

Nara City Information for Residents

January 2021 Issued by Nara City Hall (No. 1202)

(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



Uwanabe Kofun Tumulus has been proved to be the largest keyhole-shaped mound in Nara City.

The Uwanabe Kofun tumulus proven to be the largest keyhole-shaped mound in Nara City, is located in Hokkeji, along National Route 24. From October 2nd, the Imperial Household Agency has been researching bank revetment to protect the sloping sides of the moat around tumulus from erosion. In accordance with this, the Nara prefectural Archaeological Institute of Kashihara, the Nara City Board of Education and Nara Prefecture started the investigation together. After the results of the investigation, the total length of this tumulus has been proved to be 270 m – 280 m. It became clear that Uwanabe Kofun Tumulus is larger than the Gosashi Kofun Tumulus, which is 267 m long. Uwanabe Kofun Tumulus broke a record. The results of this investigation, reveal the new truth about the Uwanabe Kofun Tumulus.

New Findings about Uwanabe Kofun

Finding 1

A kofun is a mounded tomb for a person with power and wealth constructed between the early 3rd century and the early 7th century.

Excavation of the Uwanabe Kofun located in Nara City was conducted this autumn and has brought us some new findings.

The Largest Keyhole-shaped Kofun (consisting of a square front part and round rear part) in Nara City

The Imperial Household Agency investigated 13 places around the tumulus while Nara Prefecture and Nara City excavated the Uwanabe Kofun by temporarily draining water from the surrounding moat. The Agency examined around the mound, and the Prefecture and the City the round rear part. Researchers found paving stones at the bottom of the moat. This enabled them to measure the distance between both ends of the Kofun. Then they estimated that the length of the Kofun should be approximately 270 - 280 meters, more than 15 meters larger than its measurement in the past.

Finding 2

A haniwa is a clay object in various shapes and sizes placed on Kofun.

Unearthed Cylindrical Haniwas with Fins May Indicate the Person Buried in the Tomb Favored a Conservative Style.

The traces of Haniwas were confirmed at five places along the first tier of the mound, and a number of cylindrical Haniwas with fins and bell-shaped Haniwas were unearthed. These types of Haniwas are said to have been mostly made in the 4th century, and fell out of use in the 5th century, when this mound was constructed. Having such an old style of Haniwas seems to make this Kofun very unique.

Who Was Buried There?

In the 5th century, Kofuns for kings were built in the area of the Mozu-Furuichi Kofun Group in Osaka Prefecture, which has been designated a world heritage sites. This includes the Emperor Nintoku's Kofun, known as the largest tomb in the world. On the other hand, in this region the second largest Kofuns were built in the present-day Nara City area. They are Ichiniwa, Uwanabe, and Hishage Kofuns in the order of construction time from the oldest, forming the Saki Kofun Group. If a Kofun's size indicates the rank of the person buried there, those laid in these tombs would have been ranked as next to kings.

Inquiries: Mayzo-Bunkazai-Cyosa Center (Buried Cultural Property Investigation Center)

Tel.0742-33-1821



Information on Medical Consultations for COVID-19

When You Have Flu-like Symptoms,

Consult your family doctor or medical institution nearby by phone.

Medical Care & PCR Testing will be available at *The Prefectural Government Certified Medical Institution for Fever Outpatients, or an introduction to another testing facility will be made.

Medical care & introductions 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, are available for not only medical practice but also PCR Testing.

If you don't know who 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.

During the New Year's Holiday when medical institutions are closed, please contact the COVID-19 Consultation Center for Fever Outpatients for an introduction to a medical facility

Preventive Measures Against COVID-19 To Prevent the Spread of Infection

Nara City suggests the following, based on "The five situations where the risk of infection increases" promoted by the central government.

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 window for the ventilation.



Be careful of communal life in closed spaces.

- * Wash hands thoroughly and disinfect with alcohol.
- * Disinfect dormitory rooms and doorknobs regularly and clean the toilets.
- * Check your temperature, and if you feel something wrong with your physical condition, share the information immediately.

Risk increases when you switch locations.

- * When you change places during a break at work or while traveling by car, risk increases due to relaxation and environmental changes.
- * Refrain from conversation in rest areas, smoking areas or locker rooms, and be sure that you wear a mask there.

