

Nara City Information for Residents

December 2020 Issued by Nara City Hall (No. 1201)

(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



For Easier Everyday Shopping

In order to help citizens who have difficulty in daily shopping, Nara City has set up "the Nara City Shopping Support Network" in cooperation with the city's Social Welfare Council and private sector businesses engaged in mobile delivery.

Due to the coronavirus pandemic not a few people are reluctant to go shopping using public transportations. So, it is expected that more citizens are likely to use services provided by the network from now on.

Necessity for Shopping Support in an Aging Society

The population of Nara City is estimated to decline to 300,000 or less in 2040 after its peak in 2005. Also the under-64 population (children and working-age adults) will sharply decrease while the number of senior citizens over the age of 65 is on the rise. In 2040 the aged population is expected to be over 40%: a rapidly graying society with fewer births.

According to questionnaires the city conducted in 2019, over half of citizens, regardless of their ages, had inconveniences or problems in shopping, such as having to walk a long way to go to stores, train stations or bus stops. Moreover, major opinions from senior citizens were that it was difficult for them to carry heavy things, it was hard to go shopping, and they could not do their shopping without support from their family. These voices indicated an urgent need for help in shopping.

Shopping Supports in Nara City until Today and for Tomorrow

What Has Been Done to Make Shopping Easy?

Shopping Service Map to Help Your Shopping Easy

In order to see the shopping environments for aged households in Nara City, a survey was carried out in 2012. Based on this, we made a "Shopping Service Map", which covers information about supermarkets and private shops where you can ask for delivery of fresh food and daily necessities by phone or in person. Currently this information about shops is available on the Nara City website (58 shops as of Nov. 2020).

What Is Being Done To Make Shopping Easy?

Launch of the Nara City Shopping Support Network

Nara City, the city's Social Welfare Council, and the Community's Comprehensive Support Centers have shared information about citizens who have difficulty shopping, and have been setting up the network to eliminate their problems from October this year.

Business operators and organizations that can help with shopping are involved in this network. So shopping supports other than delivery services will be available.

Who Are the Members of the Nara City Shopping Support Network?

What Are They Doing?

Community-Based Members: They inform the network and coordinating stores about problems with shopping in the community.

- Nara City Social Welfare Council
- Community's Comprehensive Support Centers
- UR Community, Nara Housing Center

Action Members: They provide shopping support services such as delivery.

- Nara Co-op
- Seven-Eleven Japan
- Kinsho Store (Tokushimaru)
- Daiei

Publicity Members: They coordinate the network members and the City Hall staff, publicize the network, and promote participation.

- Nara City

COVID-19

Prevent COVID-19 Outbreaks during the New Year Holidays

Nara City suggests the following, based on 'The Five Scenes where the risk of infection increases', promoted by the central government.

Please refer to this information how to spend the year-end and New Year holidays.

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

Please avoid eating and drinking with many people or taking a long time while eating out.

Pay attention: Keep groups to 4 people or less, meals within two hours as much as possible, and don't continue the gathering at other places.

Only have meals with people with whom you have close relationship.

Don't participate in a gathering if you are not feeling well.

Sharing dishes is strictly prohibited.

Avoid sitting facing each other or right beside each other.

Don't forget to wear a mask when you talk or sing karaoke, and disinfect the microphone after use.

Please go to restaurants that follow these guidelines.

*Restaurants that comply with the guidelines are recommended. The employees' health should be well managed, all employees wear masks, acrylic boards separating seats are installed, ventilation is good and cleanliness is well controlled.

Restaurants and shops with **the sticker of 'Infection Prevention Declaration Against COVID-19'** are a good indication.



Avoid conversations without masks.



Remember that face shields and mouth shields are less effective.

Wear a mask when traveling by car or public transportation, and open the windows for ventilation.

Be careful of sharing a close space.

Practice thorough hand washing and alcohol disinfection

Regularly disinfect rooms such as dormitories and doorknobs, and clean the toilets.

Check your health such as taking your temperature, and if you feel unwell, share this information promptly.

Risks increases when the seating area changes.

When you change place, such as during a break at work, risks increases due to relaxation or changes in the environment.

Refrain from talking much in the break room, smoking area or a locker room, and don't forget to wear a mask in those places, too.



Information on Medical Consultation for COVID-19

If you have flu-like symptoms,

Consult your family doctor or medical institution nearby you by phone.

Medical Care & PCR Testing will be available at *The Prefectural Government Certified Medical Institution for Fever Outpatients or Introduction to Testing Facilities.

Medical Care & Introduction to Medical Institutions for PCR Testing will be available at other institutions.

