

Nara City Information for Residents

JUNE 2021 Issued by Nara City Hall (No. 1207)
(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 Kaikan, 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



COVID-19 Vaccination in Nara City

Inquiries on this special feature: COVID-19 Vaccination Promotion Section

TEL. 0742-34-0112

COVID-19 vaccinations have begun in various regions with the aim of controlling the COVID-19 outbreaks that are raging through Japan.

In Nara City, in cooperation with the City Medical Association, we are proceeding with vaccinations toward the aim of completing vaccinations for the elderly by the end of July.

We will provide you with the latest information to help you with the vaccination process, such as precautions before vaccinations and how to book them.

Approximately 110,000 elderly people can have both vaccinations by the end of July.

Approximately 220,000 vaccines from the Japanese government will be supplied to Nara City by the end of June. As a result, it will be possible for approximately 110,000 elderly people over 65 years of age to receive both vaccinations by the end of July. Vaccines will be distributed to each vaccination venue and to individual medical institutions as soon as they arrive each week.

The number of vaccinations were secured with the cooperation of the city medical association and private facilities.

In addition to 3 venues (Hotel Nikko Nara, Seibu Community Center, and Mi Nara), Nara City Hall will also be a vaccination site daily from May 21.

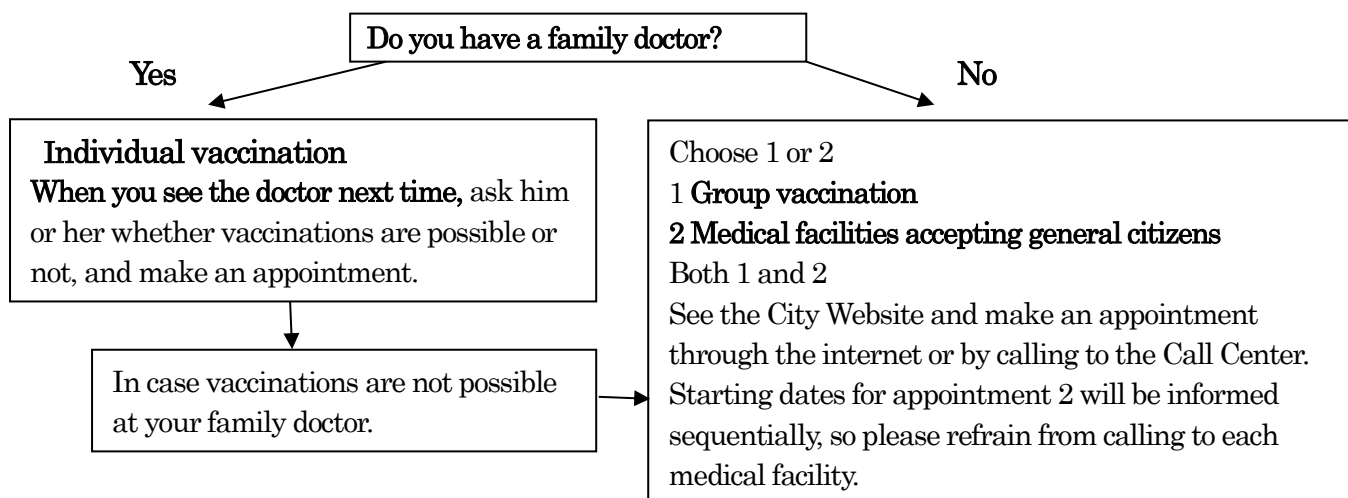
The shopping center Mi Nara also carries out vaccinations 5 days a week. (Approximately 97,000 doses will be given at these 4 venues by the end of July).

The number of vaccinations for approximately 110,000 people will be guaranteed, including individual vaccinations at each medical institution.

How to Make an Appointment for COVID-19 Vaccinations

A Vaccination Ticket will be sent. (Sending Schedule)

- 1, Those over 75 years old** (Those who become over 75 in fiscal 2021)
(Those who were born before April 1st, 1947)→**Already finished sending**
- 2, Those between 70 and 74 years old** (Those who become over 70 in fiscal 2021)
(Those who were born before April 1st, 1952)→**From the beginning of June**
- 3, Those between 65 and 69 years old** (Those who become over 65 in fiscal 2021)
(Those who were born before April 1st, 1957)→**Planning from the end of June (after 2)**
- 4, Those between 16 and 64 years old**→**From July**



A list of medical facilities where you can get vaccinations will be published in “Nara City Information for Residents” (only in Japanese).

