

Nara City Information for Residents

July 2020 Issued by Nara City Hall (No. 1196)

(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.

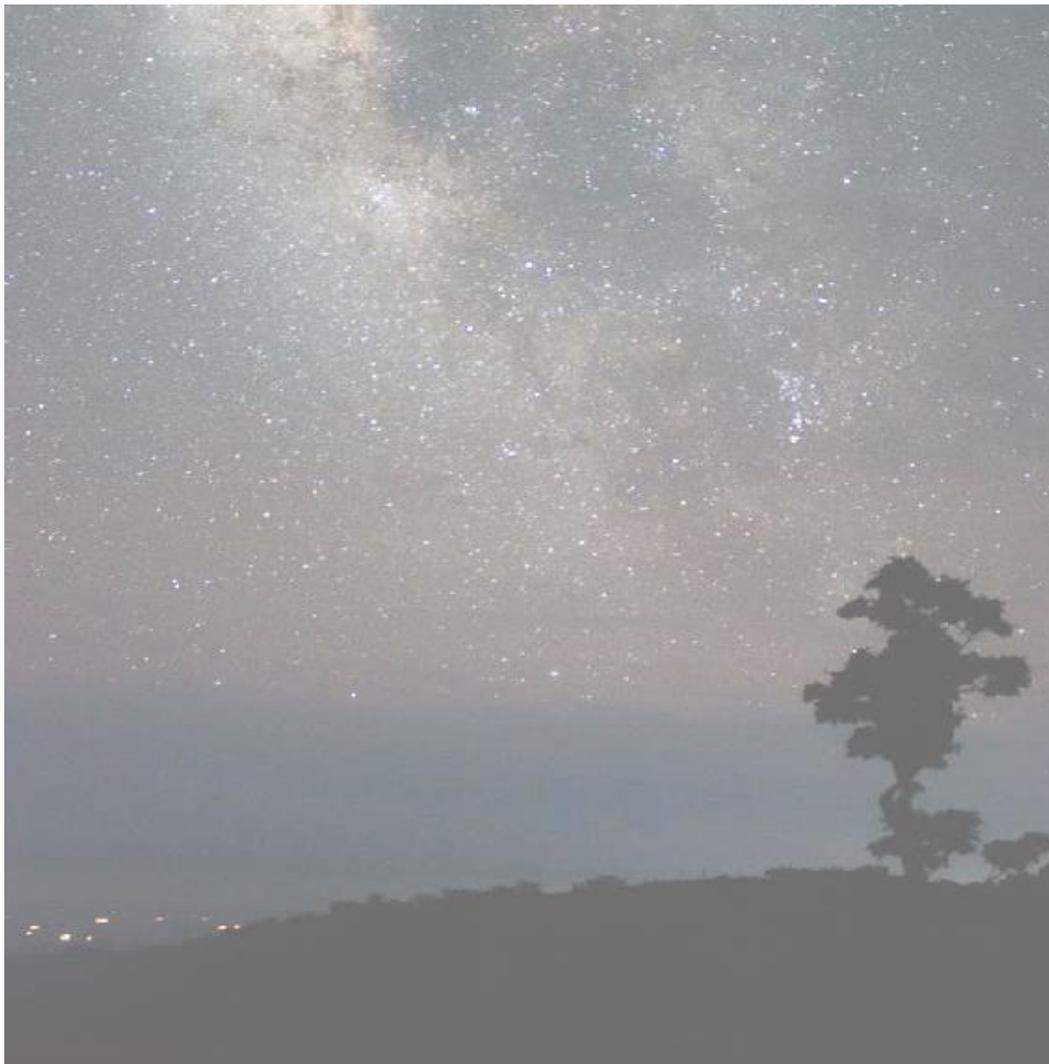
Translation by Nara SGG Club (Systematized Goodwill Guide Club)

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



Striving to Be a City Resilient Against COVID-19

Don't Be Afraid to Be Innovative, Be Positive!

