

# Nara City Information for Residents

March 2022 Issued by Nara City Hall (No. 1216)

(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](mailto:nsgghyk@gmail.com)



New Musical Scenery from an Ancient Capital

## New Musical Scenery from an Ancient Capital

A musical instrument like a *biwa* (similar to a 4 or 5-stringed lute), which was displayed at the Ancient Imperial Treasure Exhibition in Nara. Ancient Japanese court music which was played at temples and shrines. Since ancient times, such Japanese music and instruments have shaped Japan's unique culture and spread all over Japan. A new musical movement is about to start in Nara City again.

### “Station Piano” at Kyobate

**People making local areas active through music.**

There is a black piano near the wicket. Many people gather around it. There are a man who practices playing the piano with his musical scores, sisters who love the piano very much, students on the way back from school, and people who listen to performances while waiting for trains. It is a scene where people meet music comfortably.

## Important Notice about New Corona Virus Vaccinations (Feb. 9, 2022)

### Booster (Third) Vaccinations against COVID-19 have started!

You should receive a vaccination if at all possible to prevent severe disease.

Vaccine vouchers will be sent before the planned schedule to promote early vaccination.

As the time when vaccination vouchers are mailed may change depending on when your second shot was, please confirm it by calling the COVID-19 Vaccination Call Center or checking the Nara City Website.

People who get vaccination vouchers can make reservations.

### How to Make a Reservation

~to receive a vaccination at your family doctor or the nearest medical institution~



Make a reservation when you see your family doctor



Make a reservation using the Nara City Internet reservation system >>>>>



Make a reservation by phone  
**Nara City COVID-19 Vaccination Call Center**

Tel. 0120-340-112

9:00-19:00 except Sundays and Holidays

\* Please make sure to dial the correct number.

You can also take advantage of vaccination venues set by the government or the prefecture.

#### ◆ The Self-Defense Forces Large-Scale Vaccination Center (Osaka Call Center)

•Internet reservation ⇒⇒⇒



•Telephone reservation

**The Self-Defense Forces Osaka Large-Scale Vaccination Center**

Inquiry & Reservation counter

Tel. 0120-296-567

Everyday / 7:00-21:00

◆ **Nara Prefecture wide area vaccination**

The wide area vaccination venues will be opened late in February.

Please confirm details on the city or prefecture web site.

◎ **about Vaccination Certificates**

① **Please keep your vaccination certificate carefully**

The vaccination certificate attached with the 3<sup>rd</sup> vaccination voucher is the final document of certification.

If you lose it, an issuance application is needed and the procedure will take a certain period of time.

② **Expiration date of vaccine is postponed**

The period of validity for vaccines manufactured by Pfizer or Takeda/Moderna has been extended to 9 months from 6 months. For example, if the seal on the vaccination certificate reads `expiration date: January 31`, it means that the vaccination you received is effective until `April 30`.

\* This notice is posted in each vaccination venue (medical institution).



**Check! COVID-19 Vaccination Certificate application**

A person who has a My Number Card can download the application to a smartphone, and get an electronic vaccination certificate.



iPhone ▲ Android ▲

**Vaccination for 5 to 11 year old children begins**

(Please consider receiving a vaccination together with your child)



Vaccination vouchers will be sent \* to all eligible people in late February. Getting the vaccination is optional. Please confirm details on the document enclosed with the vaccination voucher, or check the website.

\* Children who will be turning five will be sent vouchers the month after their birthday.

**[Implementation Period]** Early in March - Sept. 30, 2022 (planned)

**[Vaccine]** manufactured by Pfizer (for children's use)

**[Times of Vaccination]** 2 times (3 week interval)

**[Vaccination Method]** vaccination by individual medical institutes

**[Inquiries]** COVID-19 Vaccine Inoculation Promotion Section (Tel. 0120-340-112)

\* Please make sure to dial the correct number.

<<Please bring the *Mother's and Child's Health Handbook* when receiving the vaccination>>

The latest information about COVID-19 vaccines is on the homepage of the City Website

<https://www.city.nara.lg.jp/site/corona-vaccine/>



**----- If you are diagnosed as positive or have been in close contact  
with someone who is positive -----,**

If you feel ill or off, you should first consult your family doctor or a local medical institution.