Avoid eating and drinking with many people for a long time.

- * Keep to groups of 4 people or less and within two hours as a guide, with no after-party.
- * It is preferable to stay with people who are with you on a regular basis if possible. Don't join if you are not feeling well.
- * Sharing dishes should be definitely prohibited. Avoid sitting down opposite or right next to someone.
- * Wear a mask when you talk or sing at karaoke and disinfect microphones each time.
- * Restaurants observing the guidelines are recommended: Employees should wear masks and get health checks. Restaurants should have tables separated by acrylic boards, with good ventilation and kept clean.

Restaurants and shops displaying the sticker for 'Infection Prevention Declaration Against COVID-19' might be a good guide for you.

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



Nara City's Newly Revised Guidelines on Countermeasures against COVID-19

Nara City has updated guidelines on countermeasures against COVID-19 and has been monitoring the status of infection. The newly set guidelines are based on the indexes issued by National Subcommittee on Novel Coronavirus Infectious Disease Control.

Inquires: Iryo-Seisaku-Ka (Medical Policy Section) 0742-93-8392

Updated Guidelines on Countermeasures against COVID-19

These guidelines will be used as a rough indication. Contents may be subject to change depending on circumstances. Please refer to the city's website for the latest stages.

	Stage I: Sporadic infection stage	Stage II: Increasingly infectious stage	Stage III: Rapid infection stage	Stage IV: Explosive infection stage
Approach to Countermeasures	Balancing infection prevention and socioeconomic activities		Shifting the focus of countermeasures to infection prevention	Implementing emergency measures to save lives
Public Awareness	Thorough implementation of new lifestyle Promotion of awareness for infection prevention Promotion of COCOA (contact confirmation app)		Warning the public Raising public awareness	Request for voluntary restraint including refraining from trips to and from areas where infection is prevalent.
Approach to City Hall Operations	Maintaining services while taking maximum care to prevent infection			Limiting services to urgent ones
City's Main Operations				
City Hall Counter Services	All counters are open with care to prevent infection.		Infection control measures will be strengthened, including limiting the number of contact points in each section.	Counters will be closed in principle. (Only emergency matters will be treated.)
	Mail and online procedures, appointment system, etc. will continue.			
City's Events and Public Facilities	Usual, with care to prevent infection		City-sponsored events will be canceled in principle. Municipal facilities will be open with reduced capacity.	City-sponsored events will be canceled. Municipal facilities will be closed in principle.
Schools, Kindergartens, Nurseries etc.	Usual in principle In the event relevant persons are infected, the school, etc. will be temporarily closed (for the period required for countermeasures).			Primary schools, junior high schools, kindergartens and No.1 Nintei-Kodomo-en will be temporarily closed. (Ichijo High School is covered by prefectural guidelines.) Special care will only be provided at Bambi Home and nurseries.

Conditions for Raising the Stage

Index	Stage II: Increasingly infectious stage	Stage III: Rapid infection stage	Stage IV: Explosive infection stage
Burden on the medical system, etc.			
(1) Utilization rate against the total number of secured hospital beds in Nara Pref.	10% or more	25% or more	50% or more
(2) Utilization rate for beds reserved for critically ill patients in Nara Pref.	10% or more	25% or more	50% or more
(3) Number of patients receiving treatment in Nara Pref.	66 people or more (*5 people)	198 people or more (*15 people)	330 people or more (*25 people)
Status of infection			
(4) Number of new positives in the last week in Nara City	17 people or more (*5 people)	52 people or more (*15 people)	87 people or more (*25 people)
(5) Percentage of unknown routes of infection in Nara City (average of the last week)	20% or more	50% or more	50% or more

*Figures per 100,000 people.

The thick frame section is compliant with national standards.

If any of the following apply, the stage will be raised based on an overall judgment.

A: All the figures in (1), (2) and (3) fall under the criteria for three consecutive days.

B: Both the figures in (4) and (5) fall under the criteria for three consecutive days.

C: Other than the above, when it is judged necessary to raise the stage, referring to warning signals in Osaka, etc.

CURRENT SITUATION OF COVID 19

The latest information on (COVID-19) can be found [HERE](#).

It is easy to get infected with a virus in winter when the temperature and humidity are low.

Please take action and maintain awareness of infection prevention.

