

Nara City Information for Residents

August 2023 Issued by Nara City Hall (No. 1233)
(All events, classes and lectures are conducted in Japanese.)

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



What is happening in Kasuga Primeval Forest now?

It has been 25 years since Eight Cultural Assets in Ancient Nara City were designated as World Heritage sites by UNESCO.

Kasuga Primeval Forest is one of them. UNESCO highly praised it for its cultural landscape that integrates with the Kasuga Grand Shrine. The Forest which covers the mountains of the deities has been protected and worshiped from 1300 years ago. Hunting and cutting trees in the Forest were strictly prohibited by Emperor Ninmyo (810-850) in ninth century. In 1955 the Government designated it as a National Special Natural Monument because it is rare to find forests that retain their primeval appearance right next to the city. More than 800 species of plants and many insects inhabit the Forest.

But we come across new serious problems now. Deer living outside of Nara Park have eaten up most of the oak and chinkapin beech tree buds in the Forest that will lead to the next generation, because the number of wild deer has been increasing. Chinkapin beech trees and oak trees are important in making up the forest. We have to conserve the Primeval Forest while coexisting with deer for the future. Landslides, even small-ones followed by tree fall are also a problem, caused by abnormal weather and global warming. On-going restoration and conservation measures are required now.

Nara Toka-e Light Festival

Augst 5 (Sat.) to 14 (Mon.) 19:00 – 21:30

Nara Toka-e Light Festival, which started in 1999, will be held in Nara Park. People gathering in Nara light a candle as a prayer. *The event may be canceled on rainy or windy days.

Ikkyaku-Itto (One Candle for One Visitor): Candle lighting experience

Time: 19:00 – 21:00 *Candle lighting may not be available due to congestion or bad weather.

Place: Ukigumo Enchi venue (Kasugano-cho)

Fee: 500 yen

Inquiries: Nara Toka-e No Kai Secretariat

Weekdays only 10:00 – 16:00 Tel. 0742-21-7515 Fax. 0742-21-7520

Inquiries on the day: Navidial 0570-025-048

*You may check real-time information on parking availability through Nara City's parking guidance system.

*Traffic restrictions are subject to change depending on traffic status.

For more information →



Nara Daimonji Okuribi, the Great Bonfire Event

Augst 15 (Tue.) Time of lighting: 20:00

This event started in 1960 to honor the spirits of the war dead. However, today it has been held to pay tribute to victims of natural disasters as well as the war deceased, and to pray for world peace. Also, the ritual bonfire has widely become known as a charming sight in Nara on a summer evening and can be seen from various spots in Nara City.

Place: Mt. Takamado (Byakugoji-Cho)

Inquiries: Nara Daimonji Preservation Society (within Nara City Tourism Association)

Weekday only 9:00 – 17:00 Tel. 0742-30-0230

*For your safety we would like to ask you to enjoy the view from home as there are no streetlights at the Tobihino field on the grounds of Kasuga Taisha Shrine grounds (in Nara Park), where the memorial service used to be held.

Tempyo Tanabata Star Festival: Heijo-Kyo Tempyo-Sai Summer Festival

We will decorate the site of Heijo Palace at night with light and candlelight. Please visit the Heijo Palace site at night and experience their charm.

Date & Time: Aug. 18 (Fri.)-20 (Sun.) 16:00-21:00 (events will be cancelled in case of inclement weather)

Place: Suzaku-Mon Hiroba (Square) in the Heijo Palace Site (Nijo-Oji-Minami 4-chome)

Admission Fee: free

Programs:

Tempyo Tanabata Parade: Parade through the lanterns and illuminated bamboo ornaments

Food and beverage booths: A variety of menus will be prepared including shaved ice associated with Nara

Art exhibition by local elementary school students: Art works related to illumination

Inquiries: Heijo-Kyo Tempyo-Sai Jikko Iinkai (Executive Committee)

Tel. 0742-25-0707

Festival Website for further details ➡



Great Summer Festival ☆ *Naramachi Yu-ho* Stroll

Get a brochure at the information office of “Naramachi Inn wood deck” located beside Sarusawa-ike pond, ringed with lit lanterns. Then, go and enjoy Naramachi. You can experience some unique services at participating shops in “**Naramachi Rakuza**”, stroll and learn with “**Naramachi Yu-ho Quiz Rally**” and enjoy a “**Night tour**” (reservation required) accompanied by a Nara Mahoroba sommelier.

Date: Aug. 19 (Sat.) -27 (Sun.) 18:30-21:00 (lantern lighting time)

Inquiries: *Naramachi Yu-ho* Executive Committee

Tel. 0742-93-5250 (9:00-16:00 on weekdays)

For further details ➡



Garbage Collection

Please do not park near the garbage collection sites.