*Medical Institutions authorized by Nara Prefectural Government, which have the same function as The Consultation Center for foreign travelers or those who have been exposed to a person with confirmed COVID-19, available for not only medical practice but also PCR Testing

If you don't know where to consult,

Call The COVID-19 Consultation Center for Fever Outpatients (former The Consultation Center for foreign travelers or those who have been exposed to a person with confirmed COVID-19). Tel. 0742-27-1132 Fax. 0742-27-8565 (available 24 hours/7 days a week)

Introduction to Medical Institutions for medical care and/or PCR Testing will be made.

In case of a positive result, hospitalization at the designated medical institution or quarantine will be advised.

Operation Schedule during New Year's Holiday

Please contact the Consultation Center for an introduction to a medical facility. Tel. 0742-27-1132 Fax. 0742-27-8565 (24 hours/7 days a week)

The Night-time and Holiday Emergency Medical Clinic

Date & Time: December 29 (Tues.) 22:00-6:00

Date & Time: December 30 (Wed.)-January 3 (Sun.) 10:00-19:00, 22:00-6:00

Regional COVID-19 Consultation Center located in the Night-time and Holiday Emergency Medical Clinic, and The Health Care Center

Date: December 29 (Tues.)-January 3 (Sun.)

Regional Outpatient Test Center (Drive-through Testing)

Date: December 29 (Tues.).

Note: The above measures comply with new "COVID-19 Prevention Guidelines".

We have established new guidelines according to the Japanese Government's protocol. Please refer to the Nara City website regarding the current level of infection (Infection Spread Level), etc.

Website for updated "Nara City COVID-19 Information"



Emergency Medical Clinics Open during Year-End and New Year Holidays

Please refer to page 6 for inquiries regarding COVID-19 during the year-end and New Year holidays.

Emergency Medical Care

Nara City will provide emergency medical services during the end of the year and the beginning of the New Year in cooperation with Nara City Medical Association, Nara City Dental Association, and Nara City Pharmaceutical Association. Internal Medicine and Pediatrics Departments will provide 24-hour-a-day care for four days.

Please bring your health insurance card and any necessary certificates of qualification to receive emergency medical care.

Hours	Internal Medicine & Pediatric Department	Dentistry
6:00-10:00	Designated Hospital (Dec. 31-Jan. 3)	Holiday Emergency Dental Clinic (Dec. 30-Jan. 3) Consultation Hours: 10:00-16:00
10:00-19:00	Holiday and Night-Time Emergency Medical Clinic (Dec. 30-Jan. 3)	
19:00-22:00	Designated Hospital (Dec.31-Jan. 3)	
22:00-6:00	Holiday and Night-Time Emergency Medical Clinic	

The Holiday and Night-Time Emergency Medical Clinic:

Place: 519-28, Kashiwagi-cho, adjacent to the south of Nara City Central Medical Examination Center **Tel.:** 0742-34-1228

Reception Date & Time: Between Dec. 30 (Wed.) and Jan. 3 (Sun.) 9:30-18:30, 21:30-5:30

Holiday Emergency Dental Clinic

Place: 3-1 Sakyo 5-chome, Sogo Fukushi Center 2nd floor **Tel.:** 0742-70-4182

Reception Date & Time: Between Dec. 30 (Wed.) and Jan. 3 (Sun.) 9:30-11:30, 13:00-15:30

The Designated Hospitals Listed Below Will Be Open between Dec. 31 (Thurs.) and Jan. 3 (Sun.) (Internal Medicine and Pediatric Departments, including infants, only)

Consultation Hours: 6:00-10:00, 19:00-22:00

Please make sure to call each designated hospital before visiting.

Date	Dec.31(Thurs.)	Jan.1 (Holiday)	Jan. 2 (Sat.)	Jan.3 (Sun.)
Hospital	Nishino-Kyo Hospital	Nara Seibu Hospital	Nishinara Chuo Hospital	Takanohara Chuo Hospital
Phone	0742-35-1121	0742-51-8700	0742-43-3333	0742-71-1030
Address	102-1 Rokujo -cho	2143-1 Mitsugarasu-cho	1-15 Tsurumainishi -machi	1-3-3 Ukyo
Access	About 10 minutes' walk from Kintetsu Nishino-Kyo Station or take bus [98] bound for Horyuji-Mae from Kintetsu or JR Nara Station, and get off at Nishino-Kyo Hospital from which it is very close.	Take bus [74 or75] bound for Tezukayama Jutaku (Tezukayama University) from Kintetsu Higashi Ikoma Station, and get off at Tezukayama Daigaku (University) mae from which it is very close.	About 11 minutes' walk from Kintetsu Gakuen-mae Station, or take a bus from the station (North Exit) bound for Higashi Tomigaoka 1-chome [1 or 11], Kintetsu Takanohara Station [11], Higashi Tomigaoka 6-chome Higashi [6], Shikanodai-kita 2-chome [112], or Gakuen-mae Asahi-cho Loop Line [31]. Get off at Tsurumai-cho 6-chome, from which it is very close.	About 5 minutes' walk from Kintetsu Takanohara Station or take a bus [1] bound for Jingu 4-chome from Kintetsu Takanohara Station, and get off at Ukyo 1-chome from which it is very close.

