* Tablets and Wi-Fi routers are being lent out if students don’t have internet at home.

Supplementary budget to protect lives and livelihoods

The general account supplementary budget for novel coronavirus (COVID-19) infection control measures was approved at the Nara City extraordinary assembly in May, 2020. This is mainly the expense for support including the special cash payments and expenses for the safety of children attending after-school centers (Bambi Homes) or nursery schools.

Correction amount 36. 953. 07 million yen

Expenditure breakdown

Welfare expenses 36. 379. 27 million yen / Commerce and manufacturing expenses 469 million yen
Education expenses 4. 8 million yen / Reserve fund 100 million yen

Fund breakdown

Treasury expenditure 36. 339. 27 million yen / Prefecture expenditure 4. 8 million yen
Transfers 609 million yen

The special cash payment

35. 880 million yen, Welfare Division

Temporary Special Benefit for Households with Children

421 million yen, Child Upbringing Section

One-time payment to stop the spread of the novel coronavirus

469 million yen, Industrial Policy Division

Securing face masks and antiseptic solution at facilities for children: 79. 57 million yen

Childcare General Affairs Division / Nursery Schools and Kindergartens Division /
Child Upbringing Section / Regional Education Division

Subsidy for after-hours childcare accompanying temporary suspension of elementary school

3.5 million yen, Child Upbringing Section

Regarding partial revision of the regulations for salary of city officials in special positions

The end-of-term allowance for special positions (Mayor, Deputy Mayor, Superintendent of Education, full-time Audit Committee, public enterprises managers) will be reduced in June and December, 2020.

Inquiries: Finance Section Tel. 0742-34-4720

Measures against the COVID-19 disease Benefits and loans you can apply for at the city office

The national, Nara prefectural and Nara municipal governments have a range of support for those who have been affected by the COVID-19 disease. Please make the best use of them if you are suffering from a shortage of living expenses due to shutdowns, pay cuts or no pay.

Relief payments of 100,000 yen in cash per person for every citizen

In order to assist household finances, the national government will deliver 100,000 yen per person as emergency countermeasures.

Those Eligible: Citizens registered in Nara City's Basic Resident Register as of April 27 (Mon.), 2020

Recipients: Heads of households with eligible citizens

Application Period: Within three months from the starting date (by August 31 (Mon.) as indicated by the postmark on the envelope.)

Application: To prevent the spread of the COVID-19 disease, there are two application methods.
Benefits will be deposited into the bank account of the head of household.

(1) By postal mail: Nara City office will send an application form and a return envelope. Fill in the form with your bank account information, etc. and send it back along with other required documents.

(2) Online: If you have a "My Number Card", you can apply via the website "Mynportal".

For more details, please refer to our website.

Inquiries: Nara City Relief Payments Call Center Tel. 0570-200-261 weekdays 9:00-17:30

Please note that the call center will open on May 26 (Tues.).

Grace system for municipal taxes

A grace system for municipal taxes has been introduced. Taxpayers will be granted grace of tax payment for up to one year under the conditions that taxpayers' revenues have decreased by 20 percent or more for any period (more than one month, starting with Feb. 2020) compared to the same period of the previous year; and that they would have financial difficulty paying their taxes in a lump sum.

(There will be no collateral required or delinquent tax imposed under the grace system.)

Target municipal taxes: Taxes for which payment due dates arrive for the period between Feb. 1 (Sat.), 2020 and Jan. 31 (Sun.), 2021

Application: Please apply by June 30 (Tues.) or by the last payment due date.

In the case of property tax and city planning tax for the first quarter of the year (payment due date: April 30 (Thurs.)); and municipal resident tax (ordinary collection) for the first quarter of the year (payment due date: June 30 (Tues.)), the application should be submitted by June 30 (Tues.). In addition to the application form, documents about applicants' income and savings are required. If preparation of these documents is impossible, verbal interviews may be conducted.