Since the state of emergency was lifted, the number of people resuming their businesses has been increasing, although it is not as easy to operate as before. There are some businesses that have carried out aggressive reforms by introducing technologies such as teleworking. In this issue, we would like to report about the entrepreneurs who are challenging norms with new styles and the community movements supporting them, even under the coronavirus disaster.

A rise in claims for support due to the coronavirus disaster

A lot of requests have been brought to the city from businesses suffering the impact of stay-at-home orders. It has been especially tough for SMEs to keep their businesses stable. As of May 31 (Sun.), the city has issued more than 2,000 approvals for either of the No. 4 or No. 5 Safety Net for Financing Guarantee or the Guarantee Related to Emergencies, which are necessary to get financing from private financial institutions or the credit guarantee association.

The city has also accepted 311 applications for the cooperation fund for the prevention of the spread of COVID-19 as of June 12 (Fri.), and the deadline has been extended until Aug 31 (Mon.).

The city will further implement economic measures to back up depressed businesses by boosting the buying power in Nara City, as well as by supporting the tourism industry, which has suffered devastating damage due to the stay-at-home orders.

For concrete cases, please see pages 3-5 of Nara City Information for Residents July 2020 (Japanese version).

*** Let's eat and cheer! Narameshi Project**

In order to support restaurants that are having difficulty due to a sharp decline in sales due to fewer people going out, we held a side dish sale events at the city hall.

After a one-week trial period from April 9 (Thurs.), it was taken over by the Nara City Restaurant Association, and until May 29 (Fri.), it was expanded to include the Nara Chamber of Commerce and Industry and the north-south free passage of Kintetsu Yamato Saidaiji Station, as well as the city hall. In about two months, 53 stores participated.

A new attempt to be tackled at the city hall

New initiatives have begun not only for the townspeople but also at the city hall.

*** Telecommuting, which will begin at city hall**

In order to avoid the risk of infection, city hall also worked from home with the goal of halving the number of employees who went to work, mainly from the end of April to the beginning of May, when the state of emergency was declared.

As a result, we reviewed some of the administrative work, such as increasing the number of procedures that can be handled by mail.

We will continue to review our operations and improve the working environment.

*** Emergency employment of 100 students**

Solve local challenges with 100 students

Due to the decrease in the number of part-time students employed due to the corona virus, emergency employment measures for 100 university students living in and attending school in Nara City will be taken in July. (We are currently closed.)

The students will be divided into various departments that have been recruited, and will work on solving regional issues from the student's point of view through telephone and window correspondence, data entry, and assistance in planning work.

Contributions to Nara City

Many offices, groups, and individuals have contributed to support measures for COVID-19. We are deeply grateful to them.

*Many other individuals, offices, and groups donated but are unlisted. There are no names of donors on the lists who requested anonymity. Please refer the donors' lists on p.6-7 of the Japanese edition. The lists were last updated June 12 (Fri.).

Donated masks and antiseptic

While masks and antiseptic are in high demand all over Japan, more than 80,000 masks and 1,000 liters antiseptic have been donated with passion, such as saying "I want to contribute to Nara City where I was born.", "We are all in this together.", etc. Donated masks will be sent to medical, welfare, and educational facilities and so on to make effective use of them.

Other donations

Face shields, raincoats, and a lot of money have been donated as well as masks and antiseptic. And Kaede Builder's Office has put an antibacterial coating to shut down viruses into the roofs of four Bambi Homes in Nara City.

Donations from Gyeongju City

1200 protective suits and, 1000 goggles have been donated from Gyeongju City in South Korea, which is approaching its 50th anniversary as a sister city of Nara City, and moving images of cheer, etc. were shown by the Mayor of Gyeongju and their citizens' chorus. We greatly appreciate such support beyond the sea despite difficulties in their own country.

About COVID-19, Prepare for Second Spread of Infection

Even though Nara has been released from the Emergency Declaration, a monitoring system for a second wave of infection is still in effect. If there are signs that the number of infected people is increasing, self-restraint and restriction of some municipal duties might go into effect.

Please reflect on your life and environment.