Municipal Offices and Facilities Closed during the Year End & New Year Period

Counter Service	
City Hall, Western, Eastern, Northern Shutcho-sho (Branch Offices), Kigyo-kyoku (Water Works Bureau) (*1), Citizen Services Center	Dec. 29 (Tues.)-Jan. 3 (Sun.)
Life Support	
Kinrosha Sogo Fukushi (General Welfare) Center, Youth Outdoor Activities Center	Dec. 26 (Sat.)-Jan. 5 (Tues.)
Lifelong Learning Center, Kominkans	Dec. 27 (Sun.)-Jan. 5 (Tues.)
Bosai (Disaster Prevention) Center, Gender Equality Promotion Center "Asunara"	Dec. 28 (Mon.)-Jan. 4 (Mon.)
Health Care Center, Northern, Central, Eastern, Southern-Jinken Bunka (Cultural Human Rights) Centers	Dec. 29 (Tues.)-Jan. 3 (Sun.)
City Crematorium	Jan. 1 (Holiday)-Jan. 3 (Sun.) Proposed
Liaison Offices •Higashiterabayashi: Dec. 29 (Tues.)- Jan. 3 (Sun.) •Toichi, Heijo, Tatsuichi, Obitoke: Dec. 25 (Fri.)-Jan. 4 (Mon.) •Seika, Fushimi, Daianji, Meiji: Dec. 26 (Sat.)-Jan. 5 (Tues.)	
Child Care, Health Care, Hospitals	
Educational Center (In Hagukumi Center)	Dec. 28 (Mon.)-Jan. 4 (Mon.)

Children's Development Center, Jido-Kan (Children's Center), Family Support Center, Local Child Care Support Center "Sorairo", City Hospital	Dec. 29 (Tues.)-Jan. 3 (Sun.)
General Medical Examination Center	Dec. 30 (Wed.)-Jan. 5 (Tues.)
Sports Facilities (Please contact each facility for details.)	
Naraden Field, Konoike Court, Stadium (*2), Subsidiary Stadium, Throwing Practice Field, Multipurpose Square	Dec. 26 (Sat.)-Jan. 6 (Wed.)
Other Sports Facilities (except in eastern area) (*2)	Dec. 29 (Tues.)-Jan. 3 (Sun.)
For Seniors, Welfare	
Senior Welfare Centers (East, West, North, South)	Dec. 27 (Sun.)-Jan. 4 (Mon.)
Sogo Fukushi (General Welfare) Center	Dec. 28 (Mon.)-Jan. 4 (Mon.)
City Council of Social Welfare, Volunteer Center, Volunteer Information Center	Dec. 29 (Tues.)-Jan. 3 (Sun.)
Cultural Facilities	
Irie Taikichi Memorial Museum of Photography Nara City	Dec. 25 (Fri.)-Jan. 4 (Mon.)
Meisho Daijyo-in Garden Cultural Hall (The Garden of The Former Daijyo-in Temple)	Dec. 26 (Sat.)-Dec. 31 (Thurs.), Jan. 4 (Mon.), Jan. 5 (Tues.)
Naramachi Koshi no Ie (Lattice House), Museum of Calligraphy in Honor of Kason Sugioka, Onjo-kan, Nara Kogei-Kan (Craft Museum)	Dec. 26 (Sat.)-Jan. 5 (Tues.)
Nara City Museum	Dec. 27 (Sun.)-Jan. 3 (Sun.)
Kitamachi Tegaimon Tourist Information Center	Dec. 27 (Sun.)-Jan. 5 (Tues.)
Kyu-Nabeya Koban (The Former Police Box) Kitamachi Information Center	Dec. 27 (Sun.)-Jan. 6 (Wed.)
Naramachi Center (*3), Gakuenmae Hall, Shiryo-Hozonkan (Historical Materials Preservation House), Hokubu Kaikan Civil Culture Hall, Libraries (Chuo (Central), Seibu (Western), Hokubu (Northern)) (*4)	Dec. 28 (Mon.)-Jan. 4 (Mon.)
Nara Centennial Hall	Dec. 28 (Mon.)-Jan. 5 (Tues.)
Kyobate Station Tourist Information Center	Dec. 28 (Mon.)-Jan. 6 (Wed.)
Irie Taikichi's Old House	Dec. 28 (Mon.)-Jan. 4 (Mon.)
Naramachi Nigiwai-no-Ie (House), Naramachi Karakuri Omocharikan (Toy Museum), Archaeological Research Center	Dec. 29 (Tues.)-Jan. 3 (Sun.)
Naramachi Minami Tourist Information Center	No Closing Days
Eastern Area (Tsukigase, Tsuge, etc.)	
Tsukigase Kenmin Athletic Field, Tsukigase Gymnasium, Tsuge Gymnasium, Tsuge Lifelong Sports Center	Dec. 26 (Sat.)-Jan. 6 (Wed.)
Tsuge Exchange Center, Tsukigase, Tsuge Fukushi (Welfare) Centers (*5)	Dec. 28 (Mon.)-Jan. 4 (Mon.)
Tsukigase, Tsuge Administration Centers, Tsukigase Plum Museum, Tawara, Yagyū, Tsukigase, Tsuge, Koto Clinics	Dec. 29 (Tues.)-Jan. 3 (Sun.)