Inquiries: Tainoh-Seiri-Ka (Disposition of Delinquency Section) Tel. 0742-34-4965

For Families Raising Children Temporary special benefits of 10,000 yen per child will be provided to child-rearing households

In order to support the lives of child-rearing households affected by the new Coronavirus infection, we plan to provide "extraordinary special benefits to child-rearing households" for households receiving a child allowance in late June.

Eligible Recipients for Benefits: Those who have received a child allowance for April (including March), 2020

Eligible Children: Children (until junior high students) born by March 31, 2020

*This includes children who were junior high school students (first year students in new high school) until March of the same year.

Application: Not required as a rule (but required in the case of civil servants)

If you do not wish to receive this benefit, please contact us.

How to pay: It will be transferred to the bank account that has been registered for the child allowance. If you can't confirm it, please contact us.

Inquiries: Kodomo-Ikusei-Ka (Child Allowance Section) Bunshitsu (Branch Office), in charge of "temporary special benefits for child-rearing households" Tel. 0742-34-5351

In addition to the above, an additional payment of 10,000 yen per child will be paid to households such as single-parent families.

On May 11, households such as single-parent families will receive 10,000 yen per child as a support unique to the city. If you can't confirm its transfer, please contact Kodomo-Ikusei-Ka (Child Allowance Section) Tel. 0742-34-5042

Other Life Assistance

Two-month reduction of basic water rates

In accordance with citizens' self-restraint in avoiding going out and for the purpose of providing assistance and reducing the economic burden, "the basic rates" of water charges will be reduced for the two months.

The eligible months and amount of reduction:

The water bills for May and June to be issued in July and August 2020 respectively

*The water bills of the meter readings done every month are for June and July 2020

[Based on the use of 20m³ per month in an ordinary household (tax included)]

	Before Reduction	After Reduction	Amount of Reduction
Diameter 13mm	2,728 yen	1,705 yen	-1,023 yen
Diameter 20mm	3,509 yen		-1,804 yen
Diameter 25mm	4,290 yen		-2,585 yen

<<Notice>>

*The water rate is the sum of the basic rate determined by the diameter and the metered rate according to the amount of water used. This time, the "basic charge" for the two months will be reduced and exempted, though it is not a full discount of the water bill.

*No application process is required for this reduction and exemption.

* Sewerage fees, etc. are not subject to this reduction or exemption.

Postponement of water and sewer bill payments

People who are affected by the new coronavirus infection and have difficulty in paying their water bills due to a significant decrease in income may be able to receive a temporary deferral of payment. For more information, please contact the following between 8:30 and 17:15 on weekdays.

Inquiries: Shi-Kigyo-Kyoku Okyakusama (Customer) Center

c/o Veolia Jenets Co., Ltd. Tel. 0742-35-6825

House-rent Provision of a fixed term for those who are lost their job, or whose business closed.

Nara City will extend those who are granted this provision, and temporarily eases the provision requirements for those who have been granted a "Steady Home Benefit" due to the impact of the new coronavirus infection.

Amount of Allowance

Household Members	Maximum amount
Single	38,000 yen
2 people	46,000 yen
3 – 5 people	49,000 yen
6 people	53,000 yen
Over 7 people	59,000 yen

Period of payment

For 3 months as a matter of principle

*It is possible to extend the term by 3 months, or to prolong the term again under certain conditions.

Those who are granted the provision

Those who lost their job within 2 years, or those whose income decreased due to business closure and are in the same situation as the unemployed. (the underlined section represents the extension of this time.)

Others

Due to the impact of the spread of COVID 19, the requirements for receiving the benefits (recipients must visit Hello Work to submit job applications and must interview 4 times a month with an officer of the Kurashi Support Center) will be exempted for a while.

Those who want to receive this benefit should consult with Nara City Kurashi and Shigoto Support Center. Please check the web site for detail.

Support and Loans for Workers Sickness Benefits For those who are absent from work due to infection

for an amount of two third of the average daily wage for a term of days of absence minus 3 days
Sickness benefits are paid to those who are on the National Health Insurance or on the Advanced Elderly Medical Service System and who are or may be infected with COVID-19, and thus obliged to be absent from work, and who won't get paid or will get paid partially.

