

Nara City Information for Residents

May 2021 Issued by Nara City Hall (No. 1206)

(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: nsggghyk@gmail.com

Urgent Message about Coronavirus Diseases for Nara Citizens

The number of those infected with COVID-19 has been increasing rapidly.

Hospital beds are dangerously close to filling up.

Please avoid the places which might increase the risk of Covid-19 infection.

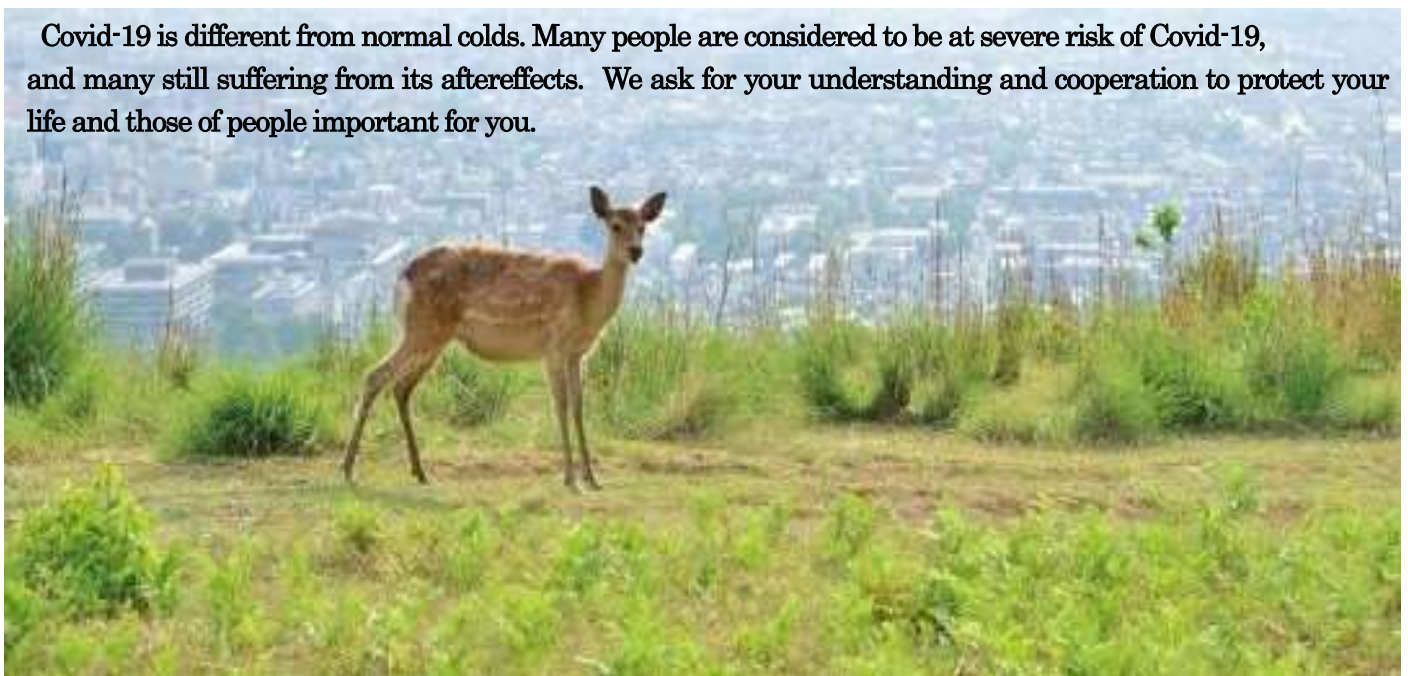
Please avoid comings and goings from areas where infectious disease is spreading.

Please refrain from any nonessential and non-urgent outings.

Please refrain from eating and drinking outside of with your family who live together.

Please use takeout and delivery positively.

Covid-19 is different from normal colds. Many people are considered to be at severe risk of Covid-19, and many still suffering from its aftereffects. We ask for your understanding and cooperation to protect your life and those of people important for you.



Information on COVID-19 Vaccinations

The vaccination is free of charge and consists of two intramuscular injections. Those who have been inoculated should allow an interval of less than one month before the second vaccination. Now, we are sending vaccination tickets to citizens in accordance with the order of vaccination.

*The schedule may be changed as of Apr. 14.

Order of Vaccination All people who have a residence certificate can get vaccinations.
(Vaccinations for people under 16 are now under consideration.)

*If there are unavoidable circumstances, in exceptional cases, it is possible to apply for the vaccination in the municipality where you currently reside. Detailed information is shown on the City Website.