Please consult us know in advance if you plan to purchase or replace a garbage collection box.

Collection Dates and Areas in August

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

*Garbage collection is scheduled as usual on August 11 (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 Kyodo-Kigyotai (Joint Venture). Collection days in some areas might be different, so please see the city website for confirmation.

Inquiries: Shushu-Ka (Garbage Collection Section)

City Seibi Kosha

Takeda-Kankyo & Yamato-Seiso Kyodo-Kigyotai (Joint Venture)

Tel. 0742-71-3012

Tel. 0742-33-8782

Tel. 0742-63-2552

Battery Collection Boxes have been set up in 15 places

Precautions when throwing away batteries:

- Separate batteries and small rechargeable batteries
 - Only household, offices are prohibited from using these collection boxes
 - Do not throw away anything other than collection items
 - Make sure that cover the electrodes with tape and insulate the battery
- *Locations can be checked on the Nara City website

Inquiries: Waste Section Tel. 0742-71-3001

August is Food Hygiene Month

Precautions against Food Poisoning caused by Campylobacter

and Internal Bleeding Coli such as O157

- 1) Don't eat raw meat or undercooked meat
- 2) Use different tongs or chopsticks for cooking and eating
- 3) Use different knives and cutting boards for meat, and do not let meat drip onto other food.

Pay attention to fish parasites such as Anisakis or Kudoa

<Precautions>

- * They often live in mackerel, horse mackerel, bonito, flounder and other fish.
- * Choose fresh fish and remove viscera quickly.
- * Freeze, or heat fish sufficiently.

Three Important Rules for Preventing Food Poisoning

- 1) Don't spread germs: Wash your hands often. Thoroughly wash cooking utensils.
- 2) Don't let germs multiply: Put purchased food in the refrigerator or freezer immediately. Eat cooked food quickly.
- 3) Sterilize: Heat the inside of food to 75 degrees Celsius or over for more than one minute.

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

Vaccination Against COVID-19 has Begun

The omicron strain-targeting bivalent vaccine manufactured by Pfizer, in addition to Moderna, will be supplied by the government. Some medical facilities will start to use them from July 25.

For more information about the vaccines used in each medical facility, please refer to the City's website.

Application: Please contact the Vaccination Against COVID-19 Call Center by phone.

Tel. 0120-340-112 9:00-17:00 (except Saturdays, Sundays and Holidays)

Reservations can be also made on the website.



Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in May 2023)	From the 4-month birthday until the day before turning 5 months old.	Designated Medical Facilities in Nara City
10-month-old Babies Checkup (Born in November 2022)	From the 10-month birthday until the day before turning 11 months old.	
19-month-old Babies Checkup (Born in January 2022)	September 7, 14, and 28 (Thurs.) * Date and time are indicated on the questionnaire	Chuo Hoken Center (Central Health Center) (On the 2nd floor of Hagukumi Center)
3-1/2-year-old Children's Checkup (Born in February 2020)	September 5, 12, and 19 (Tues.) * Date and time are indicated on the questionnaire	

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

* The questionnaire will be sent in the middle of August. Those who moved to Nara City after August 1 and have not received the questionnaire by the checkup day should contact Boshi-Hoken-Ka (Mother and Child Health Section)

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

Classes for Pregnant Women & Babies and Dental Checkup

Maternity "Happy Check" (Dental Checkup for Pregnant Women)

Date & Time: August 24 (Thurs.) 9:30-11:30

Place: Hagukumi Center 2F

Capacity: 28 people who are between the 16th and the 32nd week of pregnancy on the class day

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

Deadline: August 17 (Thurs.)

Fluoride Application to Cavities for Children Born in August 2021

Date & Time: August 25 (Fri.) (1) 9:30-10:00 (2) 10:00-10:30 (3) 10:30-11:00 (4) 11:00-11:30

Place: Central Health Center (Hagukumi Center 2F)

Capacity: 25 children each time

Things to Bring: *Mother's and Child's Health Handbook*, toothbrush with unspread bristles, towel.

Deadline: August 22 (Tues.)

Application: Call Boshi-Hoken-Ka (Mother and Child Health Care Section) by the application deadline date
Tel.0742-34-1978

Parent-child bonding program "Baby is here!"

Date & Time: September 6, 13, 20, 27 (all Wednesdays) 13:30-15:30: 4 times in total

Place: Seibu Kominkan (Gakuen-Minami 3-chome)

Contents: Mothers can learn how to interact with their babies and interact with each other.