Those Eligible: Paid employees, who meet all the requirements below

1. infected with COVID-19 or suspected of it (with symptoms such as fever)
2. obliged to be absent from work for three days or more, due to the infection with COVID-19 or its suspicion
3. not paid while absent from work. If paid partially and the amount is less than the sickness benefit, you are entitled to receive the balance

Period: Days you are obliged to be absent from work between Jan. 1 (Wed.) and Sept. 30 (Wed.)

If you continue to be hospitalized after September, the period can be extended up to 18 months.

Amount of the Benefit: Amount divided by the total payment of the salary for the 3 previous months by the working days for the 3 months x 2/3 x number of the days (days unable to work – 3 days).

Application: Hand in or mail the application to below.

Those on National Health Insurance: Kokuho-Nenkin-Ka
(National Health Insurance & National Pension Section)

Those on Advanced Elderly Medical Service System: Fukushi-Iryou-Ka
(Medical & Welfare Section)

Application forms can be downloaded from the Nara City website.

For further information, refer to the Nara City website.

Inquires: Those on National Health Insurance: Kokuho-Nenkin-Ka
(National Health Insurance & National Pension Section) Tel. 0742-34-4736

Those on Advanced Elderly Medical Service System: Fukushi-Iryou-Ka
(Medical & Welfare Section) Tel. 0742-34-4754

Households Suffering from Suspended Business and Loss of Employment

The Prefecture's Social Welfare Association, which provides "Living and Welfare Fund" has expanded the number of applicable households eligible for loans, and also implements an urgent small fund, etc. for people suffering from suspended business or unemployment.

Special case loans for urgent small funds (upper limit ¥200,000 per household)

Loan Target: Households with reduced income due to suspended business on account of COVID 19 who need the loan for livelihood.

Period: Until the end of July (estimate)

Special case loans for total support funds (¥200,000 per month per household (2 people and over))

Loan Target: Households with reduced income due to unemployment on account of COVID 19 who need the loan for daily livelihood.

Maximum Amount: For over 2 people: ¥200,000 per month (for less than 3 months in general)
Single person: ¥150,000 per month (for less than 3 months in general)

Inquiries: Nara Social Welfare Association Tel. 0742-30-2525, 070-2272-4422, 4423, 4424
You can also apply by mail. Please check Nara City's website "Nara Social Welfare Association".
It shows details, how to download the application, etc.

Please Be Aware of Crimes Connected to Covid-19

Crimes taking advantage of Covid-19 are going on all over Japan. Please carefully read the cases below and take precautions against crimes.

City Hall will never call you and tell you to transfer money or anything else.

Case 01: Children at Home Are Confronted by a Thief

Same cases happened to children at home without guardians in other prefectures while school is closed due to Covid-19.

To Protect Children at Home Without Guardians

Measures parents can take

1. Installing high security locks (a dimple key, etc.) and auxiliary locks on doors and windows
2. Putting security films on the window glass

Telling children

1. If they feel something wrong when they come back home, do not enter the house and call neighbors and ask for help.
2. Locking the front door while staying home and locking the windows of unused rooms.
3. Turning on the TV and lights to make a lively atmosphere.
4. If they encounter a thief, go out immediately and ask for help, in a loud voice, to call the police.

Case 02: Burglaries Targeting Closed Offices and Stores Have Increased

Safecracking aimed at closed stores and raiding stalls have surged all over Japan. Empty downtown areas have become an ideal opportunity for criminals.

To Protect Offices and Stores during Closings

1. Avoid closing notices as much as possible.
2. Lock the doors and windows without fail.
3. Do not display cash or expensive goods and utensils. Keep them safely out of stores.
4. Set security cameras, emergency alarms, etc.

Case 03: Be Aware of Special Scams Targeting Benefits

Fraudulent groups take advantage of social disruption and try to defraud people of their money and goods through a variety of means. More attention must be paid than ever as emergency measures are being taken against Covid-19.

