

Nara City Information for Residents

July 2021 Issued by Nara City Hall (No. 1208)

(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



Vaccination for Tomorrow's Wellbeing

Vaccination Procedures

Before you come to a vaccination venue

Please be sure to make a booking beforehand.

Please be sure to fill out the vaccination medical interview sheet.

Please come to the venue in clothing which can show your shoulder, such as a sleeveless top.

If you are worried about your health condition, please consult with your family doctor.

Things to bring: Vaccination coupon, ID (health insurance card, driver's license, etc.)

The vaccination medical interview sheet you filled out.

Please bring your *OKUSURI TECHO* (Medication Record Handbook) if you have one.

At the vaccination venue

Reception starts on time. If you come earlier you will not be accepted.

In order to avoid congestion, please come to the venue a little before your appointment time.

If you come more than 15 minutes earlier than that, there may be no available seats for waiting.

While waiting, sanitize your hands and fingers, and measure your body temperature.

Your attendant, if you have one, is allowed to enter the venue.

*If your temperature is 37.5 deg. C. or higher or you are in bad shape, you will not be allowed to get the vaccination.

1. **Reception:** Booking will be confirmed with your vaccination ticket and ID.
*Please bring the ticket without removing it from the backing paper.
2. **Confirmation of your medical interview sheet:** Make sure if the sheet is filled out.
*If there are blanks on the sheet or if you received another vaccination within the last two weeks, you may not get vaccinated.
3. **Counseling before vaccination:** If you have some questions or worries about the effects of the vaccine or its side-effects, please seek advice here.
4. **Preliminary medical examination:** Medical interview by a doctor based on your interview sheet.
*If you have a pre-existing disorder such as severe hypersensitivity including anaphylaxis, you may not be able to get vaccinated.

We will confirm your next reservation, if you are unable to receive the vaccination for COVID 19 at the preliminary medical checkup on the appointment day

We'll ask for your contact information and desired date at the venue,

and notify you about the fixed date later, from the Promotion Section of COVID-19 -Vaccination.

(We may not be able to meet your expectations depending on the situation).

5. **Vaccination:** A nurse will give you the vaccination on your shoulder.
The space for vaccination is divided one by one.

Observation and the issue of the vaccination certificate

After being vaccinated, symptoms such as anaphylaxis and vascular stray nerve reflex may occur.

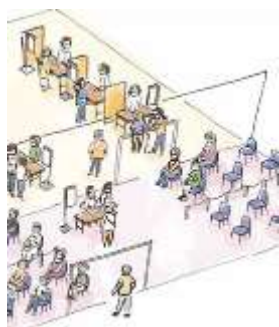
To observe your physical condition, we will normally ask you to stay at the venue for 15 minutes.

If there is any possibility of such symptoms, you may stay for 30 minutes.

After attaching the sticker of the vaccination coupon to the pre-examination slip, we will collect it.

Enter the date and the venue on your vaccination certificate.

If you don't have a pre-examination slip for the second vaccination, it will be distributed.



**After you go back home, If you have side effects or symptoms
Call the Prefectural Call Center for Side Effects and Symptoms:
Tel. 0120-919-003 (24 hour - support)**

Taking a bath on the day of vaccination is possible.
Refrain from excessive drinking of alcohol or strenuous exercise.
Please continue to take measures against infection, such as wearing a mask and washing your hands after vaccination.

Treatment

If Anaphylaxis Develops at the Venue Following Vaccination Against COVID-19

Doctors and nurses will check the patient's vital signs (breath, circulation, and condition of consciousness and skin). If necessary, they will be taken to hospital by ambulance, depending on their condition.

Vaccinations for Physically Challenged People

- *Wheelchairs are available at venues.
- *Vaccination tickets will be sent with information in braille for visually impaired people.
- *Applications by fax. are available for hearing-impaired people. Please ask the Promotion Division for COVID-19 Vaccination. Fax. 0742-34-5676

How to make a reservation at a Group Vaccination Site

• Group Vaccination Venues (four sites inside the city)

The schedule may be changed depending upon the situation. No calls are accepted at the Group Vaccination Venues.