RESERVATIONS FOR COVID- 19 VACCINATIONS

There are two ways of group or individual vaccinations.

**<Group Vaccinations>**Please make a reservation of the venue, date and time for your 1st vaccination.

Check the status of the reservation on the City Website.

●Telephone reservation

Nara City COVID-19 Vaccination Call Center: 0742-34-0112

9:00- 19:00, except Sundays & Holidays

- 1), Say that is for your 1st vaccination.
- 2), Tell ten-digit numbers on your vaccination ticket, your name and birth date.
- 3), Say your desired venue.
- 4), Book the date and time for your 1st vaccination

**●Internet reservation 24 hours support**

Venue		Day of Week	Time		
6F, Central bldg., City Hall	1-chome, Nijo-Oji Minami	Everyday	10:30- 12:30	14:00-16:30	18:00-20:30
2F, Mi Nara	1-chome, Nijo-Oji Minami, (West side of City Hall)	Mon., Wed., Thurs., Fri., Sun.	10:30- 12:30	14:00- 16:30	18:00-20:30
6F, Seibu Kominkan	3-chome, Gakuen- Minami (Close by South Gate of Kintetsu Gakuenmae Station)	Saturdays	9:30- 12:00	13:30- 16:00	17:30- 20:00
4F, Hotel Nikko Nara	Sanjo- Honmachi (Directly connected to JR Nara Station)	Tuesdays	10:00-12:00	14:00- 16:30	18:00-20:30

<Individual Vaccinations>

Please check the Ministry of Health , Labour and Welfare's Website ' *Korona Wakutin Navi* (Information on COVID-19 Vaccination) to find out which medical facilities or clinics, such as your home doctor's, are giving vaccinations.

How to make a reservation

- 1), Make a reservation when you visit the facility or clinic the next time.

Please refrain from calling the facilities or clinics so you don't cause trouble during their usual workday

- 2), Call "Nara City COVID-19 Vaccination Call Center: 0742-34-0112"
9:00- 19:00, except Sundays & Holidays



After booking, please come the venue on the reserved date & time.

Please fill in the vaccination medical interview sheet at your home beforehand.

<Things to Bring>

- 1, The vaccination ticket
- 2, the vaccination medical interview sheet
- 3, your ID (health insurance card, driver's license, etc.)

※ If you have side effects or symptoms after you go back home,

Call "the Prefectural Call Center for the Side Effects and Symptoms" : Tel. 0120-919-003

24 hours support

《Information for your second vaccination》

You can get the second vaccination at the same venue, at the same time of the same weekday after three weeks in principle.

If you choose to have an "individual vaccination", please confirm the appointment at the medical facility or clinic you went to.

Q&A about COVID-19 Vaccinations
Before vaccinations

Q. Can I have a vaccination if I have an underlying chronic disease of the respiratory organs or heart trouble?

A. Please consult your family doctor first.

Q. Can I get vaccinations during pregnancy and lactation?

A. Both are possible, but please consult your family doctor if you are worried.

Q. Can I get a vaccination even if I have a fever?

A. Those who have a temperature over 37.5 degrees on the appointment day are impossible to be vaccinated.

Q. Can I get the vaccination while taking medicine?

A. Basically, it is possible, but please consult your family doctor if you are worried and don't know the details of your medicine.

Q. Can children get vaccinations?

A. Pfizer vaccine for people under 16 are now under consideration as May 13.

Vaccination Reservations and Procedure

Q. Can I change or cancel the date and place?

A. In principle, we don't accept any changes or cancellations for reservations at the call center. You can change or cancel on your vaccine reservation confirmation page on the website.

Q. The call center is busy, and I can't get through.

A. It is difficult due to many calls. Please try to use the Nara City website for your reservation for a group vaccination.

Q. I don't have a Nara City residence certificate, but I live in Nara City. May I have a vaccination?

A. In principle, people get vaccinated in the areas where they are registered as residents. However, it will be possible for people with some reasons to get vaccinated after you receive your ticket and follow the procedures*.

Two Ways to Apply for Vaccinations in Nara City for people who have a registered home address outside of Nara City.

No.1: Please apply through the website “COVID-19 Vaccine Navi.” of the Ministry of Health, Labor and Welfare.

“COVID-19 Vaccine Navi.” QR code



No.2: Please send an application form* for “Vaccination at no residential areas”, a copy of your vaccination ticket, and a stamped return envelope to the Promotion Division for COVID-19 Vaccinations (13-1 Sanjo Honmachi, 630-8122). *The application form can be downloaded through the Nara City website or ask the call center.