Those Eligible: Ten first-born children born from March 7 to July 6 in 2023 and their mothers

Fee: 1000 yen for the first time only

Application: By phone or write your address, guardian's name, age, child's name, date of birth, and telephone number in a fax or e-mail and send it to the child-rearing plaza "Nijjiro" by August 25.

Tel. 0742-33-1022 Fax. 0742-33-1023 E-mail: nijjiro.kodomocenter2@gmail.com

* Excess application will be decided by lottery.

Inquiries: Kodomo-Ikusei-Ka (Child-rearing Section) Tel. 0742-34-5042

Japanese Encephalitis Vaccinations to Start (for those born in August 2020)

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

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

Things to bring: Preliminary examination leaflet, *Mother's and Child's Health Handbook*, and your child's ID document.

* Those who are not registered as a citizen 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

Maternal and Infant Health Care Consultation

Hagukumi Center 3 F

Consultations by phone or face-to-face with public health nurses or midwives (appointment required)

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

Seibu Kaikan 2F, the Counselling Room (Gakuen-Minami 3 chome)

Face-to-face Consultations with midwives (appointment required)

Date & Time: 10:00-14:00 on Monday, Wednesday, and Friday (accepted until 13:30) except on holidays

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

Things to bring: *Mother's and Child's Health Handbook* and a bath towel

Application: Call Boshi-Hoken-Ka (Mother and Child's Health Section) Tel. 0742-34-1978

Tsuge Hoken Center

Consultations by phone or face-to-face with public health nurses or nutritionists

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

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

Tsukigase Health Consultation Room

Phone or face-to-face consultations with public health nurses (appointment required)

Date & Time: 9:00-16:30 on weekdays

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

Preliminary Examination Leaflets for Vaccinations Were Sent out in Late July for Those Born in June 2023

In order to have your baby vaccinated, the preliminary examination leaflets, *Mother's and Child's Health Handbook* and health insurance card are required on the day of vaccination. In case you have no preliminary examination leaflet due to recently moving into Nara City, etc., please contact Kenko-Zoshin-Ka (Health Care Section).

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

Cancer Examinations (September)

Apply to Kenko-Zoshin-Ka (Health Care Section) by phone or fax or on the City's website.

Free of charge for those who are on social welfare or belong to households receiving residence tax exemption.

Please notify us of that when you apply.

Stomach and Lung Cancer Examinations

Accepted from Aug. 1 (Tues.) to 18 (Thurs.)

Date	Place	Reception Time	Capacity
Sept. 6 (Wed.)	Seibu Toshokan	9:45 - 10:15	10 each
		10:15 - 10:45	
Sept. 8 (Fri.) Sept. 13 (Wed.) Sept. 19 (Tues.) Sept. 22 (Fri.)	Hagukumi Center	8:45 - 9:45	33 each
Sept. 11 (Mon.)	Hokubu-shutcho-sho	9:15 - 9:45	10 each
		9:45 - 10:15	
Sept. 12 (Tues.)	Tomigaoka Kominkan	9:30 - 10:30	26
Sept. 15 (Fri.)	Seibu Shogai Sports Center Club House	9:15 - 10:15	27
Sept. 20 (Wed.)	CO-OP Oshikuma	9:15 - 10:15	27
Sept. 21 (Thurs.)	Tomio-Minami Kominkan	9:15 - 10:15	27

Lung Cancer Examination

Date	Place	Reception Time	Capacity
Sept. 8 (Fri.)	CO-OP Oshikuma	14:00 - 15:00	40
Sept. 15 (Fri.)	Hagukumi Center	14:00 - 15:00	60

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 a sputum test based on the 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 and this fiscal year (lung cancer examination is possible), and those who had low dose CT screening for lung cancer by Nara City in this fiscal year (stomach cancer examination is possible) are excluded.

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

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax. 0742-34-3145

Information from QR code →



Naramachi Nigiwai-no-Ie

5 Nakashinya-cho, Nara 630-8333

Tel. 0742-20-1917

Summer Vacation Projects for Kids “Let’s Play Nature Games in a *Machiya* House”

Date & Time: August 11(Holiday), 11:00 – 12:30

Instructor: Soyo Yamamoto, Instructor of Nature Games

Exhibition of Press Photos stored in the Warehouse

Date & Time: July 27 (Thurs.) – August 15 (Tues.), 9:00 – 17:00

Historical Materials Preservation House

1-1 Wakido-cho 630-8337 Tel. 0742-27-0169 (Closed Mondays)

Special Exhibition Naramachi Literary Calendar

“ Earthquake Records from the End of the Edo Period”

Date & Time: August 29 (Tues.) – Sep. 24 (Sun.)