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

Q1 How many people have been diagnosed with COVID 19 in Japan?

A 139,491 people have been diagnosed as of midnight on November 27, accounting for about 0.1% of the total population.

Q2 What is the rate of severity and death among the people who are diagnosed with COVID 19?

A The rate of people who become severely ill or die depends on their age.

But it tends to be high among elderly people and low among younger people.

In addition, the rate of severity and death is lower than before.

Severity rate in each age group when compared with those in their 30s

Age	Under 10	10s	20s	30s	40s	50s	60s	70s	80s	90 and over
Severity Rate (times)	0.5	0.2	0.3	1	4	10	25	47	71	78

This is the rate of cases treated with intensive care or ventilators or those who died, among the people diagnosed with COVID-19 (including asymptomatic).

Q3 Who is likely to develop severe symptoms among the people diagnosed with COVID-19?

A Elderly people and people with *underlying diseases. Pregnant women and people with a history of smoking should also be careful, although it is not clear whether it is likely to become severe.

*Underlying diseases: chronic obstructive pulmonary disease (COPD), chronic kidney disease, diabetes, high-blood pressure, cardiovascular disease, obesity, etc..

Q4 How long can a person infected with COVID-19 infect other people?

A It is said to be from 2 days before the onset to 7 to 10 days after the onset.

It is thought that the viral shedding will increase immediately before and after the onset.

People who have been diagnosed with COVID-19 should make an effort to prevent infection, such as avoiding going out unnecessarily or suddenly, even if they have no symptoms.

Q5 How many people diagnosed with COVID-19 infect others?

A It is thought that less than 20 % of people infect other people, so, many people don't infect other people.

If one infected person does not infect many people, this epidemic can be suppressed.

Please refrain from going out unnecessarily when you are not feeling well and wearing a mask whenever you interact with other people.

It is important to take actions so that you don't infect other people, in case you are diagnosed with COVID-19.

Garbage Collection Schedule During The Beginning of The Year

Garbage Collection

Please bring garbage to the collection site before 7:30 a.m. on the day.

Date	Burnable Garbage	Plastic Packages & Containers	Unburnable Garbage
Jan. 4 (Mon.)	ABEF	-	-
Jan. 5 (Tues.)	CDGH	-	-
Jan. 6 (Wed.)	-	ABCEFH	-
On or after 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.

*Garbage collection on Jan. 11 (Holiday) is scheduled as usual. Garbage collection for the areas covered by City Seibi-Kosha & Co. Ltd. is scheduled according to the distributed garbage collection calendar.

Collection of Dead Animals

Collection of dead animals will begin on Jan. 4 (Mon.).

Area	Burnable	Unburnable
AF	Every Mon. & Thurs.	Jan. 20 (Wed.)
BE		
CH	Every Tues. & Fri.	Jan.13 (Wed.), Jan. 27 (Wed.)
DG		

*Areas A, B, C, & D are covered by Nara City; Areas E, F, G & H are covered by City Seibi-Kosha & Co. Ltd. or Takeda-Kankyo & Yamato-Seiso J.V.

Please refer to the Nara City website, since the date of collection may differ from the above schedule for certain areas.

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

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

Takeda-Kankyo & Yamato-Seiso J.V. (all areas on the west side and some areas on the east side of Tomio River) Tel. 0742-63-2552

Cancer Examinations (February)

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 Jan. 4 (Mon.) to 20 (Wed.).

*Internet applications will be accepted until Jan. 10 (Sun.)

Date	Place	Reception Time	Capacity
1 (Mon.)	Hagukumi Center	8:45-9:15	17
9 (Tues.)			
15 (Mon.)			
19 (Fri.)			9:15-9:45
2 (Tues.)	Tomigaoka Kominkan	9:30-10:00	13 each
		10:00-10:30	
3 (Wed.)	Naramachi Center	9:15-9:45	14
		9:45-10:15	13
4 (Thurs.)	Seibu Shogai Sports Center Club House	9:15-9:45	14
22 (Mon.)			9:45-10:15
5 (Fri.)	Miato Kominkan	9:15-9:45	14
		9:45-10:15	13
8 (Mon.)	Hokubu Shutchosho	9:15-9:45	8 each
		9:45-10:15	
10 (Wed.)	Seibu Toshokan	9:45-10:15	10 each
		10:15-10:45	
17 (Wed.)	Tomio Minami Kominkan	9:15-9:45	14
		9:45-10:15	13
25 (Thurs.)	Co-op Oshikuma	9:15-9:45	14
		9:45-10:15	13

Lung Cancer Examination

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

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

Important Vaccination against Measles & Rubella (MR)

Get your child vaccinated soon after the age of one.