-----For an introduction about medical examinations and PCR testing -----

**The COVID -19 Consultation Center for Fever Outpatients**

**Tel. 0742-27-1132 Available 24 hours /7 days a week**



**Check!** Please go to the prefectural website for information about free PCR examinations and qualitative antigen tests by the prefecture.

**While waiting for test results,**

As results may be positive, please avoid contact with others, wear a mask even inside the house and prepare for hospitalization.

For details, go to the city website page “For those who took the PCR test”.

**Information when you are diagnosed as a close contact**

**<Who is a close contact?>**

**Those living with positive persons, including family members**

If you have been in contact with the positive person from 2 days before the onset of symptoms (2 days before the examination date in the case of asymptomatic cases) to the present, and if any of the following conditions are met, there is the possibility you are a close contact.

1. If you had a long -time contact with a positive person, such as in a car,
2. If you examined and took care of a positive person without appropriate infection protection such as mask,
3. If you came in contact with a positive person, for example, having conversations without masks for 15 minutes or more at a distance of about 1 meter or less,

**Check! For positive people who are staying at home:**

You can apply for “a support pack (food, etc.)” on the city website.

Please go to the site and confirm the conditions for application.



**<If you are diagnosed as a close contact, please stay home for 7 days from the day you last met the positive person>**

**(The observation period for your physical condition may change depending on the situation).**

The City Public Health Center will only call “family members living with a positive person” close contacts.

If there is the possibility that you are a close contact, please stay home voluntarily, even without contact from the Public Health Center.

If onset of illness is seen while you are staying home, inform the medical center about it and visit the hospital.

The observation period may change if key workers are diagnosed as close contacts.

Please go to the City website for details on the app.



## Household Garbage Collection Dates Will Change in Some Areas from April

In some areas, the garbage collection dates for burnable garbage, unburnable garbage and plastic containers and packages will change due to the revision of zoning for garbage collection. For communities which are not listed below, there will be no change in garbage collection dates and areas. From April 1, garbage collection areas will change in the communities listed below due to the change of garbage collection company. Please refer to the attached "Garbage Calendar" for the exact garbage collection date.

address	garbage collection area	
	currently	from April
Naka-Tomigaoka 5-chome and 6-chome Nishi-Tomigaoka 4-chome	F	E
Nishi-Tomigaoka 2-chome (*)	F	
Naka-Tomigaoka 3-chome and 4-chome (only for middle/high-rise housing where garbage is collected by Nara City Seibi-Kosha)	middle/high-rise housing	
Tomigaoka 1-chome through 6-chome Naka-Tomigaoka 2-chome Nakayamacho-Nishi 1-chome a part of Nakayamacho-Nishi 2-chome Nishi-Tomigaoka 1-chome and 3-chome Higashi-Tomigaoka 1-chome and 2-chome	F no change in area change of collection company only	
Gakuen-Asahi-Motomachi 1-chome and 2-chome Gakuen-Shindencho Gakuen-Midorigaoka 3-chome Tsurumai-Higashimachi (*) Tsurumai-Nishimachi (*) Minami-Tomigaoka	F	G
Gakuen-Minami 1-chome and 2-chome	E	H
Gakuen-Asahicho (*) Gakuen-Kita 1-chome and 2-chome Hyakurakuen 1-chome	F	
Gakuen-Minami 3-chome	H	

(\*) except Nakatomi-Danchi, Tsurumai-Danchi and Gakuenmae-Danchi operated by UR, Urban

Renaissance Agency

**Inquiries:** Shushu-ka (Garbage Collection Section)

Tel. 0742-71-3012

**Inquiries from April:** Takeda Kankyo and Yamato Seiso's Household Garbage Collection Joint Venture

Tel. 0742-63-2552

## Garbage Collection

### Collection Dates & Areas in March

Area	Burnable	Unburnable
A, F	Monday & Thursday	March 9, 23 (Wed.)
B, E		
C, H	Tuesday & Friday	March 2, 16, 30 (Wed.)
D, G		

\*Garbage collection is scheduled as usual on March 21 (Holiday).

