

Nara City Information for Residents

September 2020 Issued by Nara City Hall (No. 1198)

(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.

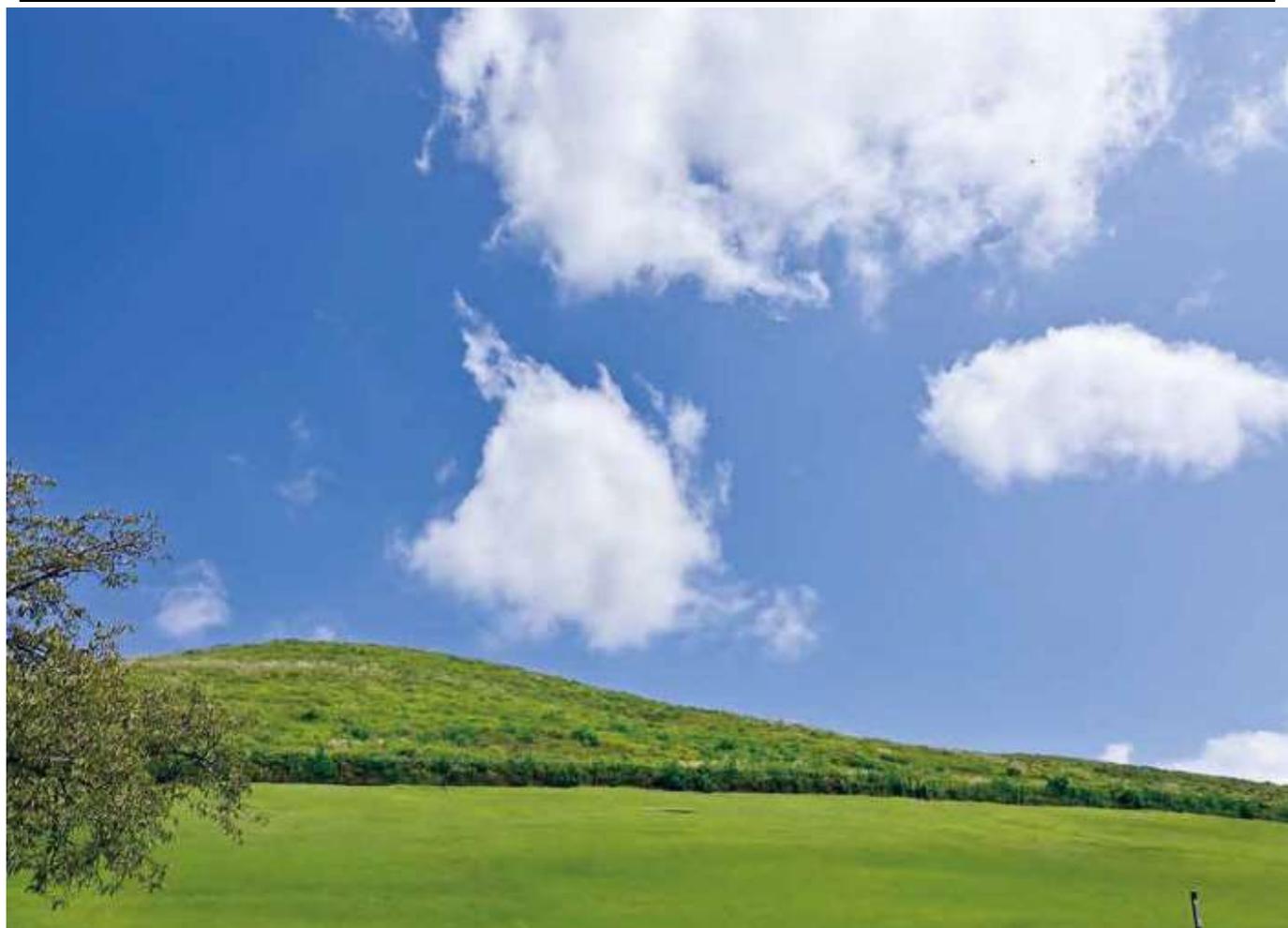
Translation by Nara SGG Club (Systematized Goodwill Guide Club)

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



Nara City's New Disaster Prevention Countermeasures in the COVID-19 Era

In recent years, more and more natural disasters, such as typhoons, floods, etc. are occurring all over Japan. Nara City is no exception; we need to be always vigilant and prepared for evacuation. In addition, due to the spread of COVID-19, a shift to a "new evacuation method" is being required this year, avoiding the three Cs (Crowded places, Close-contact settings and Closed spaces) and so on. In this issue appear some collaborative efforts by public, private and local entities for establishing such methods.