Immunity to measles and rubella, inherited from the mother, is almost completely lost by the time the child becomes one year old. Measles is quite a highly infectious disease. Once babies are infected, they will become seriously ill. There is no specific remedy and only symptomatic treatment is given. Also if women in early pregnancy are infected by rubella, there is a possibility of their babies being born with congenital rubella syndrome (possibly impairing babies' eyes, ears or hearts).

Don't forget the second vaccination

Immunity decreases if a child only has the one-time vaccination. In order to maintain immunity for a long period of time it is necessary to have two vaccinations.

Vaccination Schedule

	Vaccination Period
First Vaccination (1 st Stage)	Eligible at one year old. (Until the day before the second birthday)
Second Vaccination (2 nd Stage)	Older children eligible born between April 2, 2014 and April 1, 2015 * Please have this vaccination by March 31, 2021

Place: You can make an appointment at a registered clinic in Nara City.

Things to Bring: Booklet of pre-examination sheets for vaccination, *Mother's and Child Health Handbook*, and Health Insurance Card, etc. to confirm your identity

*If you have lost the preliminary examination sheet, you will need to have it reissued before the vaccination, so please contact Kenko-Zoshin-Ka.(Health Care Section)

**Please make an appointment at a clinic earlier. (Making an appointment might be difficult in March).

If your child can't get the vaccinations in the period mentioned above, you will be required to pay the full cost as it will be considered a voluntary inoculation. It is suggested that you take the vaccination as early as possible.

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

Various Health Classes for Expectant Mothers and Infants

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

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

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

Medical Checkup for Babies & Children

Checkup by Age	Date	Place
Checkup for 4-month-old babies (Born in October 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 April 2020)	Until the day before turning one year old from the 10-month birthday	

Checkup for 19-month-old babies	The contents of the checkups have been partially changed. Children will be notified of checkups individually. Please check the Nara City Website for more details.
Checkup for 3-1/2-year-old Children	

Things to Bring: The questionnaire and *Mother's and Child's Health Handbook*
The questionnaire will be sent at the end of January. People who moved to Nara City after January 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 Will Start (for Those Born in January 2018)

Let's begin the first term vaccinations (the first two times, and the one-time booster)
Please read and check the Preliminary Examination Leaflet

The Period of Vaccination: Between age 3 and one day before the 7-1/2 year old birthday

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

Application: Please make an appointment at a registered medical facility listed on the City Website, and bring the preliminary examination leaflet (please fill it in with an indelible black pen), *the Mother's and Child's Health Handbook* and your child's ID document, such as a Health Insurance Card, etc. Those who are not registered residents of Nara City on the day of vaccination are not eligible.

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

Preliminary examination leaflets were sent in late December. (to those born in November 2020)

Bring the preliminary examination leaflet, *the Mother's and Child's Health Handbook* and Health insurance Card.

If you haven't received the preliminary Examination Leaflet due to moving in etc, go to Kenko-Zoshin-Ka (Health Care Section).

*Please fill in with an indelible black pen.

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

Maternal and Infant Health Care Consultations

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)

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.

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

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

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

At Tsuge Hoken Center: Consultations by visiting public health nurses

Date	Place
Jan. 19 (Tues.) 10:30-12:00	Dongo-ga-oka Community Ground (former Tahara Kindergarten, Yokota-cho)
Jan. 26 (Tues.) 10:00-12:00	Koto Kominkan (Oh-yagyū-cho)

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

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

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

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. Jan. 13 (Wed.), 24 (Sun.), 28 (Thurs.), Feb. 10 (Wed.), 20 (Sat.), 28 (Sun.) 13:00-16:00
2. Jan. 21 (Thurs.) 9:30-12:30

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

Capacity: 10 people per class, over junior high school age

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

Advanced Elderly Medical Service System

Application for Combined High-Cost Medical Long-Term Care Expenses

The amount overpaid will be refunded from the advanced elderly medical service system and long-term care insurance, **when the total copayment costs for medical and long-term care expenses for all members under the advanced elderly medical service system in one household exceed the limit amounts listed below.**

The period covered is from Aug.1, 2019 to July 31, 2020. An application is required.