Areas A, B, C and D are covered by Nara City and Areas E, F, G and H are covered by City Seibi-Kosha or

Takeda Kankyo & Yamato Seiso J.V. Collection days in some area might be different, so please check the city website.

**Temporary large amounts of garbage, due to moving and so on, are not collected by Nara City.**

Bring them to Kakyo-Seibi Kojo (Environment Sanitation Plant) after making a reservation or ask an agent with a General Waste Collection and Transportation permit in Nara City to dispose of it. (You will be charged a fee.)

**Unburnable Garbage**

All unburnable garbage is to be put in a 45 liter or less transparent or semi-transparent plastic bag.

Umbrellas (except beach sunshades) can stick out of the bag. Oversized items or those weighing more than 5 kg are considered bulky garbage.

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

## Maternal and Infant Health Care Consultation

You can consult with a public health nurse or midwife about your lifestyle during pregnancy, breastfeeding, infants' development and growth, etc.

### Hagukumi Center 3 F

**Consultation by phone or in person with public health nurses or midwives.**

**Date & Time:** 8:30 – 17:15 on weekdays (9:00 – 15:00 with midwives) \*An appointment is required.

### Seibu-Kaikan 2F, Consulting Room (Gakuen-Minami 3-Chome)

**Consultation in person (with midwives)**

**Date & Time:** 10:00 – 14:00 on weekdays (reception ends at 13:30)

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

**Thing to Bring:** *Mother's and Child's Health Handbook* and a bath towel.

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

### Tsuge Hoken Center

**Consultation 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
March 10 (Thurs.) 10:00 – 12:00	Tsukigase Fukushi Center (Tsukigase-Oyama)
March 15 (Tues.) 10:00 – 11:30	Dongo-ga-Oka Community Hiroba (Yokota-Cho Former Tawara Kindergarten)

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

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

### Tsukigase Health Consultation Room

**Consultation by phone or in person (with public health nurses)**

**Date & Time:** 9:00 – 16:30 on weekdays \*An appointment is required.

**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 December 2021)	From the 4-month birthday until the day before turning <b>6 months old</b>	Designated Medical Facilities in Nara City * Checkup terms for two months for the time being
10-month-old Babies Checkup (Born in June 2021)	From the 10-month birthday until the day before turning <b>one year old</b>	
19-month-old Babies Checkup	Eligible children will receive individual notices For more information, visit the city website	
3-1/2-year-old Babies Checkup		

**Things to Bring:** The questionnaire and *Mother's and Child's Health Handbook*. The questionnaire will be sent at the end of March.

People who moved to Nara City after March 1 and have not received the questionnaire by the checkup day should contact Boshi-Hoken-ka (Mother and Child Health Section). Tel. 0742-34-1978

### Japanese Encephalitis Vaccinations to Start (For Those Born in March 2019)

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

**Method:** The first vaccination 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.

\* Those who are not registered as residents of Nara City 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

### Preliminary Examination Leaflets Were Sent in Late February (to those born in January 2022)

If you bring the preliminary examination leaflet, *Mother's and Child's Health Handbook*, and Health Insurance Card or other ID, you can receive vaccinations. If you have not received the preliminary examination leaflet due to moving into the city, etc., call Kenko Zoshin-Ka (Health Care Section). Tel. 0742-34-5129

\*Please fill in forms with an indelible black pen.

### Various Health Classes for Expectant Mothers and Infants

Please check the date and time of the following classes through the Nara City Website. Please refer to the Nara City video channel "Health Information" for information about infant food and preventing tooth decay, and to the practical videos on the website for information on how to bathe and carry your baby in your arms.

1. *Paku-Paku* Class for 5-month-old babies (Baby Food Class)
2. *Ha-Pika* Class for 1-year-old babies (Tooth Decay Prevention 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

## Tuberculosis Examinations for Citizens

For yourself and those around you, have a chest X-ray examination at least once a year.

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

**Place:** City General Medical Examination Center (Kashiwagi-cho)

\* A face mask must be worn.