Special Exhibition of Historical Materials stored in the Warehouse “ Obana-Za”

Date & Time: August 29 (Tues.) – Sep. 24 (Sun.)

Closed Mondays (Except National Holidays) & Sept. 19 (Tues.)

Let’s Play Basketball on the Basketball’s Day in Nara City

Date & Time: August 27 (Sun.) 9:00 – 18:00

Place: Rohto Arena Nara (Horen Sahoyama 4-chome)

Subjects: Children elementary school aged and up

Things to bring: Indoor sports shoes, something to drink

Inquiries: Sports Shinko-ka (Sports Promotion Division) Tel. 0742-34-5376

*For more details, please check the Nara City website.

City Hall *Fureai* Concert

Date & Time: Aug. 18 (Fri.) 12:20-12:50

Place: Entrance Hall of Nara City Hall (1-1, Nijo-minamioji 1-chome)

Performance by: The band "Pua Pua", a member of Nara International Music Exchange Community ("Nara IMEC")

Inquiries: Bunka Shinko-ka (Culture Promotion Section) Tel. 0742-34-4942

Nara Art Space

Fushimi Yuyu Photo Club Exhibition

Date & Time: From Aug. 21 (Mon.) to 25 (Fri.) 9:00-17:00

Place: Entrance Hall of Nara City Hall (1-1, Nijo-minamioji 1-chome)

Inquiries: Bunka-Shinko-Ka (Cultural Promotion Section) Tel. 0742-34-4942

Naramachi Center

38 Higashi Terabayashi-cho Nara, 630-8362 Tel. 0742-27-1151 (Closed on Mondays)

Sculptor Taro Mizushima Exhibition

Date & Time: From Aug. 16 (Wed.) to 27 (Sun.) 10:00- 17:00 (Last day until 16:00)

Healthcare Room for the Mind: the Seasonal Beauty of Nara Park

Date & Time: From Aug. 30 (Wed.) to Sept. 10 (Sun.) 10:00- 17:00 (Last day until 16:00)

Description: Photographic exhibition by Megumi, an active school nurse.

Mahorobazaar: Mahorabu-Nara (Summer Festival)

Date & Time: Aug. 20 (Sun.) 13:30-19:00

Place: Ukigumo Enchi in Nara Park (Kasugano-cho)

Inquiries: Nara Seinen Kaigisho (Junior Chamber International Nara) Tel: 0742-26-0112

Nara Toastmasters Club

Brush up on your Public Speaking Skills

Date & Time: Second Sunday of every month 14:00-16:30

Place: Online or Seibu Kominkan (Gakuen-Minami 3-chome)

Fee: Necessary

Inquiries: Nara Toastmasters Club (Email: naratmc2011@gmail.com)

23 Suruga-machi 630-8357

Tel. 0742-26-8811 Fax. 0742-26-8813

Lifelong Learning Center

Event Name	Date & Contents	Application Deadline
Salon Concert - Japanese Popular Songs and Movie Songs of the Showa era -	Guitar music and singing by the group "MEGA-CI-CAS" Aug. 26 (Sat.) 14:00-15:00 *Free Entry	Not Necessary

Chubu Kominkan

23-4 Kami-Sanjo-Cho, 630-8228

Tel. 0742-26-6506 Fax. 0742-26-3263

Event Name	Date & Contents	Application Deadline
Summer Vacation Film Festival for Kids	Movie-watching as well as many fun activities Aug. 10 (Thus.) 13:00-15:45 From infants to elementary school children with their parents Fee: 100 yen for handcraft and play corners *Free Entry	Not Necessary

Tobu *Kogen* (Eastern Highlands Area) Marché *Satoyama* (country side) fresh ingredients

Place: Central court on the first floor of Garden Mall Kizugawa City (Kizugawa city, Kyoto pref.)

Every Marché will open from 10:00 through 14:00.

* What has been scheduled will go on, rain or shine except in case of stormy weather.

* It may close earlier when sold out.