Increasing Annual Rainfall and Alerts

According to the Nara Local Meteorological Observatory, the average annual rainfall over the past five years has been on the rise. In 2019, Nara City's maximum precipitation was 1.8 times as much as that in 2009. Torrential downpours in a shorter duration have become more frequent.

Also, we have witnessed a rapid increase in the issuance of alerts over the past five years. Now there is a greater possibility of evacuation.

Challenges in Evacuation Sites Posed by COVID-19

On the other hand, evacuation sites are facing new problems.

Nara City has 148 designated evacuation sites (primary and secondary), which all together can accommodate 51,327 people. The figure is based on the calculated number of maximum evacuees in the event of the Nara Basin Touden (Eastern edge) Fault Earthquake, assuming that one evacuee needs two square meters. However, if social distancing countermeasures against COVID-19 are taken into account, this estimated total could be reduced considerably.

How to manage evacuation sites while preventing COVID-19 from spreading? What to do with the possible decrease in capacity of evacuation sites? We have yet to cope with these new challenges.

NARA CITY'S NEW MEASURES TO PREPARE AGAINST THE DISASTERS -----

Nara city is working for new disaster - measures, preparing against natural disasters that occur frequently these years under the COVID 19 outbreak, in cooperation with public, private and each local.

- 1) **Community centers and other local facilities will be admitted to use as evacuation sites from this year.**
Residents of each area can use their community centers and other local facilities as evacuation sites, if they notify the City about it in advance. This is thought to be effective to settle the problems such as decreasing the seating numbers at designated evacuation sites and recommend distributed evacuation.
- 2) **A key box at the designated evacuation sites**
The City will set up a box for a numbered-key at the designated evacuation sites, to open the site smoothly if necessary. A city staff and a local person in charge share the number of the key of the facility.
- 3) **You can use the city-designated hotels as evacuation sites at a low price.**
When the large -scale natural disasters attack you, you can use vacant rooms of hotels as evacuation sites. Depending on the situation, you can stay in the hotel for up to 48 hours.
You can stay in the hotel up to 24 hours for 1,000 yen per person.
For detail, please visit the City - website on each occasion.
- 4) **Enough distribution and stockpile of sanitary goods**
The City will prepare more masks, alcohol sanitizer, non-contact thermometers, tent type partitions, etc., to provide them to the designated evacuation sites, enough for what people need.

Disaster Prevention Measures that may be taken by an individual

<p>Please cooperate by evacuating to various places. “Evacuation” is not “going to a shelter” but rather “securing a safety”. Please cooperate in “evacuating to different shelters” to avoid congestion and prevent infection from spreading at places of refuge.</p> <p style="border: 1px solid green; display: inline-block; padding: 2px;">Examples</p>	<p>Items that have to be in the bag</p> <p>Important Documents: A copy of your personal identification card and driver’s license, bank account numbers and emergency contact information.</p> <p>For collection of information: Spare battery for a cellular phone, a hand-cranked battery charger, a portable radio, writing materials, flashlight and lantern</p> <p>Food, etc.: Emergency food supply, drinking water, foldable plastic water container, eating utensils</p> <p>Daily necessities: Thick gloves, aluminum blanket, utility knife, change of clothing, rain jackets and shoes, an outfit for cold weather, portable toilet, toilet tissue, hand pocket warmer, slippers, toothpaste, towels, plastic bags</p> <p>Emergency medical kit: First aid kit, prescription and non-prescription medications, a copy of prescriptions</p> <p>Others: Warning whistles, paper diapers, powdered milk, feminine hygiene supplies</p> <p>Please prepare useful items to prevent against infection: Face masks, thermometer, disinfectant and wipes</p> <p>* It is important to prepare a hard hat, rubber boots, etc.</p> <p>Daily Stockpile: Please prepare stockpiles of <u>food and daily necessities for a period of more than one week</u> on the assumption that you may be evacuated to an evacuation site or may stay at home as refuge. A portable stove (with approx. 10 gas cartridges) may be useful.</p>
<p style="text-align: center;">To 2nd floor of your house (vertical escape)</p> <p style="text-align: center;">To friends/relative's house</p> <p style="text-align: center;">Shelters like gymnasiums or public halls</p> <p style="text-align: center;">Use Hotels</p> <p style="text-align: center;">Stay in a car in a safe place (on high ground or a parking lot at a refuge).</p>	
<p style="text-align: center;">Check Your Disaster Preparedness</p> <p>Emergency Evacuation Bag Your will need items for one day. They must be as light and compact as possible and be placed near the entrance hall. (Suggested weight for men - 15kg, women - 10kg, and the aged and children - 6kg)</p>	