Those Eligible: Those insured under the advanced elderly medical service system during the period above. *Those who are over 75 years old or between 65 and 74 years old with some disabilities, and have joined the advanced elderly medical service system.



Payment rate (Advanced elderly medical service system)	Classification	Limit amount during the period
30 %	Income earner III (local taxable income: 6,900,000 yen or more)	2,120,000 yen
	Income earner II (local taxable income: 3,800,000 yen or more)	1,410,000 yen
	Income earner I (local taxable income: 1,450,000 yen or more)	670,000 yen
10 %	General	560,000 yen
	Low-income earner II (*1)	310,000 yen
	Low-income earner I (*2)	190,000 yen (*3)

(*1) Low-income II: All household members including the insured person should be local tax-exempt.

(*2) Low-income I: All household members including the insured person should be local tax-exempt and in addition incomes of all household members should be under a certain amount (for example, below 800,000 yen from pension income) or receive an old-age welfare annuity.

(*3) **The limit amount can be 310,000 yen if multiple members are under long-term care insurance.** For details, please ask **Kaigo-Fukushi-Ka (Care Management Section)**.

Application: Please apply to **Fukushi-Iryo-Ka (Welfare Section for Medical Payment)**. The application form will be sent to those eligible **in late February** from Nara-Ken Koki-Koreisha Iryo Koiki Rengo (Nara Prefecture Advanced Elderly Medical Wide-Area Alliance). However, **those listed below may not receive an application form.**

1. **Those who moved into Nara City from other municipalities during the period.**
2. **Those who changed their medical insurance during the period.**

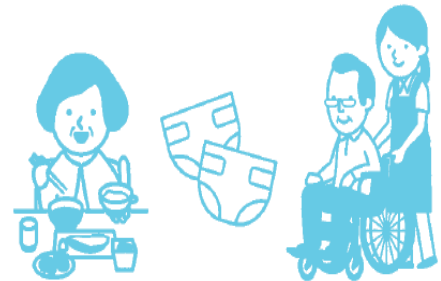
Those who correspond to the above 1 or 2 should apply after getting a certificate for the amount of their copayment from their former medical insurance and/or long-term care insurance, otherwise the individual number is required.

Needed for Application: **In case of application by mail, please return the filled-out form only.**

Advanced elderly medical insurance card, long-term care insurance card, bank book, seal, individual number card or individual number notification card, identification documents, and certification for the amount of copayment (only for those who correspond to the above 1 and 2).

Note:

1. One household needs copayments for both medical insurance and long-term care insurance.
2. Refunds under 500 yen cannot be applied for.
3. Expenses not covered by insurance (for example: meal costs, extra bed charges, diaper costs, etc.), or expenses already refunded as expensive medical charges, or expensive long-term care charges, cannot be applied for.
4. Those who receive financial assistance from medical treatment systems for serious mental and physical disabilities or advanced elderly mental disorders will have the refund only from the long-term care insurance on the grounds that they have already received the refund from the advanced elderly medical service system by way of the city's medical assistance. Nara City will receive the refund in their stead.



Inquiries: Fukushi-Iryo-Ka (Welfare Section for Medical Payment) Tel. 0742-34-4754
Kaigo-Fukushi-Ka (Care Management Section) Tel. 0742-34-5422

**For those covered by National Health Insurance
The Deadline for the Specific Health Check-up
has been extended to the end of February.**

Announcement of the Specific Health Check-up

Have an annual health checkup for prevention of lifestyle-caused health problems.

The specific health check-up fee is free of charge.

Those eligible: Those who are from 40 to 74 years old and covered by National Health Insurance.

Application: Phone a medical institute or clinic registered in Nara Prefecture (=MNP) and make an appointment. Bring your consultation card, questionnaire, and health insurance card to the medical institution.

About subsidies for the head MRI exam fee

For those who received the Specific Health Check-up, a partly-subsidized head MRI exam (for early detection of cerebral infection, aneurysms, brain tumors, etc.) can be carried out at Nara-shi Sogo Iryo Kensa Center (General Examination Center).