Date	Marché
August 26 (Sat.)	Tawara-Yamazato Market
Sept. 2 (Sat)	<i>Roba-no-kyujitsu</i>
Sept. 9 (Sat)	<i>Kohan-no-sato</i> Tsukigase
Sept. 16 (Sat)	<i>Tsuge-no-hatake</i> Kogenya
Sept. 23 (Holiday)	Tsukigase Onsen Fureai Market
Sept. 30 (Sat)	Sakahara Market Cosmos

Inquiries: Tobu Sub-branch Tel. 0742-93-0001

Please see here for details. →



Education Center Kids Learning Floor



Class Name	Date	Time	Deadline
Planetarium “Nijiro and Seasonal Constellations Hokuto and Nanto” Capacity: 40 seats each time	Every Saturday and Sunday in August	1) 10:30-10:50 2) 11:40-12:10 3) 13:40-14:10	Reception on the day
Planetarium for summer vacation “Star’s Life” (movie only) Capacity: 40 seats each	Every Wednesday and Friday (except Aug. 25 and 30)	1) 10:30-11:00 2) 11:40-12:10 3) 13:40-14:10	
Summer Vacation Movie Screening “New Jungle Emperor Leo / My Hometown” “Osamu Tezuka Anime World -Amefuri-Kozo” Capacity: 200 seats each	August 19 (Sat.)	1) 11:00-12:00 2) 13:00-14:00	

Night Planetarium “Kimagure Planetarium – We will deliver the seasonal stary sky” Capacity: 40 * Suitable for upper grades of elementary school to adults. * Adults may participate by themselves	August 25 (Fri.)	18:30-19:10	
Robot Class “First Programme – Space Traveling by a Robot –” Capacity: 8 elementary school fourth to sixth grade children each	September 3 (Sun.)	1) 10:00-11:30 2) 13:30-15:00	August 14 (Mon.)
Space Class: “Let’s launch a balloon rocket” Capacity: 12 elementary school first graders each	September 9 (Sat.)	1) 10:00-11:30 2) 13:30-15:00	August 21 (Mon.)
Story Telling “Story of a Hole”	September 9 (Sat.)	11:00-11:30	Reception on the day
Science Experiment Class “Do Miracles! Do Science! – Types and Formation of Clouds the Weather –” Capacity: 12 children each time, and age 5 and over	September 16 (Sat.)	1) 10:00-10:40 2) 11:20-12:00 3) 14:20-15:00	August 28 (Mon.)
Craft Experience Class: “Let’s make stamps play!” Capacity: 12 children each time, and age 4 and over Things to Bring: 3 plastic bottle caps	September 17 (Sun.)	1) 10:00-11:30 2)13:30-15:00	
Astronomical Observation Event “Let’s Look at the Moon and Saturn Through a Telescope!” Capacity: 15 elementary school first graders and over Place: To be held at the Nara Hyakunen-kaikan (Nara Centennial Hall) south parking lot (Sanjo Miyamae-cho)	September 21 (Thurs.)	18:30-20:00	September 4 (Mon.)
Robot Class (Intermediate) “Let’s make a course for a robot to run” Capacity: 12 elementary school first graders and over Teaching Material: mBot2 * The same contents on both days	September 23 (Holiday), 24 (Sun.)	1) 10:00-11:30 2) 12:30-15:00	
Application: Web application from Nara City Website. In case of excess application, a lottery will be held. Others: Reception on the day of the class will start 15 minutes prior to the starting time of each class and will be closed when the prescribed number of applications is reached. Participants must be accompanied by guardians. In addition to the above, other courses may also be held. The planetarium is available for group use. For the latest information, please check the city website or contact us directly.			

Inquiries: Kids Learning Floor (Education Support and Consultation Section) Tel. 0742-36-0401



Receive Vaccinations during Summer Vacation

Free of Charge

We recommend that elementary school-age children and over receive the vaccinations. If any vaccination is left undone, please receive it during summer vacation.



For details (in Japanese)→

Vaccine Name	Target	Standard Age for Vaccination	Number of Times
Japanese Encephalitis Vaccine (the second term) *1	Between 9 years old and one day before 13th birthday	The fourth grade of elementary school	Once
Diphtheria and Tetanus Toxoids (DT) Vaccine	Between 11 years old and one day before the 13th birthday	The sixth grade of elementary school	Once
Human papillomavirus *2	women between 12 (the 6th grade of elementary school) and 16 (the 1st grade of high school).	The 1st grade of junior high school	depending on the vaccine and the child's age.

*1 Those born between April 2,2003 and April 1,2007 and until one day before the 20th birthday will get free vaccinations due to a special measure.

*2 Catch-up vaccinations will be given until March 31,2025 to those who born between April 2,1997 and April 1, 2007, as they lost the chance to receive voluntary vaccinations for some time

Place: Designated Medical Facilities in Nara City (Please check the Nara City website)

Those Eligible: Those who will be registered as citizens of Nara City on the day. If you wish to receive injection outside of the city and prefecture, please contact Kenko-Zoshin-Ka (Health Care Section) in advance.

Things to bring: *Mother's and Child's Health Handbook* and an identification document such as your Health Insurance Card. (The questionnaire sheet is available at the medical facility.)

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