Things to be careful of when eating

A nutritionally balanced diet, moderate exercise and enough sleep are important to maintain good health.

-Nutritionally balanced diet

There aren't any specific foods that will prevent illness. It's important to keep a nutritionally balanced diet by combining various foods.

-Have more than one cup of milk or dairy products a day.

Calcium is contained in foods like milk, dairy products, small fish, vegetables and soy products. Milk and dairy products in particular are easily absorbed by the body. That is important for growing children. Those who are allergic to dairy products can get calcium from non-dairy products.

-Select the food by looking at the nutrition information.

For snacks, no more than 200 kcal a day is recommended.

-Have breakfast.

Wake up at the same time as much as possible and have breakfast to maintain your daily rhythm even when you are spending time at home or working from home.

-Be careful not to eat too much instant food.

Eating too much instant food causes a lack of required nutrients and excessive intake of salt. You can reduce the salt intake to less than half by throwing away half the soup of instant noodles.

-Be careful of lack of protein, vitamins and minerals.

Foods high in protein: meat, fish, eggs and soy products

Foods high in vitamins and minerals: vegetables, fruits, sea-weed, mushrooms and dairy products

-Beware of misleading products

There aren't any specific foods, supplements, etc. that are effective against corona virus infection.

Please be careful about believing such advertisements.

Inquiries: Hoken-Eisei-Ka (Hygiene Section) 0742-93-8395

*Please be careful of making wrong calls.

In case of a disaster, consider two important points about Covid-19,

1) Please confirm the evacuation actions you should take in advance, after talking with your family.

To prevent the spread of Covid-19 due to congestion at evacuation centers, evacuate to the houses of relatives and acquaintances or stay at home after ensuring your safety, if possible.

2) When you go to the evacuation center, bring items such as a thermometer, masks, wet tissues, water, and hand sanitizers, if possible.



Inquiries: Kiki Kanri-Ka (Crisis Management Section)

Tel. 0742-34-4930

For the latest information on Covid-19: the city website

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

How To Maintain Your Mental Health During The Coronavirus Outbreak

Many people are feeling anxiety due to the outbreak of coronavirus.

Talking about your feelings and consulting with relevant organizations will help to ease your anxiety and distress. So consult with those you care about or relevant organizations.

👉 Mental and Physical Changes

Living in an uneasy environment and conditions causes various symptoms mentally and/or physically.

Mental Symptoms	Physical Symptoms
<ul style="list-style-type: none"> • depression • lost concentration • impatience • melancholia • continual anxiety and stress • bipolar disorder, etc. 	<ul style="list-style-type: none"> • fatigue • insomnia • dizziness, headache and stiff shoulder • nausea and stomachache • increased mistakes and forgetfulness, etc.

The above listed symptoms are “normal reaction” which occur in many people who feel stressed strongly and chronically.

👉 How To Maintain Your Mental Health

It is quite normal that the above symptoms will disappear as time passes; however, let's practice the following measures:

- **Eat meals and go to bed at set times as much as possible to maintain a daily rhythm.**

- Keep regular routines, like reading books and listening to music. Exercise as much as possible.
- Maintain a social network with your family and friends via email or telephone.
- Stay informed by sticking to trusted sources of information. (The more information, the more anxiety.)

👉 **Contact The Following Organizations When You Feel Depressed:** Municipal and national government organizations

Mental Health Counsel With a Clinical Psychologist	Mental Health And Welfare Counsel (Depression, Alcoholism, etc.)	Mental Health Counsel Switchboard Number	
Reservation required Capacity: 3 people per day Telephone counsel is also available for those in need without reservation. Date: July 13 (Mon.), 27 (Mon) Every 2 nd and 4 th Monday except for national holiday Time: 13:30-16:30	Time: 8:30-17:15 Except for Saturday, Sunday, and National Holidays Call for counsel and reservations. Inquiries: Hoken-Yobo-ka (Health Care Section) Tel. 0742-93-8397	Tel. 0570-064-556 Time: 9:00 -16:00 Except for Saturday, Sunday, and National Holidays	▲ QR Code for SNS Counsel by Ministry of Health, Labor and Welfare

Novel Coronavirus-related Consultation Service Desk

Those who have any symptoms such as,

- * Having a strong feeling of weariness (fatigue), shortness of breath (difficulty breathing) or high fever.
- * Elderly people, those with underlying diseases, and pregnant women who have flu-like symptoms like fever or cough.
- * Having 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.)