Venue	Day of Week	Time (*1)
City Hall (6F, Central Building) 1-chome, Nijo-Oji-Minami 15 minutes' walk west from Kintetsu Shin-Omiya Station.	Every Day	[AM] 10:00-12:30 [PM] 14:00-16:30 [Evening] 18:00-20:30
Mi-Nara (2nd Floor) 1-chome, Nijo-Oji Minami (west of City Hall)	Mon., Wed., Thurs., Fri., and Sun. (*2)	
Seibu Kominkan (6th Floor) 3-chome, Gakuen-Minami Close to the south exit of Kintetsu Gakuen-mae Station	Sat.	
Hotel Nikko Nara (4th Floor) (*3) Sanjo-Honmachi Direct access from JR Nara Station	Tues.	

(*1) The times shown above may be slightly different from those until July 18.

Please refer to the following table.

Mi-Nara	Every Sunday until July 4	10:00-12:30 / 13:45-16:15 / 17:00-19:30
Seibu Kominkan	Every Saturday until July 3	09:30-12:00 / 13:30-16:00 / 17:30-20:00

(*2) Starting in August, Tuesdays will be added.

(*3) This venue site will be available until the end of July. All applications have been completed.

• **How to know the availability of vaccination**

As the current status of availability can be checked through the City's home page, please check it in advance.

• **Make a reservation through the internet**

Reservation can be made 24 hours a day. Please book the vaccination through the City's Internet Reservation page.

• **Make a reservation by phone**

Nara City Covid-19 Vaccination Call Center

Phone: 0120-340-112

Available from 9:00 am till 19:00 pm except Sundays and holidays.

* Make sure that you dial the correct phone number.

• **Have your vaccination coupon in front of you when you call to make a vaccination reservation**

(1) Say that you are calling about your 1st vaccination.

(2) Say the 10-digit numbers on your vaccination ticket, your name, and birth date.

(3) Say your desired venue.

(4) Book the date and time for your first vaccination.

Sending of Vaccination Tickets

It may take about 3 days to receive vaccination tickets after they've been posted. Please contact the "Nara City COVID-19 Vaccination Call Center: 0742-34-0112" if you do not receive a vaccination ticket.

Those between 70 and 74 years old ➡
(Those who were born after March 31, 1947
and before April 1, 1952)

Already finished sending
by May 31 (Mon.)

Those between 65 and 69 years old ➡
(Those who were born after March 31, 1952
and before April 1, 1957)

Already finished sending
by June 4 (Fri.)

*As for vaccination tickets for those under 64 years old, the method and time of sending tickets will be decided according to completion of vaccines for elderly people and the vaccine supply.

■ **Please consult us if you have worries after getting the vaccination**

A nurse will carry out the consultation. We will introduce you to appropriate medical institutions in accordance with the details of consultation.

Nara Prefecture Side Effect Call Center (24 hour support)
Tel. 0120-919-003 Fax. 0742-36-6105

■ **Compensation for side effects and symptoms**

Should your health be damaged by the vaccination, you can get adequate compensation via the vaccination health damage aid system based on vaccination law. Should the Minister of Health, Labor and Welfare acknowledge that health damage following a vaccination is due to that vaccination, the government will pay an expense. However, possible slight side effects may not be eligible for authorization.

The website of the Ministry of Health, Labor and Welfare "Health Damage Aid System"

Inquiries: COVID-19 –Vaccine–Sesshu-Suishin-Ka (Vaccination Promotion Section)

Tel. 0120-340-112



A wish from the Nara City Fire Department

About wearing a mask when using an ambulance

In order to prevent the spread of Covid-19, we ask that you wear a mask when using an ambulance whenever possible. Unmasked persons may be asked to wear a mask depending on the situation. We ask for your cooperation in preventing infections by both users and paramedics.

Please refrain from using ambulances except in emergencies.

Ambulances are ready to be deployed at any time in case of traffic accident, injury, or sudden illness, but use in cases that aren't urgent will cause a shortage of ambulances and delays in carrying patients.

In addition, in order to protect the lives of the important people in your life in case of "urgent care", take first aid courses and acquire correct knowledge and accurate skills.

Inquiries: Shoubou-Kyoku-Kyukyu-Ka (Emergency Department of Nara City Fire Department)

Tel. 0742-35-1190

Information on Medical Consultations for COVID-19

When you have symptoms such as fever, consult your family doctor or a medical institution nearby by phone.

Medical Care and 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.

*Nara Prefecture has certified it as a medical institution with the same function as an institution for returnees and contact outpatients with Covid-19, and a series of responses from Medical Care to PCR Testing are available.