*1 In a water emergency such as water pipe leakage or water supply disruption, please call the Waterworks Bureau (Tel. 0742-34-5200) or any municipally authorized water-supply equipment companies.

*2 Narayama Hot Water Swimming Pool has been closed. Naraden Stadium is closing until Feb. 28 (Sun.).

*3 The parking lot at Naramachi Center will be closed between Dec. 29 (Tues.) and Jan. 3 (Sun.).

*4 The book returns at City Tourist Information Centers (both JR and Kintetsu Nara Stations.), Seibu Kaikan, and the Free Passageway from the South to the North of Kintetsu Saidaiji Station will not be available. Some limitations on the book returns will apply between Dec. 15 (Tues.) and Jan. 16 (Sat.). *See page 12 of Japanese edition.

*5 Please contact each center about the availability of bathing facilities.

Garbage Collection and Waste Brought in During the New Year's Holiday

A large amount of garbage is produced during the New Year's season.

Please cooperate in reducing and recycling garbage.

Garbage Collection

	Burnable Garbage	Plastic Packages & Containers	Unburnable Garbage
Until Dec. 31 (Thurs.)	Normal schedule		
Until Jan. 3 (Sun.)	No collection		
Jan. 4 (Mon.)	ABEF	-	-
Jan. 5 (Tues.)	CDGH	-	
Jan. 6 (Wed.)	-	ABCEFH	
Jan. 7 (Thurs.)	Normal schedule		

The garbage collection times between Jan. 4 (Mon.) and 8 (Fri.) may be delayed until after 16:00 in some areas due to the larger amount of garbage than usual.

*Areas covered by City Seibi-Kosha & Co. Ltd.: Garbage will be collected until Dec. 31 (Thurs.) and from Jan. 4 (Mon.).

Inquiries: Shushu-Ka (Collection Section) Tel. 0742-71-3012
 City Seibi-Kosha & Co. Ltd. Tel. 0742-33-8782
 Takeda Kankyo / Yamato Seiso Tel. 0742-63-2552

Collection of Recyclable Resources

Year-end: Dec. 29 (Tues.) District #8
 Dec. 30 (Wed.) District #6
 Dec. 31 (Thurs.) District #9

Beginning of the year: Jan. 5 (Tues.) District #10

Containers and net bags will be distributed on Jan. 4 (Mon.).

*The collection schedule for the areas covered by City Seibi-Kosha & Co. Ltd. during the New Year's holidays is as on the distributed collection calendar.

Inquiries: Recycle Suishin-Ka (Recycle Section) Tel. 0742-33-5380
 City Seibi-Kosha & Co. Ltd. Tel. 0742-33-8782

Collection of Dead Animals

Year-end: Until Dec. 30 (Wed.) 7:30 – 16:00 Dec. 31 (Thurs.) 7:30 – 11:00

Beginning of the year: From Jan. 4 (Mon.)

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

Septic Tank Trucks

All Districts except Tsukigase and Tsuge Areas

Year-end: Until Dec. 28 (Mon.). Please apply by Dec. 18 (Fri.).

Beginning of the year: Application and collection will start from Jan. 4 (Mon.).

Inquiries: City Seibi-Kosha & Co. Ltd. Tel. 0742-33-8782

*Those who live in Tsukigase and Tsuge Districts may ask for Yamabe-Kankyo-Eisei-Kumiai Yamabe Eisei Center Tel. 0743-85-0253

Septic Tank Cleaning

Please make inquiries to the corporations listed below.

Tsukigase and Tsuge Districts

Matsumoto Seiso-sha Ltd. Tel. 0742-53-5211

All Districts except Tsukigase and Tsuge Areas

City Seibi-Kosha & Co. Ltd. Tel. 0742-33-8782

Okumoto Kanri Service Tel. 0742-61-3979

Matsumoto Seiso-sha Ltd. Tel. 0742-36-0523

Yamato Seiso Tel. 0742-61-4798

Daiwa Septic Tank Kanri Center Tel. 0742-61-0743

Phone Application for Bulky Household Waste Pickup

Application Phone Line 0742-71-9011 (Be sure to dial the correct number.)