**Capacity:** 10 people who are 65 years old and over

**Application:** Call Hoken-Yobo-Ka (Health Protection Section) from March 1 (Tues.) through 18 (Fri.).

Tel. 0742-93-8397

## Spring Nationwide Fire Prevention Campaign

March 1 (Tues.) to March 7 (Mon.), 2022

“While Staying Home, The Whole Family Checks, and Dispose of Fire”

Fiscal year 2021, National Unification Fire Protection Motto



### Ten Tips for Residential Fire Prevention and Protecting Lives

Four Customs	1. Never smoke in bed. Never make family members smoke in bed.
	2. Use gas or electric heaters away from flammable materials.
	3. Stay by the fire when using the gas cooker
	4. Clean outlets and unplug unnecessary plugs
Six Measures	1. Install heaters and gas or electric cookers with safety devices to prevent a fire.
	2. For early detection of fire, <b>check residential fire alarms* regularly and replace them every 10 years.</b>
	3. Use fireproof products to avoid fires spreading to bedding, clothing and curtains.
	4. Install fire extinguishers to put out fires before they spread and know how to use.
	5. Have evacuation routes and methods secured for the elderly and those who with disabilities
	6. Participation in fire and disaster prevention drills, take fire prevention measures in the whole region through door-to-door visits, etc.

\*Old alarms may not detect fire due to deterioration of parts or dead batteries. So they need replacement.

**Inquiries about residential fire alarms:** Japan Fire Alarms Manufacture’s Association

**Inquiries:** Yobo-Ka, Shobo-Kyoku (Fire Prevention Section, Fire Department) Tel. 0742-35-1192

ChuoShobo-Sho (Central Fire Station) Tel. 0742-22-7051

Minami Shobo-Sho (South Fire Station) Tel. 0742-35-1149

Nishi Shobo-Sho (West Fire Station) Tel. 0742-45-7621

Kita Shobo-Sho (North Fire Station) Tel. 0742-71-9119

Higashi Shobo-Sho (East Fire Station) Tel. 0743-82-051

## Naramachi Center

38 Higashi-Terabayashi-Cho, 630-8362

Tel. 0742-27-1151

Name	Date and Time	Inquiries
Comprehensive Cultural Festival "Naramachi Iki-Iki Festa"	March 19 (Sat.) - March 21 (Holiday) 10:00-17:00	Inquiries: Cafe "Initiate" in the Naramachi Center Tel.: 0742-81-3691
Nara's Traditional Art and Crafts Exhibition <i>Akahada-yaki</i> Pottery – “Mana Oshio's Challenge”	March 16 (Wed.) - March 21 (Holiday) 9:00-17:00 *Open till 16:00 on March 21. On 19 (Sat.) and 21 (Hol.) afternoon, trainees of fostering successor programs for Nara's traditional crafts will demonstrate and display their arts and crafts.	
Art and Crafts Exhibition by High School Students in Nara	March 2 (Wed.) - March 13 (Sun.) 9:00-17:00 *Open till 16:00 on March 13.	

Tel. 0120-565-911 (toll-free) Monday – Friday 9:00 – 17:00

## Heijo-Higashi Kominkan

9-1 6-Chome, Suzaku, 631-0806

Tel./Fax 0742-71-9677

Name	Date, Time, and Contents	Application by
Enjoy Retro "Showa Era" Exhibition	Phonographs, record players, movie flyers, and other items that remind us of the Showa Era are displayed. March 10 (Thurs.)-March 13 (Sun.) 9:00-17:00 *Admission is free	No application is needed.

### Enjoy Mongolian Melodies on a "Yatga" Zither at Keisei Kominkan

A concert will be held by a sole Yatga player in Japan. Let's enjoy spending time ruminating about the magnificent sky and grasslands of Mongolia, and touching someone's heart.

**Lecturer:** Fumiko Nakanishi, Yatga player

**Date:** March 13 (Sun.)

**Time:** 14:00-15:00 (entrance free)

**Place:** 3-43-2 Rokujo-Nishi 1-chome 630-8044 Tel. & Fax. 0742-44-2669

**Things to Bring:** indoor shoes

### Salon Concert at Shogai Gakushu Center

#### Sumo-themed songs for March

Let's study various topics about Sumo and listen to mounful Sumo-themed songs.

**Date:** March 20 (Sun.)

**Time:** 14:00-15:00 (entrance free)

**Application:** unnecessary

#### Join together harmonious songs

Enjoy songs by mixed chorus "Aoi Ringo".