Consultation Center for returnee people and those who have been exposed to a person with confirmed coronavirus. (COVID-19 Consultation Center)

Tel. 0742-27-1132 Fax. 0742-27-8565 Open 24 hours a day including holidays

RE) Other health consultations about novel coronavirus infections

General Consultation (Nara City Public Health Center)

Tel. 0742-95-5888 Fax. 0742-34-2486 (Weekend and holiday fax no. 0742-34-2321)

Weekday: 8:30-17:15 Weekend and holiday: 10:00-16:00

RE) Financial support (A subsidy to prevent novel coronavirus expansion)

(Grant application period was extended until August 31.)

Sangyo-Seisaku-Ka

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

RE) Inquiries about the headquarters conference on the novel coronavirus

Iryou-Seisaku-Ka

Tel. 0742-93-8392 Weekday: 8:30-17:15

Other inquiries or consultation: Please check Nara City website.

Garbage Collection

Unburnable Garbage Collection Dates and Areas in July

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	1, 15, 29 (Wed)
B E		
C H	Tues. & Fri.	8, 22 (Wed)
D G		

*Areas A-D are covered by Nara City, and areas E-H are covered by City Seibi-Kosha & Co., Ltd. or Takeda Environment Co., Ltd. and Yamato Seiso JV. The garbage collection dates may be duplicated in some areas, so please check on the website.

*Garbage will be collected on July 23, 24 (Holiday) as usual

Please Let Us Know in Advance about When You'll Purchase a Collection Site Box

Please make sure to contact us before you purchase and install boxes, as some_ such as those taller than 65cm _ can hinder collection work. The cost of installation should be shared by those who use the collection places.

Please Drain Wet Garbage

In order to prevent wet garbage from spattering dirty water in the summertime, please drain garbage thoroughly.

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

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

Takeda Environment Co., Ltd. and Yamato Seiso JV (the west side and part of the east side of the Tomio River) Tel. 0742-63-2552

Special Allowance for Severely Challenged or Elderly Foreigners

1) Special Allowance for Severely Challenged Foreigners

Special allowance (20,000 yen per month) to promote welfare is paid to severely challenged foreigners / ex-foreigners who are not entitled to the disability basic pension.

Those eligible: Foreigners or ex-foreigners who, as of January 1, 1982, had registered their residence in Japan and had already been determined to be severely mentally or physically challenged (holding Level 1-3 degree of Physical Disability Certificate or Ryoiku Techo (Recuperation Certificate A) and had already reached 20 years of age.

2) Special Allowance for Elderly Foreigners

Special allowance (20,000 yen per month) to promote welfare is paid to elderly foreigners who are not entitled to the national pension.

Those eligible: Foreigners or ex-foreigners who were born before April 1, 1926, and had registered their residence in Japan as of January 1, 1982.

Foreigners or ex-foreigners who fit the following are excluded.

- A) Those who are on public welfare, or receive support benefits for Japanese nationals left behind in China (Chugoku Zanryu Hojin-to Shien Kyufu-kin),
- B) Those who live in social institutions,
- C) Those who have been receiving public benefits of 240,000 yen or more annually. (For those who have been receiving public benefits of less than 240,000 yen annually, the amount of the benefits will be subtracted from the special allowance to be paid.)
- D) Those who earned more than the limit for the disability basic pension (annual sum) in 2019, for the above 1) and for senior welfare pensions (annual sum) in 2019, for the above 2)
- E) Those who receive a special allowance for severely challenged foreigners / ex-foreigners, for the above 2)

[Application]:

1) Shogai-Fukushi-Ka (Welfare Section for the Disabled) Tel. 0742-34-4593

2) Choju-Fukushi-Ka (Welfare Section of the Aged) Tel. 0742-34-5439

Apply to the Section by July 31 (Fri.) with an application form (available at respective sections).