Be Careful about These Calls and E-mails as Below.

1. Introducing himself or herself as a business owner and saying, "I will apply for the benefit of 100,000 yen to City Hall for you."
2. They pretend to be your son or daughter and say, "I have debts, lend me some money.", "When you withdraw money at the bank, tell the staff that I need funds for Covid-19 and then make a withdrawal.", "I need a treatment fee.", etc.
3. Introducing himself or herself as City Hall staff, saying, "City Hall staff are very busy with Covid-19, so go to the nearest ATM to complete procedures."
4. Introducing himself or herself as staff of City Hall or financial institutions, saying, "The subsidy for Covid-19 will be provided, so you have to exchange your cash card for a new one to apply."

Don't Be Scammed

1. Do not answer phone calls from unknown numbers.
2. Please find somebody you can talk to before acting.
3. If you are notified that a family member's phone number has changed, please call the original number and confirm it.
4. Talk to your family often.
 - a) Decide on a family password.
 - b) Do not talk about money on the phone.
 - c) Consider using a telephone with an answering machine, recording ability, and warning messages.
5. Take the initiative, don't let a criminal take the lead.

6. Do not give anyone your cash card and do not tell them the pin number.

Is it a scam? If you think it might be, please call for police consultation. Tel. #9110

Inquiries: Kiki-Kanri-Ka (Risk Management Section) Tel. 0742-34-4930

Notice and Request for Cooperation regarding “Garbage” in relation to Novel Coronavirus Disease

Our indispensable work is to collect household garbage and recycling resources to maintain our healthy life. Garbage collection is regularly scheduled even during the spread of the novel coronavirus. The following tips will help not only you and your family but also garbage collectors reduce infection risk.

How to Dispose of Facial Masks

1. Line the trash can with a plastic bag. Change the plastic bag before being filled up with trash to avoid touching trash.
2. Be careful not to touch trash when disposing of it. Close the opening of the plastic bag tightly after releasing air in the bag.
3. Wash hands carefully after disposing of trash.

You are advised to follow the above three procedures to throw away garbage including facial masks and tissues contaminated with mucus, etc. when someone in your house has novel coronavirus and/or is suspected of being infected. As such trash bags may have contaminated surfaces, loose openings and/or holes or rips, it's more effective to put them in another bag.

Double-bagging helps obtain sealability.

You are required to use transparent or translucent bags so the inside of the bag is visible.

***Do not use two-ply bags to dispose of plastic packaging and containers so as not to hinder recycling.**

Inquiries: Haikibutsu –Taisaku-ka (Waste Management Section) Tel. 0742-71-3001

About Garbage Collection

The amount of garbage from household is increasing. Please reduce garbage as much as possible so that collection and disposal can be done successively and surely. The collection schedule will be as usual, but its time may change. Please put garbage out by 7:30 on the day. (Recyclable garbage, by 8:30.) (Depending on the situation, some services may be suspended or postponed.)

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

About Clothes (Used Clothes) Collection

Used Clothes collected by local groups are usually exported to Southeast Asian countries and where they are reused or recycled. But with the expansion of the infection of new coronavirus, they have stopped the acceptance of used clothes. Now they have no destinations. Please cooperate in keeping them at home for a while.

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

How to Dispose of Recyclable Resources and Bulky Garbage

Please put out Recyclable Resources such as glass bottles, cans, PET (plastic) bottles, and paper beverage cartons after draining and rinsing them completely to prevent workers who collect and select garbage from risk of infection.

Inquiries: Recycle-Suishin-Ka (Recycling Promotion Section) Tel. 0742-33-5380

Please put out Bulky Garbage after sterilizing it if your family member is suspected or infected with novel coronavirus disease, etc.

Inquiries: Machi-Bika-Suishin Ka (Town Clean-up Promotion Section) Tel. 0742-71-3003

Bringing Garbage to Kankyo Seibi Center (Environment Sanitation Plant)

Please be cautious of the following five points.