**Date:** March 25 (Fri.)

**Time:** 13:30-14:30 (entrance free)

**Application:** unnecessary

**Place:** 23 Suruga-cho 630-8357 Tel. 0742-26-8811 Fax. 0742-26-8813

### Interactive Concert at Wakakusa Kominkan

Spring has come! Let's enjoy a discussion about child care, and interactive games, featuring a concert for parent and child.

**Lecturer:** Yotsuba-no-clover, Tsuzaka district child welfare commissioner

**Date:** March 25 (Fri.)

**Time:** 10:30-11:30 (entrance free)

**Application:** unnecessary

**Those Eligible:** pre-kindergarten children and parents

**Place:** 575 Kawakami-cho 630-8202 Tel. & Fax. 0742-26-0130

### Renewal of Qualification Certificates for Child (Infant) Medical Expenses

The new certificates will be sent out in late March. Please destroy the current ones which expire March 31, 2022 to protect your personal information or use the enclosed return envelope to send it back to Kodomo-Ikusei-Ka (Child Care Section). Those eligible who do not have a qualification certificate now are encouraged to apply immediately.

**New Certificates Are for Those:**

Born between April 2, 2015 and April 1, 2016 (Those who will enter the first grade of elementary school as of April 1.)

Born between April 2, 2009 and April 1, 2010 (Those who will enter the first year of junior high school as of April 1.)

\* Those who are not in those age-groups can continue to use the current certificate.

**Eligibility For Child Medical Expenses Furtherance:**

Nara City residents who are covered by health insurance and have not graduated from junior high school yet (up to the first March 31 (Tues.) after reaching the age of 15). However, those mentioned below are not qualified: Those covered by the Medical Expenses Furtherance System for the Mentally and Physically Handicapped, Those covered by the Medical Expenses Furtherance System for Hitori-oya (single-parent) families, and those receiving welfare benefits.

**Inquiries:** Kodomo-Ikusei-Ka (Child Care Section)

Tel. 0742-34-5042

**Notice about HPV (human papillomavirus) Vaccinations**

**Receive Vaccinations on a Regular Basis for Prevention of Cervical Cancer**

The HPV vaccination campaign was suspended until recently. However, according to the latest knowledge there are no specific anxieties of HPV vaccination safety. Additionally, it has been determined that vaccination’s merits surpass side effects. Therefor we will resume the HPV vaccination drive.

**Inquiries:** Health Care Section

Tel. 0742-34-5129

**Those eligible:** Girls who are registered as Nara citizens on the day of vaccination, and are between the ages of the 6<sup>th</sup> grade of elementary school and the 1<sup>st</sup> grade of high school.

\*From April 1 of the school year when they become 12 years old to March 31 of the school year when they become 16 years old.

-Notices will be sent to those between 1<sup>st</sup> and 3<sup>rd</sup> grades of junior high school in the 2021 school year. The rest of the eligible people will receive the notice in or after the next school year. Vaccination will be available even without the notice.

**How you will be vaccinated:** There are two kinds of vaccine. You will receive either of them three times.

**Things to bring:** Your ID, such as *Mother’s and Child’s Health Book*, Health Insurance Card, etc.

The questionnaire sheet is not included in the notification letter.

It is available at medical facilities.

**Application for vaccinations:** Please call a medical facility listed on the City’s website.

**Catch-up vaccination for those who have not been vaccinated:**

If you did not have an opportunity to get vaccinated because the HPV vaccination drive was cancelled, you will be able to receive it for three years from 2022. Details will be announced as soon as they are confirmed.



**Education Center KIDS LEARNING FLOOR**

Class Name	Date	Time	Application Deadline
<b>&amp;Planetarium “Nijiro and Seasonal Constellations”</b> <b>Capacity:</b> 12 seats each time	Every Sat. & Sun. in March. and 21 <sup>st</sup> (Holiday)	(1) 11:00-11:20 (2) 13:20-13:50	Reception on the day
<b>Story Telling: “A bird named Miji”</b>	March 13 (Sun.)	11:30-12:00	
<b>Night Planetarium: “Season’s Starry Sky Walk-Astronomical Tour”</b> <b>Capacity:</b> 12 seats <b>Those eligible:</b> Elementary school first graders and older; adults can apply without children	March 25 (Fri.)	18:30-19:10	March 10 (Thurs.)