Nara City COVID-19 Vaccination Site QR code



When you receive a confirmation sheet for your application after finishing procedure No. 1 or No.2, please bring it to the place of vaccination.

Vaccination Tickets

Q. I have registered my residency in Nara City, but currently I live outside the city. Can I ask you to send the ticket there?

A. No. The ticket will be sent only to your registered address in Nara City.

Q. Can I have my vaccination ticket reissued?

*Because I have lost the ticket.

*I received the 1st vaccination, but I lost the ticket with the stamp which showed I received the 1st vaccination.

*I made a mistake in writing, or I made the card dirty.

A. In the above cases you can have a new one. So, please call the COVID-19 Call Center.

Group Vaccination Venues

Q. My parent is very old and/or has a disability. Can carers accompany him/her?

A. Yes. They can help him/her at the venue after hand-sanitizing and temperature checking. However, please limit the number of carers to avoid congestion.

Q. Are babysitters available at the venue?

A. No, they are not.

Q. Can I take my child or pet to the venue?

A. No. In order to avoid congestion, please come by yourself with the ticket.



Effects of Vaccination

Q. How long will the vaccine's immunity last?

A. It is not clear.

Q. After vaccination, will I never become infected?

A. You could become infected even after vaccination. However, it is expected that the vaccination will make an infection mild.

Q. Can I take the coronavirus vaccination together with other ones, such as for influenza?

A. No, you should not take them at the same time. After being vaccinated, you have to wait two weeks to receive another kind of inoculation.

Q. I have a fever at home after the vaccination. What should I do?

A. If you feel like you are having side effects (or feel sick), please call the medical clinic where you got vaccinated or the Nara Prefectural Side Effect Call Center.

Q. Will the vaccination be effective on other variants?

A. It is reported that Pfizer’s vaccine has produced antibodies against other variants.

Bookings & Inquiries

For inquiries about side effects after vaccination

Nara Prefecture Side Effect Call Center Tel. 0120-919-003 (all day and night)

Bookings for Mass Vaccination Venues

Venues: Mi Nara, Seibu Kominkan, Hotel Nikko Nara and Nara City Hall

Nara City COVID-19 Vaccination Call Center Tel. 0742-34-0112

(9:00-19:00 Except Sundays and holidays)

Please make sure to dial the correct number.

Internet appointment:



Please visit the Nara City’s website to check updates on group vaccination bookings.

About Garbage Collection

Put Garbage out by 7:30 on Collection Day

Garbage Collection Dates & Areas in June

Area	Burnable	Unburnable
A, F	Monday & Thursday	9, 23 (Wednesday)
B, E		
C, H	Tuesday & Friday	2,16,30 (Wednesday)
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 dates are different in some areas, so please check the Nara City website.

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

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

Takeda-Kankyo & Yamato-Seiso Kyodo Kigyotai Tel. 0742-63-2552

WHAT IS DV (DOMESTIC VIOLENCE)?

Domestic violence is a coercive pattern of behavior used by one person to control another in an intimate relationship. It is a serious violence to human rights and includes criminal acts. To hurt a partner’s body and mind and threaten their safety and security is all violence, without exception.

Psychological Violence

Ignoring someone, yelling, saying hurtful or threatening thing, such as “I’ll die if I break up with you” and shifting responsibility.

Economic Violence

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

Social Violence

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

Sexual Violence

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

Physical Violence

Hitting, kicking or choking you.

Violence by Using Children


Threatening you by saying they will have your children taken away. Speaking ill of you to your children. Domestic violence in front of children also seriously affects their growth, both mentally and physically. Children who witness domestic violence are often seriously traumatized.

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

Nara City Phone Counseling for DV (Nara City Spousal Violence Counseling and Support Center)
Tel. 0742-93-3150

Date & Time: 10:00-12:00 & 13:00-16:00, from Monday to Saturday, except holidays
Call or visit the Police in case of emergency.

Eligibility: Those who live in Nara City

<p>24-Hour Telephone Consultation</p> <p>Tel. 0120-279-889</p>	<p>DV Counseling Navigation</p> <p>#8008</p>	<p>Cabinet Office DV Hotline Plus</p> 
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- If you become aware of DV around you or are consulted by a person who is worried about DV,
- 1) Advise them to consult a special agency, such as the Spousal Violence Counseling and Support Center.
 - 2) Listen to him/her carefully and reassure him/her that "It's not your fault."
 - 3) Don't tell their story to anyone without their express permission.