Supplementary Budget

To Protect Our Lives and the Future of Our Community

In the Time of Living with Coronavirus

The supplementary budgets in June and July, which utilize the ‘Local Revitalization Grant for Novel Coronavirus Disease’ from the national government, respond to the emergencies mentioned below.

1. Improvement of the medical system, preparing for the second and the third of wave of coronavirus
2. and infectious disease control
3. Financial support for those struggling with their livelihood or business
4. Measures for adapting to the new normal with / after coronavirus

Supplementary budget in June (general account): 776,747,000 yen in total (for coronavirus disease control)

Supplementary budget in July (general account): 2,272,729,000 yen in total

Inquiries: Zaisei-Ka (Financial Section) Tel. 0742-34-4720

Recently, more and more young people have been infected with COVID-19 Take measures to prevent infection at dining or drinking parties and so on.

Since July, infection has spread among people in their thirties and younger.

The risk of cluster (mass infection) occurrence is high in situations where face masks are not worn and droplets of saliva are flung in the air by talking. If you are holding dinner, banquet, or drinking party, be sure to avoid the 'Three Cs' (Closed Spaces, Crowded Places, Close-contact Settings). To provide adequate infection control, wear face masks and pay attention to hand hygiene regularly even if you show no symptoms.

Inquires: Iryo-Seisaku-Ka (Tel. 0742-93-8392)

Please Cooperate with "COCOA" Registration

COCOA is a smartphone app delivered by the Ministry of Health, Labor and Welfare with which you can receive notifications about the possibility of contact with people infected with COVID-19.

Users will get support from public health centers for examinations, etc. quickly, by proving the possibility of contact with a COVID-19 positive person.

This app's effect will be greater with more users, so we would like to ask everyone to install this app.

This app's privacy measures:

*Each user consents to use, ensuring mutual privacy by using the smartphone's Bluetooth.

*Records of contact are managed only in the terminal and not leaked.

*Neither party will know when, where and with whom they made contact with.