The application form should be accompanied by (1) A copy of the residence certificate and (2) Documents that certify the 2019 incomes of you, your spouse and the family member who is responsible for supporting you. Bring your seal with you when applying. Renewal application forms will be sent to those who have already been receiving this allowance.

Tuberculosis Examinations for Citizens Cancelled

Tuberculosis Examinations for Citizens in July will be cancelled to prevent from the spread of Novel Coronavirus infections.

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

Cancer Examinations in August

Apply to Kenko-Zoshin-Ka (Health Care Section) by phone, fax or the city website, from July 1 (Wed.) to 20 (Mon.). Internet applications will be accepted until July 10 (Fri.). 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
3 (Mon.) 4 (Tues.) 5 (Wed.)	Tsuge Hoken Center	8:30-10:30 (Pre-allocated time)	30 each
6 (Thurs.) 11 (Tues.) 19 (Wed.) 21 (Fri.) 26 (Wed.)	Hagukumi Center	8:45-9:15 9:15-9:45	17 16
7 (Fri.)	Tomigaoka Kominkan	9:30-10:00 10:00-10:30	13 each
17 (Mon.)	Hokubu Shutchosho	9:15-9:45 9:45-10:15	10 each
20 (Thurs.)	Coop Oshikuma	9:15-9:45 9:45-10:15	14 13
28 (Fri.)	Tomioinami Kominkan	9:15-9:45 9:45-10:15	14 13

Lung Cancer Examination

Date	Place	Reception Time	Capacity
12 (Wed.)	Hagukumi Center	14:00-14:30 14:30-15:00	30 each

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 interview for 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

Let's Receive the Hepatitis Virus Examination

Japanese Hepatitis Day and World Hepatitis Day is on July 28.

The hepatitis virus progresses without subjective symptoms; consequently, it may lead to liver cirrhosis or liver cancer.

We should receive the examination at least "once in a lifetime" for liver cancer prevention.

Please refer to other pages for the hepatitis virus examination.

Those Eligible: Those who have had no chance to undergo the hepatitis examination in the past, or who had it but might have been infected with hepatitis after-wards.

Those who have opportunities to have the hepatitis examination through work and have had the hepatitis examination in the past are not covered.

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

Cancer Examination / Total Support Program for health

1) Cervical Cancer Examination 2) Breast Cancer Examination

Individual notices with coupons for free examinations will be sent in late June.

Please refer to other pages for regular cancer examinations.

Date of Examinations: Between July 2020 and the end of February 2021

The Eligible: 1) Those born between April 2, 1999 and April 1, 2000 (20 year old women).

2) Those born between April 2, 1979 and April 1, 1980 (40 year old women).

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

Remember Vaccinations for Elementary School Students?

Receive Vaccinations during Summer Vacation

Parents are cautious about methodical vaccinations for their babies and infants, checking the *Mother's and Child's Health Handbook* frequently. However, after the children enter elementary school, some parents tend to be less conscious of diseases.

Vaccinations for school-age children are boosters of those received in younger ages; they are very effective to enhance basic immunity.

Please refer once again to *Mother's and Child's Health Handbook* for your children's vaccination history. If any vaccination is left undone, have the child receive it during summer vacation when his or her physical condition permits.

Please note that regular vaccinations vary depending on the child's age.

Vaccine Name	Target	Standard Age for Vaccination	Number of Times	Notes
--------------	--------	------------------------------	-----------------	-------

Diphtheria and Tetanus Toxoids (DT) Vaccine (the second term)	Between 11 years old and one day before the 13th birthday	The sixth grade	Once	A booster dose after four vaccinations of diphtheria, pertussis, and tetanus toxoids (DPT) vaccine in infancy
Japanese Encephalitis Vaccine (the second term)	Between 9 years old and one day before 13th birthday	The fourth grade		A booster dose after the first term vaccinations of three (the first, the second and the booster) in infancy

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

Notice from Boshi-Hoken-Ka (Maternal and Child Health Care Section)

To prevent the spread of the infectious coronavirus disease, the following classes and the dental checkup have been cancelled. A notice will be posted on the Nara City website when they restart.