We may not be able to correct bulky waste within the year due to the large demand for disposal. You may not be able to get through to us because of a flood of application phone calls. Even if you get through to us, if the maximum number of appointments has already been made, we cannot accept your request within the year. Please cooperate with us in applying for collection next year.

*After you apply for bulky waste pickup, change and additions to your application in December cannot be accepted.

*Bulky waste will be collected until Dec. 31 (Thurs.)

Application Period:

City Collection Area: Monday to Friday from 8:00 to 15:00

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

City Seibi-Kosha Collection Area: Monday to Friday from 8:30 to 17:00

Application & Inquiries: City Seibi-Kosha & Co. Ltd. Tel. 0742-33-8782

Phone Application for Carry-in Waste

You Need to Apply by Phone to Bring Trash and Renewable Resources to the Kankyo-Seibi Kojo (Environment Sanitation Plant).

Application Phone Line 0742-71-9011 (Be sure to dial the correct number)

You can apply on the website 2 days previous to bring in carry-in waste from your home.

Application is available 24 hours. Both homes and businesses need to make an application.

You cannot bring in waste unless you apply in advance.

Application on the website is available once a month and only one lot is possible.

Please separate the waste after referring to the “*Gomi-Jiten*” (instructions on to how to separate garbage). Pruned branches should be cut into less than 5cm in diameter and 30cm in length.

Application by Phone:

Year-end: Until Dec. 28 (Mon.)

Beginning of the year: From Jan. 4 (Mon.) 8:00 – 15:00 (except Saturdays and Sundays)

*Please apply up to the day (except for Saturdays and Sundays) before the day you will bring the garbage.

Bringing in Garbage:

Year-end: Until Dec. 31 (Thurs.)

Beginning of the year: From Jan. 4 (Mon.) 9:00 – 16:30 *9:00 – 13:00 on Dec. 31 (Thurs.)

*Reservations for the bring-in dates from Dec. 29 (Tues.) to 31 (Thurs.), Jan. 4 (Mon.) can be made until Dec. 25 (Fri.).

*Applications will be accepted for waste which is brought in until the end of the next month.

*One phone application for waste per day will be accepted. If you wish to bring in more than one lot of waste per day, please make an appropriate number of applications for the day.

Your application might not be accepted depending on the situation.

Inquiries: (About the contents of carry-in garbage)

Kankyo-Seibi Kojo (Environment Sanitation Plant) Tel. 0742-71-3000

(About the telephone reservation)

Machi Bika Suishin-Ka (Town Clean Up Promotion Section) Tel. 0742-71-3220



Important Notice for Girls in 6th Grade of Elementary School to – the First Grade of High School and Their Guardians

This notice does not recommend regular vaccination,
but provides information so that those who wish to receive it can receive it.

Cervical cancer accounts for the majority of cancer in young women. **In Japan, about 11,000 women get cervical cancer each year and about 2,800 are die.** This cancer is thought to be caused by a HPV (Hito Papilloma virus) infection. The number of cases begins to increase when women are in their twenties, and of women in their thirties, there are about 1,200 people who have had their uterus removed (and can't get pregnant.) due to cancer treatment every year. In Japan, it is hoped that it can be prevented in the future by preventing HPV infection, so vaccinations are given to women whose ages are equivalent to 6th grade in elementary school to first grade of high school. In the UK, Australia and other countries about 80% of women are vaccinated.

Effect of HPV vaccine

Some types of HPV are prone to causing cervical cancer. The HVP vaccine can prevent some of these infections and thereby prevent 50 to 70% of the causes of cancer.

Risks of HVP vaccine

As this is an intramuscular injection, some people may feel the pain is stronger than that of the influenza vaccination. Many people may experience symptoms such as pain, swelling and redness in the vaccinated area. In rare cases, severe symptoms may occur.

Vaccination has its effects and risks, so please consult your doctor before receiving the vaccination.

Those eligible: A woman who has a residential registration on the day of vaccination and whose age is equivalent to 6th grade of elementary school to first grade of high school

Fee: Free (for those who outside the target ages, voluntary vaccination is full self-pay)

Vaccination method: There are two types of vaccinations. Depending on type, they are given three times in a half year to one year.

Vaccination places: Nara City registered medical facilities In case of vaccination outside of Nara City or Prefecture, procedures at Kenko Zoshin Ka (Health Care Section) are required.

Things to bring: Identification documents (*The Mother's and Child Health Book*, a health insurance card, etc.) For detail please refer to the Nara City website. Please also refer to the leaflet prepared by the Ministry of Health, Labor and Welfare, "An important notice for girls whose ages are equivalent to the 6th grade of elementary school to the first grade of high school girls and their guardians".