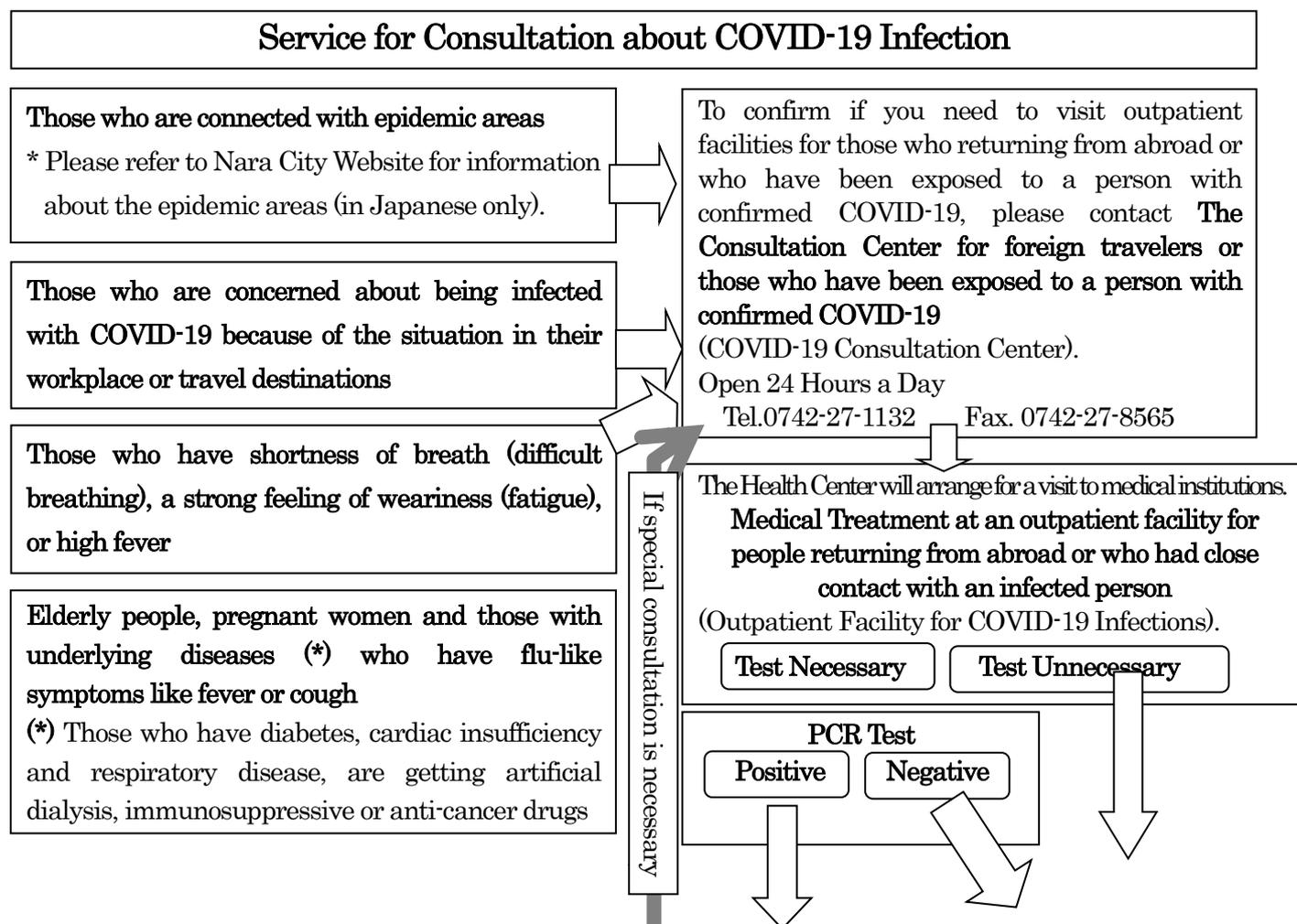
Information about contact is recorded only in the terminal by random codes.

Records will become invalid in 14 days.

Information that identifies an individual like contact information and location information, etc. is not recorded.

Information is not recorded when Bluetooth is turned off.

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



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)

Hospitalization at designated medical care institutions for infectious disease or other measures.

Stay at Home (Self-Isolation) or Normal Doctor's Visit

Those who need a general consultation about COVID-19 infections

General Consultation (City Health Center)
 Weekday 8:30-17:15
 Sat. Sun. Holidays 10:00-16:00
 Tel. 0742-95-5888
 Fax. 0742-34-2486

Re: financial aid such as the city's subsidy(*) to prevent COVID-19 spread
 (*The application deadline has been extended to Sept. 30(Wed.)

Sangyo-Seisaku-Ka (Industrial Policy Sect.)
 Tel.: 0742-34-5614
 Time: 8:30-17:15 (Weekdays only)

Re: Inquiries about COVID-19 countermeasure headquarters meeting

Iryo-Seisaku-Ka (Medical Policy Sect.)
 Tel. 0742-93-8392
 Time: 8:30-17:15
 Weekdays only

The Open Deck "Kitamachi Aozora Terrace" has opened in Higashimuki Kita Shopping Street.

Restaurant sales in Nara City dropped sharply due to the new coronavirus infectious disease. As a response to the new lifestyle corresponding to the coronavirus, the Higashimuki Kita Shopping Street has cooperated with Nara City and opened a demonstration experience of the open deck "Kitamachi Aozora Terrace", using the space of the shopping road. Nara City plans to widen the scale of this open deck to Sanjo Street. Please visit the open deck of the restaurants.

Time & Date: 11:00 – 20:00, Friday and Saturday until Nov. 30 (Mon.)

* Canceled in case of rain / some of the restaurants will open on other days.

Location: about 60 m along Higashimuki Kita Shopping Street

Inquires: Sangyo-Seisaku-Ka (Industrial Policy Division) Tel. 0742-34-4741

National Census "2020"

The National Census, held every five years, will be conducted from September 14 to October 7.

All households and people living in Japan irrespective of age and nationality are required to be interviewed.

Proposed interviewing period via Internet: September 14 (Mon.)-October 7 (Wed.)

Proposed interviewing period by mail: October 1 (Thurs.)-October 7 (Wed.)