<b>Craft Experience Class “Let’s enjoy decorating ! making a corkboard”</b> Fees: 300 yen	March 26 (Sat.)	10:00-11:30	March 11 (Fri.)
<b>Craft Experience Class “Let’s make a miniature folding screen – A cute painting of The God of The Wind and Thunder”</b> Those eligible: Elementary school first graders and older.	March 27 (Sun.)	13:30-15:00	
<b>Movie screening: “Manga Fairy Tales of the World-The Beanstalk / The Curious Tiger”</b> Capacity: 40 seats	March 27 (Sun.)	14:00-14:30	Reception on the day

**Capacity:** 6 groups (6 to 10 children with guardians) unless the capacity is given above.

**Application:** Web application from Nara City Website. A lottery will be held if there are too many applications.

The application method has been changed to Web application.

**Others:** Reception on the day starts 20 minutes before the start and will end

upon reaching capacity. Please take care of your health condition, such as checking your temperature before visiting the center and wearing a mask when visiting it. You may be prohibited from participation depending on your health condition.

In addition to the above, classes may be held. Please refer to the city website or call us directly for the latest information.



**Inquiries:** Kids Learning Floor (Education Support and Consultation Section)

Tel.0742-36-0401

## Annual Women’s Health Week: March 1 to 8

### Increases in Female-Specific Cancers

Breast cancer is on the rise every year and affects one in nine women. Cervical cancer often affects women between their 20s and early 40s. These can be detected early by screening, so please be sure to have a medical check once every two years. (Cancer examinations for the fiscal year 2021 finished at the end of February. They will start again from July 1, 2022)

**Breast Cancer:** Be aware of your breasts and do self-checks on a regular basis. If you notice anything unusual, consult your doctor immediately.

**Cervical Cancer:** This type of cancer doesn’t emerge abruptly, but develops gradually over several years from a pre-cancerous state called dysplasia. In dysplasia, there are no symptoms, discharge, bleeding, or pain.

**Endometrial Cancer:** Check for abnormal bleeding. If there is anything of concern, please seek medical attention immediately.

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section)

Tel. 0742-34-5129

## Let’s Celebrate International Women’s Day on March 8!

### Think about What You Can Do to Help Women Live More Fulfilled Lives.

In 1975, the International Women's Year, the United Nations established International Women's Day to call for the elimination of discrimination against women and promote their empowerment and their equal participation in political and social activities.

To this day, many events are held around the world to mark this day as a great opportunity to reflect on the lives of women.

**Inquiries:** Danjo-Kyodo-Sankaku-Shitsu (Gender Equality Office)

Tel. 0742-81-3100

## Notice of 2022 Rabies Prevention Group Injections

### Rabies Shots Should be Given Once a Year to Every Dog Older than 91 Days



The notification post card (three-ticket type) will be sent at around the end of March.

**Fee:** Rabies Group Injection; 3,400 yen

Registration: 3,000 yen (If your dog is not registered.)

**Things to Bring:** A notification post card, if your dog is registered. If your dog is not registered, a memo written with your address, name, phone number, dog type, name, gender, birth date and color of your dog.

\*Some dogs may not be allowed to receive the shot due to their physical condition.

\***Dogs must be collared and brought by a person who is accustomed to handling them.**

\*If your dog can not receive the shot at the site, please get it at an animal hospital.

\*Please refrain from coming by car, since some sites don't have a parking lot.

\***Dog registration is an important once-in-a-lifetime procedure for each dog as stipulated by the Rabies Prevention Law. Unregistered dogs need to be registered.** Dogs can also be registered at the City Public Health Center, Shutcho-sho (Branch Office), Administration Centers and Liaison Offices as well as each shot site.

\***Due to the spread of COVID-19, the program above may not be conducted.** Please check the city website or call to Hoken-Eisei-Ka (Life Sanitation Section) before coming.

**Inquiries:** Hoken-Eisei-Ka (Life Sanitation Section)

Tel. 0742-93-8395

\*Be careful not to dial the wrong number.