If you don't know who to consult, call the COVID-19 Consultation Center for Fever Outpatients (the former Consultation Center for returnees or outpatients contacted with Covid-19) Tel. 0742-27-1132

Fax. 0742-27-8565 (available 24 hours, 7 days a week) Introductions to medical institutions or PCR testing facilities will be made.

If you test positive, you will be hospitalized or treated at an accommodation.

About Garbage Collection

Garbage Collection Dates & Areas in July

Area	Burnable	Unburnable
A,F	Monday & Thursday	7,21 (Wednesday)
B,E		
C,H	Tuesday & Friday	14,28 (Wednesday)
D,G		

*Areas A-D are covered by Nara City, and E-H are covered by Seibi-Kosha, Takeda Environment Co., Ltd, and Yamato-Seiso JV. The garbage collection dates may be different in some areas, so please check the Nara City Website.

*Garbage will be collected on July 22 and 23 (Holidays) as usual.

Please Drain Wet Garbage

In order to prevent wet garbage from spattering dirty water in the summertime, please drain garbage thoroughly.

Please clear away folding collection site boxes immediately after garbage collection to ensure safety.

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

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

Takeda Kankyo & Yamato Kyodo-Kigyotai (Joint Venture) Tel. 0742-63-2552

Special Allowance for Severely Challenged or Elderly Foreigners

1. Special Allowance for Severely Challenged Foreigners

As special allowance (20,000 yen per month) to promote welfare is paid to severely challenged foreigners/ ex-foreigners who are not entitled to the disability basic pension.

Those Eligible: Foreigners or ex-foreigners who, as of January 1, 1982, had registered their disability (holding level 1-3 degree of Physical Disability Certificate or Ryoiku Techo (Recuperation Certificate A)) and had already reached 20 years of age.

2. Special Allowance for Elderly Foreigners

Special allowance (20,000 yen per month) to promote welfare is paid to elderly foreigners or ex-foreigners who are not entitled to the national pension.

Those Eligible: Foreigners or ex-foreigners who were born before April 1, 1926, and had registered their residence in Japan as of January 1, 1982.

Foreigners or ex-foreigners who fit the following are excluded.

- A. Those who are on public welfare or receive support benefits for Japanese nationals left behind in China (Chugoku Zanryu Hojin-to Shien Kyufu-kin).
- B. Those who live in social institutions.
- C. Those who have been receiving public benefits of less than 240,000 yen annually. (For those who have been receiving public benefits of less than 240,000 yen annually, the amount of the benefits will be subtracted from the special allowance to be paid.)
- D. Those who earned more than the limit for the old-age welfare pension in 2020.
- E. Those who receive a special allowance for severely challenged foreigners/ ex-foreigners, for the above 2.

Application:

- 1. Shogai-Fukushi-Ka (Welfare Section for the Disabled) Tel. 0742-34-4593
- 2. Choju-Fukushi-Ka (Welfare Section for the Aged) Tel. 0742-34-5439

Apply to the section by July 30 (Fri.) with an application form (available at respective sections).

The application form should be accompanied by a copy of the residence certificate and documents that certify the 2020 incomes of you, your spouse and the family member who is responsible for supporting you. Bring your seal with you when applying. Renewal application forms will be sent to those who have already been receiving this allowance.

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

We recommend that your child receives the first term vaccination (the first two times, and one-time booster).

Please confirm it on the Preliminary Examination Leaflet.

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

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

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

*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

Cancer Examinations (August)

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

For examinations held at the Tsuge Hoken Center, please apply by phone. 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. Accepted from July 1 (Thurs.) to 20 (Tues.). Internet applications will be accepted until July 10 (Sat.).

Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
4 (Wed.)	Hagukumi Center	8:45-9:15	17
13 (Fri.)			
20 (Fri.)		9:15-9:45	16
23 (Mon.)			
6 (Fri.)	Tomio Minami Kominkan	9:15-9:45	14
		9:45-10:15	13
10 (Tues.)	Tsuge Hoken Center	8:30-10:30 (At specified times)	30 each
11 (Wed.)			
12 (Thurs.)	Nishi Fukushi Center	9:30-10:00	10 each
		10:00-10:30	
16 (Mon.)	Hokubu Shutchosho	9:15-9:45	8 each
		9:45-10:15	
19 (Thurs.)	Co-op Oshikuma	9:15-9:45	14
		9:45-10:15	13
24 (Tues.)	Tomigaoka Kominkan	9:30-10:00	13 each
		10:00-10:30	

Lung Cancer Examination

Date	Place	Reception Time	Capacity
16 (Mon.)	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. There 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

Preliminary Examination Leaflets Were Sent Late June (to those born in May 2021)

If you bring the preliminary examination leaflet, *Mother's and Child's Health Handbook*, and Health Insurance Card or other ID, you can have the Preliminary Examination.