Place: Nara-shi -Sogo Iryo Kensa Center (Kashiwagi-cho)

Eligible: 800 people who received this year's Specific Health Check-up, or those who can submit the results of a workplace or medical check-up which covered the same items as the Specific Health Check-up. Moreover, (1) Those who are from 40 to 74 years old and. (2) Those from a household without unpaid premiums at the same time of application.

Fee: 8100 yen

Others: Check-up result data will be used for medical expenses analysis, etc.

Application: Call Kokuho-Nennkin-Ka (National Health Insurance and National Pension Section) no later than the end of February (in the case of receiving the check-up by the end of March). A subsidy decision notice will be sent 1 to 3 weeks from reception.

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

Wakakusayama Hill Yamayaki (Grass Burning Festival) on January 23 (Sat.) Venue Site at the Foot of Wakakusayama Hill

In order to prevent the spread of Covid-19, the festival will be on a reduced scale this year:

The fireworks display will be canceled this year.

All grass will be set on fire from 18:00.

Visitors will not be allowed to enter the mountain. The festival will be canceled in case of bad weather.

Traffic regulations will be enforced on the day, please use public transportation.

In order to avoid crowds around Nara Park, if the number of people exceeds a certain number, entry will be restricted to the east from the intersection in front of the Daibutsuden.

*On the day, parking will be prohibited around Katsumada Pond (Oike) in Shichijo 2-chome.

Depending on traffic conditions, the content of regulations and time zones may vary.

*From 14:00 to 20:00: parking will be prohibited on Heijo-Kyo Palace Miyato Street (Saki Police station - Nijo Oji Minami 3-chome Intersection), Nara Okuyama Driveway: Shin-Wakakusayama Course, and Nara Okuyama Course will be closed to traffic.

Inquiries on the Day: Tele-dome Tel. 0180-991-707

*It may not be accessible from some IP phones and prepaid phones.

Inquiries: Wakakusa Yamayaki-Gyoji Jikko-Inkai Jimukyoku (Festival Planning Committee)
c/o Prefectural Nara Park Office Tel. 0742-27-8677

Live streaming

A series of events from the Nogami Shrine festival to Yamayaki will be broadcast live.

Please visit the "Wakakusayamayaki" homepage.



O-Tondo (A Big Bonfire) at Kasuga

Date & Time: January 23 (Sat.) 11:00-17:00

*Used *Shimenawa* (Straw ornaments for New Year's Day) will be accepted until 16:00.

In case of rain, it will be postponed to Jan. 24 (Sun.). Contents of the event may change, depending on conditions. Events may be suspended or change, so please check in advance.

Place: Tobihino Field in Kasuga Taisha Shrine

Inquiries: Nara City Tourism Association Office Tel. 0742-30-0230

O-Tondo is a traditional event held at *Koshogatsu* (January 15 by the lunar calendar). A furnace whose size is 5 meters long by 5 meters wide by 3 meters high will be set up on Tobihino Field, and used amulets, talismans, and *Shimenawa* will be burned.

Education Center Kids Learning Floor

Class name	Date & Time		Deadline
Movies “Happy Prince/Red Eyes of Jizo-san” Capacity: 40 seats	January 24 (Sun.)	13:00-13:30	Reception on that day
Night Planetarium “Walk in the seasonal starry sky -Touring stars-” Capacity: 12 seats *Adults without children can apply.	January 29 (Fri.)	18:30-19:10	January 15
Science Experiment Class “Let’s make a handmade window power generator” Things to bring: one 500ml pet bottle	January 30 (Sat.) February 6 (Sat.)	9:30-11:00	January 15 January 22
Craft Experience Class “Let’s make wool felt!” Fee: 300 yen	January 31 (Sun.)	10:00-11:30	January 15
Programming Class “Programming Class by high school students” Those eligible: first to sixth -grade elementary school students	January 31(Sun.)	10:30-12:00	January 15
Robot Class “Robot Class by high school students”	February 6 (Sat.)	10:00-12:00	January 22
Story-telling meeting “A Strange Drum”	February 6 (Sat.)	11:00-11:30	Reception on that day
Science Experiment Class “Miracle! Conductors & Non-conductors of electricity ～Let’s examine everyday things ～” Things to bring: one size AA battery	February 7 (Sun.)	14:10-14:40	January 22
Robot Class “Let’s operate exploring robots” (Beginners’ class) Teaching material: LEGO WeDo 2.0	February 13 (Sat.)	10:00-11:30	January 29
Space Class “Let’s make a Japanese GPS Quasi-Zenith Satellite ‘Michibiki’” Those eligible: elementary school students of first grade and over	February 13 (Sat.)	10:00-11:30	January 29
Science Experiment Class “Let’s make a glider of foam polystyrene” Those eligible: children aged five and over	February 20 (Sat.)	AM10:00-11:30	February 5
Science Experiment Class “Miracle! Can we make snow crystals? ～Experiment on refrigerating steam with dry ice～ ”	February 21 (Sun.)	PM14:10-14:50	February 5