1. **Wear a mask. (It is permitted to use a towel, etc.)**
2. **Separate garbage thoroughly.**
3. **Pile up garbage so it can be dumped as quickly as possible.**
4. **Prepare your driver's license and automobile inspection certificate, etc. in advance.**
5. **Only the minimum number of necessary people should bring garbage in.**

WHAT IS DV (DOMESTIC VIOLENCE)?

Domestic violence is a coercive pattern of behavior used by one person to control another in an intimate relationship. It is a serious violence to human rights, and include criminal acts. The violence can take many forms - physical, social, economic or sexual. The abuser uses coercion, unreasonable/unpredictable behavior, humiliation and exploitation to frighten the victim into submission. Repeated violence behind closed doors frightens and confuses the victim. After an incident, the abuser will apologize and turn on the charm, letting the victim convince him/herself he/she would never do it again. However, the cycle of violence continues. Eventually the victim begins to feel helpless and sustains long-term mental and physical damage. The abusers unconsciously choose to act violently.

To hurt a partner's body and mind and threaten their safety and security is all violence, without exception.

Many forms of violence

Psychological Violence

Ignoring someone, yelling, saying hurtful or threatening thing, such as "Who are you supposed to thank for your life?", "I'll die if I broke up with you" and so on. Blaming and shifting responsibility, saying "it's your fault that I'm like this".

Economic Violence

The abuser doesn't return borrowed money and make you give out money. He/she doesn't give you living expenses.

Social Violence

Binding you. Keeping watch on your mobile phone and e-mails

Sexual Violence

The abuser forces you to perform sexual acts and/or refuses to use contraception.

Violence by using children

Threatening you by saying they 'll have your children taken away.

Speaking ill of you to your children

Physical Violence

Hitting, kicking or choking you

How DV affects children?

Domestic violence in front of children seriously affects their growth, both mentally and physically. Children who witness domestic violence are often seriously traumatized.

Nara City's Support Center for DV Tel. 0742-93-3150

If you feel anxious and nervous when you are with your spouse, it might be domestic violence. Please consult us, first of all, and don't worry alone.

Eligibility: Those who live in Nara City

Date & Time: 10:00-12:00 & 13:00-16:00, From Monday to Saturday, except holidays

Call or visit the Police Department in case of emergency.

DV CONSULTATION + (PLUS) ---- From Cabinet Office

For more information, please visit here: <http://soudanplus.jp>

24-Hour Telephone Consultation

Tel. 0120-279-889

Consultation on SNS or e-mail is available.

If you become aware of DV around you or are consulted by a person who is worried about DV, please advise them to consult a special agency, for example, "**Spousal Violence Counseling and Support Centers**" and listen to him/her carefully. Reassure him/her that "It's not your fault." Don't tell their story to anyone without their express permission.

FREE LEGAL CONSULTATION FOR WOMEN

Date & Time: 10:00- 12:00 & 13:00- 15:00, Every 3rd Thursday of the month

If the 3rd Thursday is a holiday, it will be postponed to the 4th Thursday.

Place: Asunara, Danjo Kyodo Sankaku Center (Gender Equality Center) Nishi-no-Saka-Cho

Application: Call to Danjo Kyodo Sankaku- Ka (Gender Equality Section), City Hall

Applications on the phone are accepted from 9:00 AM one week before.

Inquiry: Danjo Kyodo Sankaku-Ka (Gender Quality Section) Tel. 0742-81-3100

Garbage Collection

Unburnable Garbage Collection Dates and Areas in June

Area	Burnable Garbage	Unburnable Garbage
A, F	Mon. & Thurs.	3, 17 (both Wednesdays)
B, E		
C, H	Tues. & Fri.	10, 24 (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.

Put Garbage out by 7:30 on Collection Day

Collection time may often change due to accidents, construction, traffic congestion and the amount of garbage on the day. So please put garbage out by 7:30 on the day, not around the time the collection car usually comes.

Attention to Garbage Bags

When garbage bags are torn broken, garbage may leak out while loading them into collection trucks. Please take precautions like leaving some room at the top of bags or not putting sharp things in them. Don't use dry-cleaning bags for garbage, as they can break easily.