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

About Garbage Collection

Please Cooperate for Safe Garbage Collection

A worker was injured by a broken bottle during collection on Oct. 7. When you throw away broken or sharp items as unburnable garbage (such as pieces of glasses, plastic and pottery, knives, etc.) or as burnable garbage (such as skewers, chopsticks, etc.), please wrap them in paper or rags and write the contents on the wrapping so it can be distinguished at a glance from outside.

Garbage Collection Dates and Areas in December

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

Areas A-D are covered by Nara City and areas E-H are covered by City Seibi-Kosha or Takeda-Kankyo & Yamato-Seiso Kyodo Kigyotai.

The garbage collection date may be changed in some areas, so please check the city website, etc.

Inquiries: Shushu-Ka (Collection Section) Tel. 0742-71-3012
 City Seibi Kosha (Public Corp.) Tel. 0742-33-8782
 Takeda-Kankyo & Yamato-Seiso Kyodo Kigyotai (Public Corp) (West side and a part of the east side of the Tomio River) Tel. 0742-63-2552

Tuberculosis Examinations for Citizens

Date & Time: December 19 (Sat.) 9:30-10:30

Place: City General Examination Center (Kashiwagi-cho)

Contents: Chest X-ray examination

Capacity: 10 people who are 65 years old and over

Application: Call Hoken-Yobo-Ka (Health Prevention Section) from Dec. 1 (Tue.) to 18 (Fri.)
 Tel. 0742-93-8397

*Please wear a mask when you come to the City General Examination Center.

Approaching deadline for Fiscal 2020's cancer and various medical examinations

- * The deadline for cancer and other various examinations (the examination passport was sent to those who are eligible around the end of June) is Feb.28.
- * The deadlines for stomach cancer and lung cancer examinations (by application system) are late in March.
- * Please check the Nara City website for details.

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

Japanese Encephalitis Vaccinations Will Start (for those born in December 2017)

Those Eligible: Between age 3 to one day before the 7-1/2-year birthday

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

Things to Bring: Pre-examination sheets (please fill in with an indelible black pen), *Mother's and Child's Health Handbook* and your child's ID document such as Health Insurance Card.

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

Application: Make an appointment at one of the registered medical facilities listed on the City website.

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

Medical Checkup for Babies & Children

Checkup by Age	Date	Place
Checkup for 4-month-old babies (Born in September 2020)	Until the day before turning 6 months old from the 4-month birthday	Designated Medical Facilities (Checkup term is two months for the time being for the prevention of the COVID-19 infection)
Checkup for 10-month-old babies (Born in March 2020)	Until the day before turning one year old from the 10-month birthday	

Checkup for 19-month-old babies (Born in June and July 2019)	From January 1 until February 28, 2021	Designated Medical Facilities (Temporarily at medical facilities for both physicians and dentists for the prevention of the COVID-19 infection.)
Checkup for 3-1/2-year-old Children (Born in July and August 2017)		

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

The questionnaire will be sent in the end of December. People who moved to Nara City after December 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

Preliminary Examination Slips for Vaccinations for Those Born in October 2020 Were Sent out in Late November

In order to have your baby vaccinated, a preliminary examination slip, *Mother's and Child's Health Handbook*, and the health insurance card are required on the day of vaccination.

In case you have no preliminary examination slips due to recently moving into Nara City, please contact Kenko-Zoshin-Ka (Health Care Section).

*Preliminary examination slips must be filled in with an indelible black pen.

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

Maternal and Infant Health Care Consultations

- 1) **At Hagukumi Center 3F: 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)

- 2) **At Consultation Room at Seibu-Kaikan 2F (Gakuen-Minami 3-chome): Consultation in person with midwives**

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

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

For 1) and 2)

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

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

- 3) **At Tsuge Hoken Center: Consultations by phone or in person with public health nurses**

Date & Time: 8:30-17:15 on weekdays **Inquiries:** Tsuge Hoken Center Tel. 0743-82-0341

- 4) **At Tsukigase Health Consultation Room: Consultations by phone or in person with public health nurses**

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

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

Cancer Examinations (January)

Application: Please apply to Kenko Zoshin-Ka (Health Care Section) by phone, fax or the city website. Free of charge for those who are on social welfare or belong to households receiving residence tax exemption. Please notify us of such when you apply.



Stomach and Lung Cancer Examinations

Period: From Dec. 1 (Tues.) to 18 (Fri.).

*Internet applications will be accepted until Dec. 10 (Thurs.).