Hajimeteno Papa Mama Salon (First Mom & Papa Salon)

Maternity Teeth Check

40-year-old Mother Training Salon

Paku-Paku Class for 5-month-old Babies (Baby Food Class)

Ha-Pika Class for 1-year-old Babies (Preventing Tooth Decay Class)

Fluoride Coating for Tooth Decay Prevention

* Please refer to “Nara City Video Channel – Health Information” for information about baby food for infants and prevention of tooth decay. *In Japanese only

Inquiries: Boshi Hoken Ka Tel. 0742-34-1978

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

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 April 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 corona virus infection.
Checkup for 10-month-old babies (Born in October 2019)	Until the day before turning one year old from the 10-month birthday	
Checkup for 19-month-old babies	After the middle of June 2020, the examinations restarted, though some of the contents are changed. We will inform those who are eligible on an individual basis. Please check the city website.	
Checkup for 3 and half-year-old children		

Things to Bring: The questionnaire and your *Mother's and Child's Health Book*. The questionnaire for 4-month old and 10-month-old babies will be sent to you during the end of July 2020,

but people who moved to Nara City after July 1 and have not received the questionnaire by the checkup day, 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 to Start (For Those Born in July 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 Book* and your child's ID, 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

Maternal and Infant Health Care Consultations

Consultations about lifestyle during pregnancy, breastfeeding, infant development, etc.

Basically, you may consult with us over the phone to prevent the risk of coronavirus infection.

Consultations by public health nurses & midwives

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

Place: Hagukumi Center 3F



Consultation in person by midwives

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

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

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

* In some cases, consultations may be carried out by public health nurses.

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

Consultations by public health nurses at Tsuge Hoken Center

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

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

Consultations by public health nurses at Tsukigase Health Consultation Room

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

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

Consultation by visiting public health nurses from Tsuge Health Center

Date	Place
July 7 (Tues.) 10:00-12:00	Koto Kominkan
July 21 (Tues.) 10:30-12:00	Dongo-ga-oka Community Ground (former Tahara Kindergarten)

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

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

Nara Marathon 2020 cancelled

Nara Marathon 2020, which was scheduled for Dec. 12 (Sat.) and Dec. 13 (Sun.), has been cancelled, as it will be difficult to manage the event safely under the somber outlook for recovery from the new type of coronavirus infection.

Inquiries: Nara Marathon 2020 executive secretariat Tel. 0742-81-8752

Cancer and Other Exams

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

Items (Period) Those Eligible *3	Contents (Fee)	Things to Bring	Apply to	Place
(4) Stomach Cancer Exam (July to late March 2021) Those 40 years old and over	Interview, stomach x-ray exam (barium exam) (1,000 yen)	Jushin-hyo (Consultation form)	Kenko-Zoshin-Ka (Please see August schedule on page 13. Both stomach and lung exams are available at one time.)	Group exam (exam cars will stop at each places in Nara City.)
(5) Lung Cancer Exam (July to late March 2021) Those 40 years old and over *4	Interview, chest x-ray exam (500 yen), sputum test (only if necessary, extra 600 yen)			
(6) Stomach Cancer Endoscopic Exam (July to end of Feb. 2021). Those aged 50, 52, 54, 56, 58, 60, 62, 64, 66, 68 and 70	Interview, stomach endoscopic exam (4,000 yen)	Jushin-hyo (Medical Exam Passport)	Notices will be sent to those eligible (in late June)	MNC (Medical Institutions or clinics registered in Nara City)
(7) Bowel Cancer Exam (July to end of Feb. 2021) Those 40 years old and over	Interview, fecal occult blood test (1,000 yen). *Those who are 40 years old as of April 1, 2020 can use free check-up card.			
(8) Uterine Cancer Exam (July to end of Feb. 2021) Women 20 years old and over who are even-numbered ages (Those with odd-numbered ages who did not have the exam last year, please apply)	Interview, ocular inspection, cyto-diagnosis (2,000 yen) *Those who are 20 years old as of April 1, 2020 can use free tickets. (*Please see page14)			