Tuberculosis Examinations for Citizens

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

Place: City General Examination Center (Kashiwagi-cho)

*Please wear a mask when visiting to prevent the spread of COVID-19.

Capacity: 10 people who are 65 years old and over

Application: Call Hoken-Yobo-Ka (Health Protection Section) June 1 (Tues.) through 18 (Fri.)
Tel. 0742-93-8397

Escape from A Sudden Attack of Ticks During Field Activities

If bitten: There might be symptoms such as a fever, a feeling of physical tiredness, vomiting and rarely a mental disorder from five to fourteen days later after being bitten. There is no effective vaccine so far. Please don't take care of it by yourself; see a surgeon or a specialist in dermatology soon.

Measures for prevention:

1. Wear clothes such as long sleeved shirts, long pants with their bottoms tucked into long boots, and cotton gloves for field activities.
2. Use insect repellent containing DEET.
3. Check whether there are ticks on clothes or your body after field activities and wash or clean them off.
4. Brush your pets after walking and use acaricides effectively.

Inquiries: Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397
Hoken-Eisei-Ka (Health Sanitation Section) Tel. 0742-93-8395

Cancer Examinations (July)

Application: Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone or fax or on 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

Application Period: from June 1 (Tues.) to 18 (Fri.)

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

Date	Place	Reception Time	Capacity
5 (Mon.)	Hagukumi Center	8:45-9:15	17
9 (Fri.)			
13 (Tues.)		9:15-9:45	16
27 (Tues.)			
7 (Wed.)	Seibu Toshokan (Library)	9:45-10:15	10 each
		10:15-10:45	
12 (Mon.)	Hokubu Shutchosho	9:15-9:45	8 each
19 (Mon.)		9:45-10:15	
14 (Wed.)	Tsuge Hoken Center	9:00-10:00 (At specified times)	30
21 (Wed.)	Tomio Minami Kominkan	9:15-9:45	14
		9:45-10:15	13
28 (Wed.)	Co-op Oshikuma	9:15-9:45	14
		9:45-10:15	13
29 (Thurs.)	Nishi Fukushi Center	9:15-9:45	10 each
		9:45-10:15	

Lung Cancer Examination

Date	Place	Reception Time	Capacity
16 (Fri.)	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 breastfeeding, please notify us of such when you apply. The examination interval is once a year. Those might be cases when 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
Tsuge Hoken Center Tel. 0743-82-0341



Japanese Encephalitis Vaccinations to Start (For Those Born in June 2018)

The period of Vaccination: Between age 3 and one day before the 7-year-6-month birthday.

Things to Bring: Preliminary examination sheets (please fill in with an indelible black pen), *the Mother's and Child's Health Handbook* and your child's ID document.

Those who are not registered as residents of Nara City are not eligible.

Applications: Make an appointment at one of the registered medical facilities listed on the Nara City Website.

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

Preliminary examination leaflets were sent in late May. (to those born in April 2021)

Bring the preliminary examination leaflet, *the Mother's and Child's Health Handbook* and Health Insurance Card to a registered medical facility to get a vaccination.

If you have not received the preliminary examination leaflet due to moving into the city, etc., please go to Kenko-Zoshin-Ka (Health Care Section). Tel. 0742-34-5129

*Please fill in with an indelible black pen.

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)

*Reservation is needed.

At the Consultation Room in 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

***Traveling Consultations with public health nurses.**

	Date & Time	Place
June	17 (Wed.) 10:00 – 12:00	Tsukigase Fukushi Center (Tsukigase Oyama)

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 *Reservation is needed.

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

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (born in March 2021)	Until the day before turning 6 months old from the 4-month birthday	Designated Medical Facilities *Checkup term is 2 months for the time being for the prevention of COVID-19 infection, while the usual checkup term is one month.
10-month-old Babies Checkup (Born in September 2020)	Until the day before turning one year old from the 10-month birthday	
19-month-old Babies Checkup (Born in November 2019)	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.	
3-1/2-year-old Children's Checkup (Born in December 2017)		

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

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

Various Health Classes for Expectant Mothers and Infants

Please check 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. Floride 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 Mothers Training Salon

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

Please cooperate with water leakage investigations

This is an investigation for the effective use of precious water resources. An investigator wearing an arm band that reads 'Nara City Kigyokyoku water leakage investigator' will visit your home. In the investigation stage, the water meter is checked with an acoustic bar to detect the sound of leaks in the water pipes.