We recommend interview via Internet: <https://www.kokusei2020.go.jp/>

- 1 **Access:** Please visit the above website upon receipt of the census form.
- 2 **How to log-in:** Enter Log-in ID (eight-digit number) and Access Key (four-digit number) listed on the Internet-Kaitou-Riyou-Guide (Guide to the Internet Interview) in the census form.
- 3 **Interview:** Please proceed according to the instructions on the screen. Finally, set a password and transmit the form. *Submission by mail is acceptable in case of unavailability of Internet.

This census is applicable to all households and people living in Japan. Infants and foreign residents are also included in the interview.

You are required to be interviewed by law. Please be interviewed via Internet or by mail. Census takers will visit every home to deliver the census form from September 14. The form will be put in the post in case of absence.

Notice and Request about the Disposal of Garbage Related to the Novel Corona Virus Infectious Disease

Inquires: Haikibutu-Taisaku-ka (Waste Management Section) Tel.0742-71-3001

Garbage collection is indispensable in maintaining our healthy lives.

Please cooperate to reduce the risk of infection to workers, who collect and handle garbage, as well as to you and your family.

<How to dispose of garbage such as tissues and facial masks>

In case someone in your house is infected with COVID 19 or is suspected of being infected, please be cautious when you throw away tissues contaminated with nasal mucus and facial masks.



1. Line the trash can with a plastic bag. Change the bag earlier before being filled with trash to avoid touching it.

2. Be careful not to touch the trash directly and tie the plastic bag firmly.

3. Wash your hands with soap after you dispose of it.

It's more effective to double garbage bags doubly when you need to enhance the sealability of the bag, to prevent trash contaminating the surface of the bag or the bag having loose openings and holes or rips.

* Use transparent or semitransparent garbage bags so the inside of the bag is visible.

* Don't double garbage bags to dispose of plastic packaging and containers as that prevents recycling.

* As for "Business-related general waste" like tissues from business and facilities, please follow steps 1~3. When garbage related to novel corona virus is generated at medical institutions, treat it properly according to the "Infectious Waste Disposal Manual Based on Waste Disposal Law" and so on.

* There are many cases where masks accidentally fall down or are thrown away on road. Please cooperate in disposing of them properly.



manual issued by
the Environment
Ministry

Garbage Collection

Put Garbage out by 7:30 on Collection Day

Collection times 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.

*Garbage will be collected regularly on September 21 and 22 (both holidays)

Unburnable Garbage Collection Dates and Areas in September

Area	Burnable Garbage	Unburnable Garbage
A, F	Mon. & Thurs.	9, 23 (Wednesdays)
B, E		
C, H	Tues. & Fri.	2, 16, 30 (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.

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

September 9 (Wed.) is First Aid Day and September 6 (Sun.) to 12 (Sat.) is Emergency Medicine Week

Please Use Ambulances Properly.

Ambulances and emergency medicine are limited resources. There were 21,102 cases of emergency aid in 2019, and the number has been increasing year after year. While some calls for an ambulance are unnecessary calls, some other people are hesitant to call even in cases of heart attack and stroke, which should be treated as soon as possible. When you are not sure if you should call an ambulance or not, please call:

Nara-Ken Kyukyu Anshin Center (Nara Prefectural Emergency Medical Care Center):
Tel. # 7119 Tel. 0744-20-0119 around the clock

Kodomo Kyukyu Denwa Sodan (Emergency Helpline for Children under 15)

Tel. # 8000 Tel. 0742-20-8119

Weekdays: 18:00-8:00 (next morning)

Saturday: 13:00-8:00 (next morning)

Sunday, Holidays, the year end & New year holidays: 8:00-8:00 (next morning)

Traffic Safety Campaign in Autumn

Keep the Roads in Nara Safe and Accident-Free

“Let's Improve Traffic Manners in Nara”

Campaign Period: Sept. 21 (Holiday) - Sept. 30 (Wed.)

Priority Activities:

1. Securing the safety of pedestrians, including children, and the safe use of bicycles.
2. Encouraging elderly drivers to drive safely.
3. Preventing traffic accidents at dawn and night, and drunk driving.
4. Preventing traffic accidents caused by two-wheeled motor vehicles, motorized bicycles and bicycles.

Sept. 30 (Wed.) Is The Day to Aim for Zero Traffic Accident

Bicyclist should take out liability insurance for accidents.

*Events during the traffic safety campaign will be cancelled to prevent the spread of new coronavirus infection.