Date	Place	Reception Time	Capacity
6 (Wed.)	Hagukumi Center	8:45-9:15	17
12 (Tues.)			
21 (Thurs.)		9:15-9:45	16
27 (Wed.)			
7 (Thurs.)	Seibu Shogai Sports Center Club House	9:15-9:45	14
		9:45-10:15	13
8 (Fri.)	Tomio Kominkan	9:15-9:45	14
		9:45-10:15	13
13 (Wed.)	Seibu Toshokan	9:45-10:15	10 each
		10:15-10:45	
15 (Fri.)	Tomio Minami Kominkan	9:15-9:45	14
		9:45-10:15	13
20 (Wed.)	Coop Oshikuma	9:15-9:45	14
		9:45-10:15	13
22 (Fri.)	Miato Kominkan	9:15-9:45	14
		9:45-10:15	13
25 (Mon.)	Hokubu Shutchosho	9:15-9:45	8 each
		9:45-10:15	
26 (Tues.)	Tomigaoka Kominkan	9:30-10:00	13 each
		10:00-10:30	
27 (Wed.)	Toichi-Chiiki Fureai Kaikan	9:15-9:45	14
		9:45-10:15	13

Lung Cancer Examination

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

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

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

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

Various Health Classes for Expectant Mothers and Infants

Please confirm the date and time of the following classes through the Nara City website.

1. Paku-Paku Class for 5-month-old Babies (Baby Food Class)
2. Ha-Pika Class for 1-year-old Babies (Preventing Tooth Decay Class)
3. Fluoride Coating for Tooth Decay Prevention
4. Hajimete-no Mama Papa Salon (Salon for First-time Parents)

- 5. Maternity Happy Check (Tooth Check)
- 6. Over 40-year-old Mother Training Salon

*Please refer to the “Nara City Video Channel” (<https://www.city.nara.lg.jp/site/movie/10455.html>) for information about weaning food, preventing tooth decay and bathing for infants.

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

Expiration date of Nara City Premium Vouchers is Dec. 31 (Thurs.), 2020

The premium vouchers cannot be used after the expiration date. Please use them early.

Inquiries: Nara City Premium Voucher call center (Tel. 0742-25-2019, Fax. 0742-23-6718)
10:00- 17:00, Closed on Sat., Sun. and holidays

Nara City Will Deliver New Hazard Maps to All Households

Recently Japan has suffered serious damage from typhoons and heavy rain, and the data by which floods or inundation is estimated and the information on hazard maps has changed.

Nara City made a new hazard map and will deliver it to all households in the city by November 30 (Mon.).

What’s a Hazard Map?

It is a map showing the depth of estimated inundation, the areas with a danger of landslides, and other risks such as rivers overflowing due to heavy rain.

The features of the new Hazard Map

The scale of rainfall has been revised based on the largest possible rainfall, which might happen once in a thousand years.

Information about risky areas is written on the map, such as **houses collapse (bank erosion), sediment disaster, disaster prevention important reservoirs and designated evacuation centers** when rivers overflow.

Inquiries: (About distribution) Zenrin Nara Office Co. Ltd. Tel. 0742-64-3622

(About contents) Kiki-Kanri-Ka (Crisis Management Section) Tel. 0742-34-4930

If you have not gotten a hazard map by November 30 (Mon.) or if it was misdelivered, please contact Zenrin Co. Ltd.

Crime Increases during the Year-End and New Year Period. Time to Improve Your Anti-Crime Measures!

The Key to Crime Prevention Is to LOCK. Thorough Locking Will Save You Some Possible Damage.

Break-In Theft Is Again on the Rise in Nara City.



The number of crimes as a whole has been on the decline. However, we are now witnessing an increasing number of break-in thefts after the end of the stay-at-home period, in which cases were relatively rare.

Three Types of Break-In Theft

Akisu: A break-in committed when residents are away

Shinobikomi: A break-in committed when residents are asleep (usually, during the night)

Paki: A break-in committed when residents are awake in the house

Tips for Theft Prevention: Make People Think That Someone Is Up and Around.

In many cases, houses were broken into by way of unlocked doors or windows. It has been learned that 87 percent of intruders during the night (the above-mentioned Shinobikomi thieves) used unlocked openings to enter the crime scenes. If found by residents, they could become violent burglars on the spot. You should never fail to lock up your house.

There are some additional effective countermeasures: leave a TV or a radio on while you are away; leave a room on the first floor lighted when you go to bed. Through making people think that someone is up and around in the house, you can reduce the possibility of a break-in.

December is “Global Warming Prevention Month” & “Air Pollution Prevention Promotion Month”

Let’s Protect Our Irreplaceable Earth

It is said that abnormal weather such as intensive heat and heavy rain is happening due to global warming. In Nara City the greatest amount of CO2 is from homes, accounting for 30% of the total. Let’s practice an environment-friendly lifestyle by promoting the 3Rs (Reduce, Reuse, Recycle) such as bringing an eco-bag and not receiving plastic bags when shopping to prevent global warming. December is the period of the year with the most air pollution. The concentration of pollutants such as nitrogen oxides and suspended particles becomes high due to increased traffic, heating used in buildings and households, and the specific weather conditions. Let’s start from familiar things that each person can do to protect the earth we live on.