Schedule: From the first part of July to the last part of January 2022 (to be planned)
8:30 AM ~ 17:00 PM

Inquiries: Kigyokyoku Suidou-Keikaku-Ka (Public Enterprise Bureau Water Supply Planning Section)
(Tel. 0742-34-5200 Kigyokyoku (representative telephone number))

Recommendation for Using Generic Drugs

The phrase "generic drug" literally means the drug contains the same ingredients and has the same effect as a drug approved of by the Ministry of Health, Labor and Welfare, after the patent of that drug has expired. Generic drugs can be developed in shorter periods compared to new drugs, and is cost-saving in terms of development. Therefore, they can be provided at a lower price. There are some generic drugs which come in different shapes, sizes and flavors so as to be taken easily.

Using generic drugs reduce your medical expenses and leads to regulating overall medical expenses in the nation. Please consider using generic drugs to maintain the current medical insurance system which offers everyone sound medical care.

“A Notice about Generic Drugs” is being mailed to relevant patients

Nara-Shi-Kokumin-Kenko-Hoken (Nara City National Health Insurance) is mailing “A Notice about Generic Drugs” to patients who may be able to reduce their medical expenses by using generic drugs. Please refer to your medical plan.

Important Notice

1. Please consult your doctor or a pharmacist about using generic drugs
2. Not all medicines have generic drugs
3. There may not be a change in the self-pay burden

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

Heat Stroke Alert Goes Live

What Is a Heat Stroke Alert?

When the risk of heat stroke is expected to be extremely high, prefectural governments will issue a “Heat Stroke Alert” the evening before or early that morning so people can take preventive actions. If an alert is issued, please be proactive and take preventive measures such as turning on air conditioners or refraining from going out.

The Alert Will Be Issued When the WBGT Rises to 33°C and Above.

The WBGT (Wet Bulb Globe Temperature) is a measure of heat intensity incorporating three factors that have a significant effect on the human heat balance: temperature, humidity and radiation.

What Should We Do If There’s an Alert?

(1) Don’t Go Out. Avoid Heat.

The most effective way to prevent heat stroke is to avoid heat. Make moderate use of air conditioning day and night and keep an appropriate room temperature. Refrain from going out unless necessary.

(2) Reach Out to the Vulnerable.

Elderly people, children, people with medical conditions, obese people, people with disabilities, etc. are at higher risk of heat stroke. If you have a family member or a friend like this, please encourage them to use air conditioning during the night and to stay well hydrated.

(3) Take More Preventive Actions Than Usual.

Drink water frequently before you feel thirsty. The recommended amount of water per day is 1.2 liters. Wear cool clothing.

If you are outdoors and can maintain a proper distance (at least 2 meters), you may remove your face mask.

Guidelines for Daily Life and Exercise in Relation to WBGT

WBGT	Precautions for Daily Life	Policies for Exercise
31°C-	Elderly people are at high risk even at rest. Avoid outing. Move into a cooler room.	Exercise is suspended in principle.
28-31°C	Avoid the hot sun when going out. When indoors, watch out for rising room temperatures.	High Alert (No strenuous exercise)
25-28°C	Take sufficient rest on a regular basis when exercising or doing physically hard work.	Alert (Positive breaks)
21-25°C	Low risk in general, but be cautious when doing strenuous exercise or heavy labor.	Warning (Positive hydration)