Inquires: Kiki-Kanri-Ka (Crisis Management Section) Tel. 0742-34-4930

Sept. 24 (Thurs.) - 30 (Wed.) is Tuberculosis Prevention Week

Tuberculosis is still a major infectious disease in Japan, and it passes from one person to another by air infection. Fifty-three patients were diagnosed in Nara City in 2019. We must learn about and try to protect ourselves from tuberculosis. Please note that its symptoms, for example coughing and fever, do not only mean COVID-19 infection.

We must know the 3 elements for prevention.

1. If you have cold-like symptoms for two weeks, see a doctor.

The 5 major symptoms of tuberculosis are coughing, phlegm, bloody phlegm, fever, and chest pain. Because they are very similar to the symptoms of a cold, it's easy to overlook them. If these symptoms continue for more than 2 weeks, please consult a doctor and have an examination immediately.

2. Have a chest X-ray examination once a year.

When tuberculosis bacilli enter the lungs and create foci, shadows can be seen in x-rays. You should have an X-ray examination once a year for early detection. If you are over 65 years old, please make use of the Tuberculosis Examinations for Citizens. (The examination will be held every even month of this year.) If you do not, please participate in a medical checkup at your work place or through *Ningen Dokku* (complete medical checkup).

3. Healthy lifestyle

Even if you are infected with tuberculosis, it doesn't always develop into a disease. Your body's resistance can protect you from this disease. Try to have balanced meals, get enough sleep, and build up stamina to maintain a healthy life and prevent the spread of tuberculosis.

The panel display for Tuberculosis Prevention Week

Day & Time: 1. Sept. 14 (Mon.) – 25 (Fri.) 2. Sept. 28 (Mon.) – Oct. 2 (Fri.)

Place: 1. Hagukumi Center, first floor (Sanjo honnmachi), 2. City Hall, first floor passageway

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

Cancer Examinations in October

Application: Please apply to Kenko Zoshin-Ka (Health Care Section) by phone, fax or the city website.

Please apply to Tsukigase Health Consultation Room about examinations held at Tsukigase Kominkan.

Period: From September 1 (Tues.) to September 18 (Fri.). Internet applications will be accepted until September 10 (Thurs.). Free of charge for those who are on social welfare or households exempted from residential tax. Please notify of such when you apply.

Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
1 (Thurs.)	Seibu Shogai Sports Center Club House	9:15 – 9:45	14
		9:45 – 10:15	13
5 (Mon.) 26 (Mon.)	Hokubu Shutchosho	9:15 – 9:45	10 each
		9:45 – 10:15	
8 (Thurs.) 15 (Thurs.)	Hagukumi Center	8:45 – 9:15	17
		9:15 – 9:45	16
13 (Tues.)	Tommigaoka Kominkan	9:30 – 10:00	13 each
		10:00 – 10:30	
16 (Fri.)	Seibu Toshokan	9:45 – 10:15	10 each
		10:15 – 10:45	
19 (Mon.)	Coop Oshikuma	9:15 – 9:45	14
		9:45 – 10:15	13
23 (Fri.)	Tomio Kominkan	9:15 – 9:45	14
		9:45 – 10:15	13
27 (Tues.) 28 (Wed.)	Tsukigase Kominkan	8:30 – 10:30 (With time designation)	30 each

29 (Thurs.)	Naramachi Center	9:15 – 9:45	14
		9:45 – 10:15	13

Lung Cancer Examination

Date	Place	Reception Time	Capacity
2 (Fri.)	Hagukumi Center	14:00 – 14:30	30 each
		14:30 – 15:00	

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

Lung Cancer Examination: Chest X-Ray (including examination for tuberculosis)

Fee: 1,500 yen (1,000 yen for stomach cancer examination only and 500 yen for lung cancer examination only). 600 yen as an additional fee for sputum test based on a general check-up for lung cancer (postage might need to be paid)

Those Eligible: 40 years old and over. Pregnant women; those who had stomach, lung, or intestine surgery or are in treatment; those who have barium sensitivity or had aspiration (lung cancer examination is possible); and those who had an endoscope stomach cancer check by Nara City in the previous fiscal year (lung cancer examination is possible) are excluded.

Others: For those who are breast feeding, please notify us of such when you apply. The examination interval is once a year. There might be cases where you may not be able to take the examination depending on your health or questionnaire.