Inquiries: Kankyo Seisaku-Ka (Environmental Policy Section) Tel. 0742- 34-4591

Hoken Kankyo Kensa Ka (Preservation of Health and Environment Inspection Section)

Tel. 0742-93-8477

Education Center Kids Learning Floor

Class Name	Date	Time	Deadline
Planetarium “Nijiro and Seasonal Constellations” Capacity: 12 seats each time. Contents might change every month.	Every Sunday in Dec., 24 (Thurs.)-26 (Sat.)	1. 10:00- 10:20 2. 13:30- 14:00	Reception on the day
Talking Stories Class “Snowy boy”-	Dec. 13 (Sun.)	10:30-11:00	Reception on the day
Science Experiment Class “Miracle! Science!! ~What color is the sun?”	Dec. 24 (Thurs.) Jan. 11 (Holiday)	1. 10:30-11:00 2. 14:10-14:40	Dec.11 (Fri.) Dec.18 (Fri.)
Space Class “Let’s Fly a Space Shuttle” Target: Elementary school 1 st graders or older	Dec. 26 (Sat.)	10:00-11:30	Dec.11 (Fri.)
Talking Stories Class	Jan. 9 (Sat.)	11:00-11:30	Reception on the day
Space Class “Let’s Make a HayabusaII” Asteroid Ryugu Detector” Target: Elementary school 1 st graders or older	Jan. 9 (Sat.)	10:00-11:30	Dec. 11 (Fri.)
Robot Class (intermediate class) two consecutive classes “Adventure of Hayabusa ii” Text: Artec Robo Eligibility: Those who can come to the classes at the same time on both days.	Jan. 16 (Sat.) Jan. 23 (Sat.)	1. 10:00-11:30 2. 13:30-15:00	Dec. 18 (Fri.)
Craft Class “Let’s Play with an top”	Jan. 17 (Sun.)	1. 9:30-10:30 2. 13:30-14:30	Dec.18(Fri.)
Science Experiment Class “Let’s Play with Air” Target: 5 years and over	Jan. 23 (Sat.)	10:00-11:30	Jan.8 (Fri.)
Science Experiment Class “Miracle! Science!! “Let’s check hether things conduct electricity or not” Things to Brings: One AA size battery	Jan.24 (Sun.)	1. 10:30-11:00 2. 14:10-14:40	Jan. 8 (Fri.)

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

Application: Send a return postcard with the class name, date (first desired date and second one), the number of those who attend classes, child's name (with the reading in *Kana*), child's school name and grade, the guardian's or leader's address and name (with the reading in *Kana*), and phone number to Hagukumi Center, (Kids Learning Floor (13-1 Sanjo-Hommachi 630-8122 Tel. 0742-36-0401) no later than each deadline. One class per postcard. Brothers or sisters can be include on one postcard. Lottery in case of excess applications. For details, please go to the City website.

Others: Reception on the day of the class will start 20 minutes prior to the starting time and will end as soon as capacity is reached. 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. If the program above is put off, changed or cancelled in order to prevent infection and spread of COVID-19, you will be notified using the reply postcard you sent.

On-Matsuri Festival of Kasuga Wakamiya Shrine

Please join the festival online as a countermeasure for the new coronavirus infectious disease this year.

The On-Matsuri Festival will be held for the 885th time this year.

The On-Matsuri Festival is a festival of Wakamiya Shrine, which is inside Kasuga Taisha Shrine. The origin of the festival dates back to 1136, when a festival was held to pray for nation-wide peace, a good harvest, and the well-being of the people.

Since then, the festival has been held every year without interruption. It will be held for the 885th time this year. This is a representative festival of Nara: starting with Owatari shiki, many Shinto rituals and events are held such as Dengaku, Seino and Sarugaku, and many people visit Nara to see it. The On-Matsuri Festival's ritual entertainments are designated as an Important Intangible Folk Cultural Heritage as traditional Japanese culture and customs handed down from the past.

Please enjoy the festival online.

The schedule will be changed as below as a countermeasure for the new coronavirus infectious disease this year.

Dec. 15 (Tues.): Oh-shukusho-moude will be suspended.

(Oh-shukusho will be closed.)

Dec. 16 (Wed.): Wakamiya Shrine will be closed during Yoimiya-sai.

Dec. 17 (Thurs.): Omote-Sando and Otabisho will be closed during Senko-no-gi and Kanko-no-gi.

Please see Otabisho-sai via internet.

Otabisho-sai: Dec.17 (Thurs.) 13:00

You can view events online on Kasuga Taisha Shrine's website or the Preservation Society's Facebook.

Inquiries: On-Matsuri Preservation Society (c/o Kasuga Taisha Shrine)
(Tel. 0742-22-7788)