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

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

Takeda Kankyo & Yamato Seiso Kyodo-Kigyotai (Joint Venture)

(Areas covering the west side and a part of the east side of Tomio River)

Tel. 0742-63-2552

Stomach and Lung Cancer Examination in June cancelled

To prevent the spread of the infectious coronavirus disease, the Stomach Cancer Examination and Lung Cancer Examination in June have been cancelled.

Information about the examinations to be held in July will be shown on the Nara City Website.

Inquiries: Kenko-Zoshin-Ka Tel. 0742-34-5129

Tsuge Hoken Center (about the examinations held by that center) Tel. 0743-82-0341

Notices from Hoken Yobo Ka

To prevent the spread of the infectious coronavirus disease, the following checkups planned to be held in June have been cancelled.

TB Examinations for Citizens

HIV/Syphilis/Hepatitis Examinations

Inquiries: Hoken Yobo-Ka Tel. 0742-93-8397

Japanese Encephalitis Vaccinations (for Those Born in June 2017)

Let's receive the first term vaccinations (the first two times, and the additional 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 birthday

Vaccination Method: Normally, the first vaccinations are 1 to 4 weeks apart, and additional vaccinations are given one year after the second.

Things to bring: the preliminary examination leaflet (filled in with indelible black ink) *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 cannot be vaccinated.

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

Preliminary Examination Leaflets Were Sent in Late May (To those born in April 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

Rubella Antibody Test and Rubella Fifth Regular Vaccination

Period: by March 31, 2022

Those Eligible: Men born from April 2, 1962 to April 1, 1979

* Men born between April 2, 1962 to April 1, 1972 will be issued a coupon ticket (consultation ticket). Please bring it to the medical institution or the medical examination institution, then consult a doctor. A list of medical institutions can be found on the Ministry of Health, Labor and Welfare website.

* Men born between April 2, 1972 to April 1, 1979, were issued coupon tickets in 2019. (The expiration date of the coupon is stated as March 2020, but it can be used until March 2021).

Please contact us if you have lost yours or moved to Nara and have not received a coupon.

Inquiries: Kenko-Zoshin-ka (Health Promotion Section) Tel. 0742-34-5129

Medical Checkup for Babies and Children

Name (Age)	Date	Place
Checkup for 4-month-old babies (Born after March 2020)	Until the day before turning 6 months old from the 4-month birthday	Designated Medical Facilities * General checkup term is one month.
Checkup for 10-month-old babies (Born after September 2019)	Until the day before turning 1 year old from the 10-month birthday	But it will be two months for a while, for the prevention of the new type of corona-virus infection.
Checkup for 19-month-old babies	After March 2020, all group medical examinations will be suspended. 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 website.	
Checkup for 3 and a half-year-old children		

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 June.

If you moved to Nara City after June 1 and have not received the questionnaire, please contact Boshi-Hoken-Ka (Mother and Child Health Section).

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

Maternal and Infant Health Care Consultation

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

Please consult with us over the phone to prevent the risk of coronavirus infection.

Hagukumi Center: Consultation by public health nurse or midwives

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

Consultations by midwives usually held at Seibu-Kaikan (2F) have been cancelled.

Please check the website about the resumption schedule.

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

Tsuge Hoken Center: Consultation by public health nurses

Date & Time: 8:30-17:15 on weekdays

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

Tsukigase Health Consultation: Consultation by public health nurses

Date & Time: 9:00-16:30 on weekdays

Inquiries: Tsukigase Health Consultation Center Tel. 0743-92-0480

Notice from Tsuge Hoken Center

The following services are cancelled to prevent the spread of coronavirus infection.

* June 18 (Thurs.) Community consultation by public health nurses. (At Tsukigase Fukushi Center)

* June 19 (Fri.) Social gathering for pregnant women, mothers, fathers and babies.

For the schedule of resumed activities such as community consultation and reopening of classes after July, please check the website.

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