Capacity: If capacity is not shown above, it's 6 teams (about 6-10 children with guardians).

*There are classes that need application in advance, as well as those that accept participants on that day.

Application: Send a return postcard with the desired class, the date, child’s name (with the reading in Kana), school name and grade, the guardian’s or leader’s name (with the reading in Kana), address and phone number and the total number of participants in case of Night Planetarium Class, to the Education Center Kids Learning Floor, no later than each deadline. One class per post card.

Applications for brothers and sisters can be written on the same card. Lottery in case of excess applications.

- Others:**
- The reception on that day begins 20 minutes before each class begins. The reception will be closed as soon as classes are filled to capacity. Please attend with the fewest number of people.
 - Please take your temperature before coming to the hall and wear a mask in the hall. We ask for your kind cooperation in this health check. You may not take part in the class in case of bad health condition.
 - Besides the above classes, some other classes might be held. If a class is suspended because of the expansion of infection or some other reason, we will inform you using the reply side of the application post card. Please confirm the latest information on the the city website or directly from the city office.

Every Saturday and Sunday

Planetarium “Nijiro & Seasonal Constellations”

Date & Time: Every Saturday, Sunday and holiday after January 9 (Sat.)

①AM10:00-10:20 ②PM13:30-14:00

Capacity: 12 seats each (Must be accompanied by guardians)

*The reception begins 20 minutes earlier than the opening time, in front of the elevators.

*The projection menu will change every month.

Inquiries: Education Center Kids Learning Floor (〒630-8122 Sanjyo-honmachi 13-1 Tel. 0742-36-0401)

Let’s Think about Disaster Preparation and Volunteer Activities!

Jan. 15 (Fri.) – 21 (Thurs.) is Disaster Prevention and Volunteering Week.

Jan. 17 (Sun.) is Disaster Prevention and Volunteering Day.

Exhibition of Photos and Materials related to Disaster Prevention.

Date & Time: Jan. 12 (Tues.) – 15 (Fri.), 8:30 – 17:15 (by 16:00 on the 15th)

Place: Entrance Hall of City Hall on the 1st Floor

Contents: Panel exhibition about the Great East Japan Earthquake, Kumamoto Earthquake in 2016. Floods in July 2018, etc.

Information about Disaster Prevention on the Radio (Nara Dot FM 78.4Mhz)

Information about daily measures for disaster prevention, crime prevention, COVID-19 infection, etc.

“Nara City Information about Disasters and Crime Prevention” (5-minute program)

Mon. – Fri.: 8:30, 11:35, 14:10, 18:15

Sat. & Sun.: 8:50, 12:10, 14:10, 18:35

“Shittoko Information about Disasters and Crime Prevention” (20-minute Program)

Fri.: 18:20

Sat. & Sun.: 18:40 (repeat)

Let’s Prepare Necessary Emergency Supplies!

Although food (such as crackers, liquid milk, etc.) and blankets, and portable toilets are stocked by Nara City, you should prepare what you’ll need to survive a week by yourself in case of evacuation to a shelter or sheltering in place at home. Furthermore, put emergency rations and drinks, a first aid kit, etc. into backpacks in preparation for an emergency.

Also, for prevention of spread of COVID-19 infection, you might want to prepare face mask, alcohol disinfectant, thermometer, etc.

*For prevention of spread of COVID-19 infection, listed events and so on might be postponed, changed or cancelled.

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