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

Please fill in 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 Channel: Health Information" for information about infant food and preventing tooth decay, and to the "Nara City Practical Video" channel for information on bathing a baby.

- Paku-Paku Class for 5-month-old babies (Baby Food Class)
- Ha-Pika class for 1-year-old babies (Tooth Decay Prevention Class)
- Fluoride Coating for Tooth Decay Prevention
- Hajimete-no-Mama Papa Salon (Salon for First-time Parents)
- Maternity Happy Check (Tooth Check)
- Over-40-year-old Mothers Training Salon

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

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in March 2021)	Until the day before turning <u>6 months old</u> from the 4-month birthday	Designated Medical Facilities *Checkup term is <u>two months</u> for the time being.
10-month-old Babies Checkup (Born in October 2020)	Until the day before turning <u>one year old</u> from the 10-months birthday	
19-month-old Babies Checkup (Born in November, December 2019, and January 2020)	Please consult <u>from August 1 to the end of September 2021.</u>	Designated Medical Facilities <u>Medical and dental examinations are given at each medical institution for the time being.</u>
3-1/2-year-old children's checkup (Born in December 2017, January, and February 2018)		

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

The questionnaire will be sent at the end of July.

People who moved to Nara City after July 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 & Child Health Section) Tel. 0742-34-1978

Maternal and Infant Health Care Consultations

Consultation about lifestyle during pregnancy, breastfeeding, infants' development and growth, etc. will be available.

Place: 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)

*Appointment required

Place: 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

Place: 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

July	Date & Time	Place
	13 (Tues.) 10:00-12:00	Koto Kominkan (O-Yagyū-cho)
	20 (Tues.) 10:00-11:30	<i>Dongogaoka</i> Community Hiroba (previously Tawara Kindergarten) (Yokota-cho)

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

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

Place: Tsukigase Health Consultation Room

*Consultations by phone or in person with public health nurses

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

*Appointment required

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

Thirty Fifth Anniversary of Creative Activity The World of Senkoji Yoshikazu Exhibition of Moving Cardboard Art

Period: Exhibition from July 10 (Sat.) to August 9 (Mon.) *closed on Mondays, however open on August 9. An explanation of the exhibits will be held at 14:00 on July 22 (Holiday) and 31 (Sat.)

"Honeycomb Walk" by Senkoji Yoshikazu

Feel relaxed by a fantastic cardboard art which moves humorously and looks as if it is alive!

Inquiries: Nara City Museum Tel: 0742-30-1510

Aoyama Swimming Pool Will Open

Open Period	From July 21 (Wed.) to August 31 (Tues.)	
Open Hours	9:00-12:00	13:00-17:00
Ticket Sales	9:00-11:00	13:00-16:00
Swimming Hours	9:00-11:30	13:00-16:30
Facilities	25 meter long swimming pool and small pool for children	

Admission Fee Table

Classification	Individual		Group**	
	Child*	Adult***	Child*	Adult***
AM	¥150	¥300	¥120	¥240
PM	¥200	¥400	¥160	¥320

*Child: three years old or older and fifteen years old or younger

**Group: more than thirty people; attendance of responsible person is necessary

***Child fee for those sixty five years old and over living in Nara City (needs to show ID certifying the address and the age)

Note: Lockers are available for 50 yen each.

Elementary school students must be attended by an adult eighteen years old or over for every two students. (This is also applicable to groups.)

Inquiries: Aoyama Swimming Pool 2 Aoyama 3-chome 630-8101 Tel. 0742-26-2996

HEALTH CHECKUPS for FISCAL 2021 (Reiwa Year 3)

A health checkup passport, which is a list of medical examinations with consultation tickets (medical cards) for cancer examinations, was sent around late June. You can understand easily what kinds of medical examinations will be held in this fiscal year. Please get your medical checkups at one of the medical facilities listed on the enclosed table.

Medical institutions might be restricting health checkups even if they normally offer health checkups, to prevent the spread of COVID-19. Please speak to the medical institutions beforehand, and also do not have a medical checkup when you are not well.