(9) Breast Cancer Exam (July to end of Feb. 2021) Women 40 years old and over who are even-numbered ages (Those with odd-numbered ages who did not have the exam last year, please apply)	Interview, breast x-ray exam (mammography) (2,000 yen) *Those who are 20 years old as of April 1, 2020 can use free tickets (*Please see page 14)	Jushin-hyo (Medical Exam Passport)		
(10) Osteoporosis Exam (July to end of Feb. 2021) Women aged 40, 45, 50, 55, 60, 65, and 70	Interview, bone mineral testing (DXA). (1,200 yen)	Stomach Cancer Risk Medical Exam Sheet	Notices will be sent to those eligible (in late June)	MNC (Medical Institutions or clinics registered in Nara City)
(11) Periodontal Diseases Exam (July to end of Feb.2021) Those aged 40, 50, 60, and 70	Interview, periodontal tissue testing (1,000 yen)			
(12) Stomach Cancer Risk Exam (July to end of Feb. 2021) Those aged 40 to 70 who have never had the stomach cancer risk exam	Interview, blood exam (Free of charge) *Please contact Hoken-Yobo-Ka (Tel 0742-93-8397) to apply for this exam instead of stomach endoscopic exam			
(13) Hepatitis Exam (July to end of Feb. 2021) • Those 40 years old • Those 41 years old and over who have never had the hepatitis virus exam	Hepatitis Virus C Exam (HCV antibody test), Hepatitis Virus B Exam (HBs antigen test) Selectable. (Free of charge) Those not eligible but who have concerns about hepatitis virus B/C can apply for B & C exams regardless of the period. Call Hoken-Yobo-Ka (Tel 0742-93-8397).	Those aged 40: Bring <i>Jushin-hyo</i> (Medical Exam Passport) Those aged 41 and over: Bring Hepatitis Virus Medical Exam Sheet	Notices will be sent to those aged 41 and over: apply to Kenko-Zoshin-Ka (Health Care Section)	
(14) Lung Cancer Low Dose CT Exam (July to end of Feb. 2021) Those aged 50 and 60	Interview, chest low dose CT scan (6,000 yen) *5,000 yen for those who had stomach endoscopic exam in the same year	Lung Cancer Low Dose CT Exam Sheet	Kenko-Zoshin-Ka (Health Care Section)	

*3 : Age as of March 31, 2021 * 4 : Exams for tuberculosis included.

Exemptions for Various Cancer Exams:

Exams (4) to (11) are free for those who apply as city-tax exempt, etc. as of 10 days beforehand. Online submission is possible. Those who submit the application form will be sent the Medical Exam Passport with Free Exemption. No refunds are available.

HEALTH CHECKUPS for FISCAL 2020 (Reiwa Year 2)

Get to know your physical condition, reflect on your lifestyle, and have a health checkup for early detection of diseases to prevent severe cases.

*** Medical institutions might be restricting health checkups even if they normally offer health checkups now, to prevent the spread of COVID-19. Please speak to the medical institutions beforehand, and also do not have a medical checkup when you are not well.**

A health checkup passport, which is a list of medical examinations with consultation tickets (medical cards) for cancer examinations, was sent around late June. You can understand easily what kinds of medical examination will be held in this fiscal year. Please get a medical checkup at a medical facility listed on the enclosed table.