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax. 0742-34-3145
Tsukigase Health Consultation Room Tel. 0743-92-0480

Leaflets of Pre-Examination Sheets for Vaccinations Were Sent Out in Late August, For Those Born in July 2020

Vaccinations are available when you have the leaflet, Mother's and Child's Health Handbook and a health insurance card. Please contact Kenko-Zoshin-Ka (Health Protection Section) if you have moved to Nara City recently and don't have a leaflet yet.

*Before getting vaccinated, fill in the pre-examination sheet with an indelible black pen.

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

Medical Checkup for Babies & Children

Checkup by age	Date	Place
Checkup for 4-month-old babies (Born in June 2020)	Until the day before turning 6 months old from the 4-month birthday	Designated Medical Facilities *General checkup term is one month, however it will be two months temporarily for the prevention of the corona virus infection.
Checkup for 10-month-old babies (Born in December 2019)	Until the day before turning one year old from the 10-month birthday	
Checkup for 19-month-old babies	Some of the contents have changed. Those who are eligible will be notified on an individual basis. Please visit the city website for further information.	
Checkup for 3-1/2-year-old children		

Things to bring: The questionnaire and your *Mother's and Child's Health Book*. The questionnaire will be sent toward the end of September 2020. People who moved to Nara City after September 1 and have not received the questionnaire by the checkup day should contact Boshi-Hoken-Ka (Mother & Child Health Section).

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

Japanese Encephalitis Vaccinations to Start (For Those Born in September 2017)

Your child should 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 an additional vaccination 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 (Refer to the Nara City Website).

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

Classes for Maternal and Infant Health

Please check details on the Nara City website* about the following classes below and then refer to "Nara City Video Channel – Health Information" for information about baby food for infants and prevention of tooth decay. *In Japanese only

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

Hajimeteno Papa Mama Salon (First Mom & Papa Salon)

Maternity Teeth Check

40-year-old Mother Training Salon

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

Maternal and Infant Health Care Consultations

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

Consultations by phone or in person with public health nurses & midwives

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

Place: Hagukumi Center 3F

Consultation in person with midwives

Date & Time: 10:00-14:00 on weekdays (accepted 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 with public health nurses.

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

Consultations by phone or in person with public health nurses at Tsuge Hoken Center

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

Consultations by Visiting Public Nurse

Date & Time	Place
Sept. 10 (Thurs.) 10:00-12:00	Tsukigase Welfare Center (Tsukigase Oyama)
Sept. 15 (Tues.) 10:30-12:00	Dongogaoka Community Hiroba (Yokota-cho, previous Tahara Kindergarten)
Sept. 17 (Thurs.) 9:30-11:00	Yagyū Kodomo-en (Yagyū Shimo-cho)
Oct. 6 (Tues.) 10:00-12:00	Koto-Kominkan (Oyagyū-cho)

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

Consultations by phone or in person with public health nurses at Tsukigase Health Consultation Room

Date & Time: 9:00-16:30 on weekdays (An appointment is necessary)

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

Bosai Center

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

- Seminars**
1. Course for rescuing adults (Ordinary lifesaving course I)
 2. Course for rescuing infants (Ordinary lifesaving course III)

Date & Time: 1. Sept. 9 (Wed.), 17 (Thurs.), 27 (Sun.), Oct. 3 (Sat.), 14 (Wed.), 25 (Sun.) 13:00-16:00
2. Sept. 17 (Thurs.) 9:30-12:30

Contents: Cardiopulmonary resuscitation methods, how to use an Automatic External Defibrillator (AED), etc.

Capacity: 10 people each, over junior high school age

Application: Call the Bosai Center by the day before the class

Pneumonia is The No. 5 Cause of Deaths in Japan.

The case fatality rate of pneumonia is increasing with age.

Adult 23-Valent Pneumococcal Vaccination

For the people who have not received the vaccination

*There is no notification to eligible people.

The microorganism causing the most cases of pneumonia in elderly people is pneumococcus.

While there are about 90 pneumococi, the 23-valent pneumococcal vaccine can prevent 23 kinds of pneumococcus which might cause infection. (This vaccine does not prevent COVID-19 infection.)

Period: From April 1, 2020 to March 31, 2021

Fee: Partial self-pay 3,000 yen

Welfare recipients or those receiving benefits as Japanese residents left in China are exempt from vaccination costs when they bring their “welfare recipient's certification” or “Japanese residents left in China benefits recipient's certification” on the inoculation day after getting those documents from *Hogoka* in advance.