Get to know your physical condition, reflect on your lifestyle, and have a health checkup for early detection of diseases to prevent them becoming severe.

(Specific) Medical Checkups

For Those Covered by Medical Insurance for the Elderly aged 75 or over

Inquiries: Fukushi-Iryo-Ka (Welfare and Medical Affairs Section) Tel. 0742-34-4754

Items: Period & Those eligible	Contents Fee: 500 yen	Things to Bring	Application	Place
1. Physical Exams: July 1 (Wed.) through the end of Feb. 2022	Inquiry, physical measurements, blood/urine exams, blood pressure check, anemia, ECG, eye fundus (only for those eligible)	*Consultation ticket (Checkup Passport) *Questionnaire *Health Insurance Certificate	Notices will be sent to those eligible in late June *1	Medical institutes or clinics registered in Nara Prefecture

*1: Those who were insured on April 1 or later will receive the card for physical checkups in July or later.

For Those Covered by National Health Insurance (40 years or over)

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

Items: Period & Those Eligible	Contents: Fee	Things to Bring	Application	Place
2. Specific Physical Exams: July 1 (Wed.) through the end of February, 2022 Those covered by Nara City NHI (40 - 74 years old) as of April 1. *2 For those who were insured after April 2 (Fri.) and want to receive this exam, please contact the section in charge.	Inquiry, physical measurement, blood/urine exams, blood pressure check, anemia, ECG(EKG) for free, eye fundus (only for those eligible)	*Consultation ticket (Checkup Passport) *Questionnaire *Health Insurance Certificate	Notices will be sent to those eligible in late June.	Medical institutes or clinics registered in Nara Prefecture

<p>3. Head MRI Exam: July 1 (Tue.) through the end of March, 2022</p> <p>Those covered by NHI and who will have 2. Special Physical Exam this fiscal year, and are without unpaid premiums. Capacity: up to 800 persons Deadline as soon as capacity is reached</p>	<p>Head MRI Exam: 8,100 yen</p>	<p>*Health Insurance Certificate *Results of the specific physical exam *Certificate for Reception</p>	<p>Contact the Kokuho-Nenkin-Ka: July through the end of February, 2022</p>	<p>Nara City General Medical Examination Center (Kashiwagi-cho)</p>
<p>*2: Those who will be 75 years old by the end of August will be informed of the No. 1 Physical exams sequentially after July.</p>				

*For those covered by insurance aside from the above-mentioned two, please ask that insurance company.

*Those who do not have health insurance (such as welfare recipients) will receive the card for free.

For those who became welfare recipients on May 14 (Fri.) or later, please contact the Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

*For those who are in institutions, Nara City will send notifications only to those who apply.

Please contact us by phone.

Fukushi-Iryo-Ka Tel. 0742-34-4754,

Kokuho-Nenkin-Ka Tel. 0742-37-4736

* The results of the medical exam will be sent to the person from Nara City by mail later.

Cancer and Other Exams

Period: July 1, 2021 – February 28, 2022 (except for 4. & 5.)

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

Item & Those Eligible *3	Contents (Fee)	Things to Bring	Apply to	Place
<p>4. Stomach Cancer Exam (May to late March 2022) Those 40 years old and over</p>	<p>Interview, stomach x-ray exam (barium exam) (1,000 yen)</p>	<p>Jushin-hyo (Consultation form)</p>	<p>Kenko-Zoshin-Ka (Please see August schedule on page 15.)</p>	<p>Group exam (exam cars will stop at multiple locations in Nara City)</p>
<p>5. Lung Cancer Exam (May to late March 2022) Those 40 years old and over *4</p>	<p>Interview, chest x-ray exam (500 yen), sputum test (only if necessary, extra 600 yen)</p>			
<p>6. Stomach Cancer Endoscopic Exam Those aged 50, 52, 54, 56, 58, 60, 62, 64, 66, 68 and 70</p>	<p>Interview, stomach endoscopic exam (4,000 yen)</p>	<p>Jushin-hyo (Medical Exam Passport)</p>	<p>Notices will be sent to those eligible in late June. Please apply at medical institutions or clinics.</p>	<p>MNC (Medical Institutions or clinics registered in Nara City)</p>
<p>7. Bowel Cancer Exam Those 40 years old and over</p>	<p>Interview, fecal occult blood test (1,000 yen). *Those who are 40 years old as of April 1, 2021 can use free check-up card.</p>			