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

Preparation for Floods

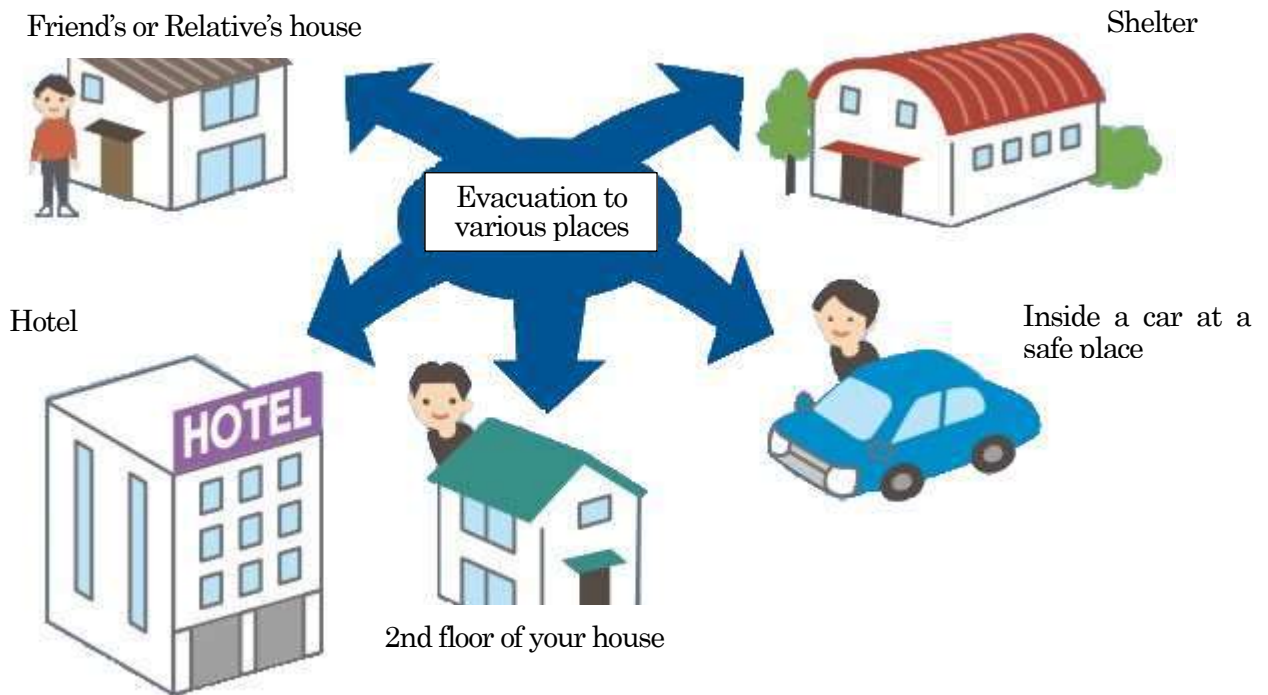
In recent years sudden torrential rains and typhoons frequently hit local areas. We need to take precautions against strong winds and floods, as well as landslides caused by earthquakes. It is important that each of us should be prepared for disasters to keep damage minimal.

Please always think about evacuation measures!

Confirm the risks your house and its neighboring area faces by looking at the city's hazard map, public map information websites, etc. Plan your evacuation process in advance and discuss fully with your family where and how to evacuate.

Special attention during disaster evacuation

Please cooperate when evacuating to various places to prevent the spread of infection at the evacuation site. "Evacuation" does not mean "going to a shelter" but rather "securing safety".



Prepare the things you should take in an emergency evacuation

Please take sanitary materials, such as face masks, disinfectant, etc. to prevent from the spread of infection in evacuation.

Daily Preparedness

- Make use of the disaster/weather information issued by the Meteorological Agency.
- Prepare emergency food and a bag for use in blackouts or power outages, water stoppages, and evacuation.
- Check the remaining shelf life of each stocked item periodically, rotate the items near the end of their shelf life by using them, and replenish the stockpile with fresh items.

Disaster prevention loudspeaker system

In a disaster, disaster and evacuation information will be broadcast through the outdoor loudspeaker system.

Emergency information email

Nara City can deliver emergency information related to natural disasters such as alerts, warnings, and evacuation orders immediately. Pre-registration is required. To register, please read the QR-code below and send a blank message.

QR-code for
registration



Evacuation information changed as of May 20.

With the revision of the Basic Act on Disaster Countermeasures, the guidelines for evacuation information issued by Nara City have been changed as shown in the table below. In order to make it easier to understand information calling for evacuation, we have abolished “the evacuation advisory” and united it into “an evacuation instruction.”

	Guidelines after change	Actions taken by residents
Alert Level 5	Ensuring emergency safety	Life is in danger. Ensure immediate safety.
Alert Level 4	Evacuation instruction	Evacuate everyone from dangerous areas.
Alert Level 3	Evacuation of elderly people and others	Evacuate elderly people and others from dangerous areas.

A warning level is a division that provides an intuitive understanding of the risk of a disaster and the evacuation actions to be taken.

Nara Prefecture Simultaneous Earthquake Behavior Drill NARA SHAKEOUT

Date & Time: July 9 (Fri.) 10:30 (about 1 minute)

Nara Shakeout (Nara Prefecture Simultaneous Earthquake Action Training) will be held on “the day for earthquake disaster prevention in Nara Prefecture.” You can take part in a one-minute earthquake action drill at home, at work, and so on to check whether furniture and other things are properly stabilized.

Three safety actions:

1. Lower posture
2. Protect the head and body
3. Do not move until the shaking subsides

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