Things to bring: a Health Insurance Card, or some form of identification

Applications: Please make an appointment on the phone at registered clinics in Nara City

Eligibles 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

The following applicants need additional procedures in advance. Please inquire to Kenko-Zoshin-Ka.

1. 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
2. Those who want to receive the vaccination outside of Nara City (outside of Nara Pref.)

Education Center Kids Learning Floor

Class Name	Date	Time	Deadline
Planetarium “ <i>Nijiuro</i> and Seasonal Constellations” (Sept.) Capacity: 12 seats (Only 2 is scheduled on Sept. 5 (Sat.))	Every Sat., Sun. & Holi.	1. 10:00-10:20 2. 13:30-14:00	On the day
Miracle! Science! Grow, Cool, Changing Colors! What happens when bicarbonate, citric acid and water are mixed?	Sept. 19 (Sat.)	1. 10:30-11:00 2. 14:20-14:50	Sept. 8 (Tues.)
Movie Screening “Seton’s Wild Animals – Little Red Squirrels Protect Forests” (Capacity: 40 seats each)	Sept. 20 (Sun.)	13:00-13:30	On the day
Night Planetarium “Strolling in a starry sky – Astronomical Observations.” (Capacity: 12 seats, adults may participate alone.)	Sept. 25 (Fri.)	18:30-19:10	Sept.11 (Fri.)
Science Experiment Class: Making a Coin Sorting Machine. (Things to bring: 5 each of 100 yen, 10 yen and 1 yen coins. One each of 500 yen, 50 yen, and 5 yen coins.)	Sept.26 (Sat.)	10:00-11:30	
Storytelling Class: “A Grandfather Who Swallowed a Bird.”	Sept. 26 (Sat.)	10:30-11:00	On the day
Programming Experience Class (Beginners): Making a fantastic aquarium.” (Materials: Programming App “Biscuit”)	Sept. 27 (Sun.)	1. 10:30-11:00 2. 14:00-15:30	Sept. 11 (Fri.)
Miracle! Science! - “Playing with a plastic bottle air gun. We can make it with a plastic bottle and a rubber balloon!”	Oct. 3 (Sat.)	1. 10:30-11:00 2. 14:20-14:50	Sept. 18 (Fri.)
Robot Class (Beginners): Moving a racing car! (Materials: Lego, We Do 2.0) * The robots cannot be brought home.	Oct. 3 (Sat.) Oct. 18 (Sun.)	10:00-11:30	Sept. 18 (Fri.) Oct.2 (Fri.)
Craft Class: Nigiri-Sumi, making hand-squeezed ink sticks . (Fees: 1,650 yen)	Oct. 10 (Sat.)	10:00-11:30	Sept. 25(Fri.)
Storytelling Class: “The World’s Most Beautiful Voice “	Oct. 10 (Sat.)	10:30-11:00	On the day
Science Experiment Class: “Making a hand powered Generator” (Target: 4 th grade students and older)	Oct. 17 (Sat.)	1. 13:00-14:00 2. 14:30-15:30	Oct. 2 (Fri.)
Craft Class: Making a solar lantern: Learning about Global Warming and Energy. (Fees: 700 yen) Things to bring: An empty 1,500 ml cylindrical round plastic bottle (for carbonated drinks)	Oct. 18 (Sun.)	13:30-15:30	Oct. 2 (Fri.)
Craft Class: Making a hand-moving xylophone and a Japanese bush warbler-whistle. (Fees: 500 yen)	Oct. 25 (Sun.)	10:00-12:00	Oct. 9 (Fri.)

Capacity: 6 pairs (from 6 to 10 children with guardians) if class capacity is not listed in the table.

Applications: Send a return postcard with the class name, the date, child’s name (with the reading in *Kana*), child’s school name and grade, the guardian’s or group leader’s address and name (with the reading in *Kana* and phone number and the number of those who attend in case of the planetarium class) to Hagukumi Center [Kid’s 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. (Brothers or sisters can be included on one postcard.) In case of excess, a lottery will be held.

Others: Reception on the day of the class will start 20 minutes prior to the starting time. Please cooperate in wearing face masks when you go to Hagukumi Center and taking a health check at reception. Participation may not be possible due to your health condition. Other programs will also be held. Contents and dates above might be changed. If a course with an advanced application is canceled, you will be notified using the reply postcard you sent. The program above may be put off, changed or cancelled in order to prevent infection and spread of COVID -19.