<p>8. Uterine Cancer Exam Women 20 years old and over who are even-numbered ages (Those with odd-numbered ages who did not have the exam last year, please apply)</p>	<p>Interview, cyto-diagnosis (2,000 yen) *Those eligible can use free tickets. *Please see the bottom.</p>			<p>MNP (Medical institutions or clinics registered in Nara Prefecture)</p>
<p>9. Breast Cancer Exam Women 40 years old and over who are even-numbered ages (Those with odd-numbered ages who did not have the exam last year, please apply)</p>	<p>Interview, breast x-ray exam (mammography) (2,000 yen) *Those eligible can use free tickets. *Please see the bottom</p>			
<p>10. Osteoporosis Exam Women aged 40, 45, 50, 55, 60, 65 and 70</p>	<p>Interview, bone mineral testing (DXA). (1,200 yen)</p>			
<p>11. Periodontal Diseases Exam Those aged 40, 50, 60 and 70</p>	<p>Interview, periodontal tissue testing (1,000 yen)</p>			
<p>12. Stomach Cancer Risk Exam Those aged 40 to 70 who have never had a stomach cancer risk exam</p>	<p>Interview, blood exam (Free of charge) *Please apply for this exam instead of stomach endoscopic exam. Both stomach endoscopic exam and stomach cancer risk exam can not be taken in the same fiscal year.</p>			<p>MNC (Medical Institutions or clinics registered in Nara City)</p>
<p>13. Hepatitis Virus Exam Those 40 years old. Those 41 years old and over who had never had the hepatitis virus exam</p>	<p>Hepatitis Virus C Exam (HCV antibody test), Hepatitis Virus B Exam (HBs antigen test) Selectable. (Free of charge) Those not eligible but who have concerns about hepatitis virus B/C can apply for B & C exams regardless of the period. Call Kenko-Zoshin-Ka (Health Protection Section)</p>	<p>Those aged 40: Bring Jushin-hyo (Medical Exam Passport) Those aged 41 and over: Bring Hepatitis Virus Medical Exam Sheet</p>	<p>Notices will be sent to those aged 40. Those aged 41 and over: apply for Kenko-Zoshin-Ka (Health Care Section)</p>	

14. Lung Cancer Low Dose CT Exam Those aged 50 and 60	Interview, chest low dose CT scan (6,000 yen) *5,000 yen for those who had stomach endoscopic exam in the same fiscal year	Lung Cancer Low Dose CT Exam Sheet	Kenko-Zoshin-Ka (Health Care Section)	
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*3: Age as of March 31, 2022 *4: Exams for tuberculosis included.

Uterine Cancer Exam and Breast Cancer Exam Are Free of Charge:

Free tickets will be sent late June for those who are 20 years old (those born from April 2, 2000 to April 1, 2001) for number 8, for those who are 40 years old (those born from April 2, 1980 to April 1, 1981) for number 9 as of April 1, 2021

Exemptions for Various Cancer Exams:

Exams number 4. to 11. are free for those who apply as city-tax exempt and livelihood protection household. Please apply no later than 10 days in advance. Online application is possible. Those who submit the application form will be sent the Medical Exam Passport with Free Exemption. No refunds are available.

**Comprehensive Disaster Prevention Drills
on September 5 (Sun) 9:30-12:30**

In order to enhance the disaster preparedness of Nara citizens and to make Nara City more resilient to natural disasters, comprehensive drills will be held. The drills include evacuation drills with city resident participants, the setting up and operation of evacuation shelters, and the operation of a headquarters for disaster control.



Details: 1. Assuming that a major earthquake occurs at 9:30 (the epicenter is the fault zone on the eastern margin of the Nara Basin), areawide e-mails will be sent out and emergency information will be broadcast by disaster prevention speakers.

2. Evacuation shelters will be set up in each area and will start to operate

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



Be Proactive in Preventing Heat Stroke!

In Nara City, people aged seventy-five and over tend to be at higher risk of heat stroke indoors. Each of us needs to be cautious and attentive about our own health and that of family and community members.

Take Measures against BOTH COVID-19 and Heat Stroke.

While wearing face masks, washing your hands or disinfecting with alcohol, and avoiding the Three Cs (crowded places, close contact settings, and closed spaces) to prevent COVID-19, you should drink water frequently so as not to have heat stroke. In summer, our bodies tend to get hot. If you can maintain a proper distance (at least 2 meters) from others, you may remove your face mask. Wiping your face with a cool towel will be effective to cool down. In early summer, try to make your body ready for the severe heat.