(Specific) Medical Checkups: Please refer to the sample above, the green dotted part of the Health Checkups

For Those Covered by Medical Insurance for the Elderly aged 75 or over

Inquiries: Fukushi-Iryo-Ka (Welfare and Medical Affairs Section) Tel. 0742-34-4754

Items: Period & Those eligible	Contents Fee: 500 yen	Things to Bring	Application	Place
1. Physical Exams: July 1 (Wed.) through the end of Feb. 2021	Inquiry, physical measurements, blood/urine exams, blood pressure check, anemia, ECG, eye fundus (only for those eligible)	*Consultation ticket (Checkup Passport) *Questionnaire *Health Insurance Certificate	Notices will be sent to those eligible in late June *1 (Mon.)	Medical institutes or clinics registered in Nara Prefecture
*1: Those who were insured on April 1 or later will receive the card for physical checkups in July or later.				

For Those Covered by National Health Insurance (40 years or over)

Inquiries: Kokuho-Nenkin-Ka (National Health Insurance and National Pension Section) Tel. 0742-34-4736

Items: Period & Those Eligible	Contents: Fee	Things to Bring	Application	Place
2. Specific Physical Exams: July 1 (Wed.) through the end of February, 2021 Those covered by Nara City NHI (40 - 74 years old) as of April 1. *2 For those who were insured after April 2 (Thur.) and want to receive this exam, please contact the section in charge.	Inquiry, physical measurement, blood/urine exams, blood pressure check, anemia, ECG(EKG) for free, eye fundus (only for those eligible)	*Consultation ticket (Checkup Passport) *Questionnaire *Health Insurance Certificate	Notices will be sent to those eligible in late June.	Medical institutes or clinics registered in Nara Prefecture

<p>3. Head MRI Exam: July 1 (Wed.) through the end of March, 2021</p> <p>Those covered by NHI and accept 2. Special Physical Exam in this fiscal year, and those who have no unpaid premiums.</p> <p>Capacity: up to 800 persons Deadline as soon as capacity is reached</p>	<p>Head MRI Exam: 8,100 yen</p>	<p>*Health Insurance Certificate *Results of the specific physical exam *Certificate for Reception</p>	<p>Contact the Kokuho-Nenkin-Ka: July through the end of February, 2021</p>	<p>Nara City General Medical Examination Center (Kashiwagi-cho)</p>
<p>*2: Those who will be 75 years old by the end of August will be informed of the No. 1 Physical exams sequentially after July.</p>				

*For those covered by insurance aside from the above-mentioned two, please ask that insurance company.

*Those who do not have health insurance (such as welfare recipients) will receive the card for free. For those who became welfare recipients on May 11 (Mon.) or later, please contact the Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

*For those who are in institutions, Nara City will send notifications only to those who applied. Please contact Fukushi-Iryo-Ka or Kokuho-Nenkin-Ka by phone.

* The results of a medical exam will be sent to the person from Nara City by mail later.

Beware of Heatstroke

July is Heat Stroke Prevention Month.

Be careful of heatstroke when hot days continue.

In Nara City last year, 230 people were transported by ambulance for heat stroke. This year, due to the new coronavirus, many people are refraining from going out. It is expected that the number of indoor outbreaks will increase. Wearing a mask keeps the whole face warm, so be more careful than usual.

Heat stroke can be prevented by knowing the correct preventive methods and taking precautions.

Measures to prevent heat stroke

Always care about temperature and humidity.

Keep the room cool.

Dress appropriately.

Be careful of the people around you.

Drink water frequently.

Take a proper amount of salt.

Make your body strong.

Keep your sleeping environment comfortable.

It is easier to avoid the risk of heat stroke by using proper air conditioning and dressing appropriately. Get in the habit of always being aware of the risk of heat stroke in your environment.

What is Mask Heat Stroke?

It's harder for cold air to reach to the lungs when wearing a mask. The movement of the respiratory muscles is said to become active, breathing becomes rough, and the body tends to retain heat. When going out or working with a mask on, please try to prevent heat stroke more than in a typical year. Choose breathable clothes with an open neck, wipe your face with a cold towel, use a neck cooler, and take water frequently. (Avoid strenuous exercise while wearing a mask.)

Inquiries: Iryo Seisaku-Ka (Medical Policy Section) Tel. 0742-93-8392