If a Heat Stroke Alert is issued, please be more careful than usual, talk to the elderly, make use of air conditioning, avoid heat, and dress coolly.

Frequent Hydration Is Essential to Prevent Heat Stroke.

Your body needs water. Drink water regularly; when you wake up, at each of your three meals, before and after exercise or bathing, and before bedtime.

During strenuous exercise or in the hot sun, drink more water. Drinking too much sports drink can lead to an overdose of minerals and sugar, so it is better to choose green tea or water. If you have medical conditions that require fluid restriction, please follow your doctor's instructions.

Dietary Measures against Heat Stroke

Have three square meals a day. Breakfast in particular is integral to waking up your body.

Summer vegetables such as tomatoes, green peppers, eggplants, pumpkins, and cucumbers are rich in water, vitamins, and minerals that are lost through perspiration.

Nara City runs an annual heat stroke prevention campaign from April through September. For details, please visit our web site.

QR-code

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

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



Education Center KIDS LEARNING FLOOR

There are some changes from the previous method of application.

Please read the following application method carefully.

Class Name	Date	Time	Deadline
Planetarium "Nijiro and Seasonal Constellations" Capacity: 12 seats each time	Every Sat. & Sun., July	(1) 11:00 – 11:20 (2) 13:30 – 14:00	Reception on the day
Planetarium for summer vacation "People who expanded the universe" Capacity: 12 seats each time *only a movie	July 21(Wed.) / 23 (Holiday) / 28 (Wed.)	(1) 11:00 – 11:30 (2) 13:30 – 14:00	
Summer Movie Screening "Hello Kitty's Little Princess" Capacity: 40 seats	July 21(Wed.)	13:00 – 13:30	
Summer Movie Screening "Hello Kitty's Snow White" Capacity: 40 seats	July 22(Holiday.)	13:00 – 13:30	
Summer Movie Screening "Robin Hood by Kerokero-Keroppi" Capacity: 40 seats	July 23 (Holiday)	13:00 – 13:30	
Night Planetarium "Walk in the seasonal starry sky – Astronomical Tour" Capacity: 12 seats *Adults can apply without children.	July 30 (Fri.)	18:30 – 19:10	July 16 (Fri.)
Science Experiment Class "Miracle Science – Let's make a bookmark with a veined design". Those Eligible: 5 years old and over *Same contents all 3 days	Aug. 1(Sun.) / 8(Holyday) / 15(Sun.)	10:00 – 10:40	
Robot Class (Beginner's Class) "Let's make a racing car" using LEGO WeDO2.0 * Same contents all 4 days	Aug.8 (Holiday)/ 15 (Sun.)/ 22 (Sun.) 29 (Sun.)	10:00 – 11:30	July 21 (Wed.)
Summer Movie Screening "Hello Kitty's Heidi, Girl of the Alps" Capacity:40 seats	Aug. 9 (Holiday)	(1) 11:00 – 11:30 (2) 13:00 – 13:30	Reception on the day
Craft Experient Class "Let's play with woodchips" Those Eligible: 5 years old and over *Same contents on both days	Aug. 22 (Sun.) / 29 (Sun.)	10:00 – 11:30	Aug. 6 (Fri.)

Capacity: 6 groups (6 to 10 children with guardians) unless the capacity is written on the list.

Application: Send a return postcard with the class name, the date, child's name (with reading in *Kana*), child's school name, and grade, the guardian's or the group leader's address and name (with the reading in *Kana*), and phone number to Hagukumi Center [Kids Learning Floor] (13-1 Sanjo-Honmachi 630-8122 Tel. 0742-36-0401) no later than each deadline. You can apply for one class per return postcard. Siblings can be listed together. In case of excess application, a lottery will be held.

Others: Reception on the day of the class will start 20 minutes prior to the starting time of each class and will be closed when the prescribed number of the applicants is reached. Body temperature will be checked beforehand and wearing a mask is always required when you come to the venue. We ask for your cooperation with the health check. Participation in classes may not be possible depending on your health condition. Other programs besides those listed above may be held. The contents and the dates might be changed. A reply card will be sent to you if the program is canceled because of the spread of infectious disease. The latest news will be reported on the city website, or you can inquire firsthand.