Vaccination Group & Order	Vaccination Method	Vaccination Period
1. Medical workers	vaccinations at medical facilities	Mar. 4~late in May
2. Those who live in elderly care facilities and workers there	mobile vaccinations	Apr. 12~the middle of Jun.
3. Those over the age of 75	You can choose either a group vaccination or an individual vaccination.	the week of May. 10~late in Sept.
4. Those between 65 and 74		the week of May 31~late in Sept.
5. Those with underlying disease		To be planned later depending on the situation
6. Those between 60 and 64 /Those between 16 and 59		

Vaccination Procedure

[1] A vaccination ticket is delivered to your home.

- Those over the age of 75 • • • Vaccination tickets will be sent from Apr. 14.
- Those over the age of 65 • • • Vaccination tickets are scheduled to be sent in the beginning of May.

[2] You reserve the desired date, time and place of vaccination after confirming the period of vaccination.

◎Internet reservation <http://jump.mrso.jp/292010>



◎Telephone reservation Nara City COVID-19 Vaccination Call Center (Tel. 0742-34-0112)

*When booking, please give the number on the vaccination ticket (ten digits).

[3] You fill in the vaccination medical interview sheet at your home.

For a smooth vaccination process, please fill in the sheet beforehand.

[4] You get a vaccination on the reserved day.

If you have a fever or are in poor physical condition on that day, please refrain from getting a vaccination.

<Things to Bring> ① the vaccination ticket: Please bring without removing it from the backing paper.

② the vaccination medical interview sheet

③ your ID (health insurance card, driver's license, etc)



Place & Time of group vaccinations (venues set by the city)

*Reservations are necessary. Venues will not respond to inquiries about how to get vaccinations.

Venue		Day of Week	Time (morning · afternoon · night)		
Hotel Nikko Nara	Sanjo-Honmachi Directly connected to JR Nara Station	Tuesday	10:00-12:30	14:00-16:30	18:00-20:30
Seibu Kominkan	3-chome, Gakuen-Minami Close by South Gate of Kintetsu Gakuenmae Station	Saturday	9:30-12:00	13:30-16:00	17:30-20:00
Mi Nara	1-chome, Nijo-Oji Minami 15-minute walk from Kintetsu-Shin-Omiya Station	Sunday	10:15-12:30	13:45-16:15	17:00-19:30

In addition to the above, individual vaccinations will be carried out at medical facilities in Nara City including private clinics. (Investigations are ongoing, Sites will be shown on the City Website later.)

Consulting Service for COVID-19 : When you have symptoms like fever, please consult a local medical institution by phone. If you don't know any local medical institution, please consult the COVID-19 consultation center for fever outpatients. Tel. 0742-27-1132 Fax. 0742-27-8565

Vaccination Procedure

Group vaccinations will be carried out as listed below. Individual vaccinations will have different steps depending on each medical facility.

1. Reception: Temperature check, sterilizing hands, and identity confirmation
2. Confirmation of medical interview sheet: Please fill out the form beforehand.
3. Face-to-face interview by a doctor
4. Vaccination: Injection into the upper arm (shoulder)
Please come to the venue in clothing that can show your shoulder.
5. Receiving a certificate of the 1st vaccination:
A sticker will be removed from your vaccination ticket, and it will be pasted on the interview sheet.
Then you will have a medical interview sheet for the 2nd vaccination.
6. Observation time: Approx. 15 to 30 min.
(It differs from person to person depending on the results of the medical interview.)
If you have had serious allergy symptoms (including anaphylactic shock) in the past, or feel sick or faint after blood drawn, you have to stay there approx. 30 minutes.

Please Keep the Following in Mind about COVID-19 Vaccinations

The vaccination is effective in preventing COVID-19 infection.

(The two vaccinations are 95% effective in preventing you from having fever or cough.)

Also, outside of Japan the vaccination is reported to be effective in preventing infection.

- Vaccination of a large number of people can reduce the severity and fatality of infection as well as reduce the burden on medical facilities.
- Like other vaccinations, side effects might come after injection. Please sit and wait during the observation period.

*According to the report from the Health, Labor and Welfare Ministry, side effects are more likely to emerge after the 2nd inoculation than the 1st, and the older the recipient, the fewer effects. Also, side effects emerge more frequently among women than men.

Call Centers

Nara City COVID-19 Vaccination Call Center (for vaccination appointment & inquiries)

Tel. 0742-34-0112 (From Mon. to Sat. 9:00-17:00)

Nara Prefecture Side Effect Call Center (for inquiries about side effects after vaccination)

Tel. 0120-919-003 (all day and night)

Ministry of Health, Labour and Welfare, COVID-19 Vaccinations

Tel. 0120-76-1770 (9:00 – 21:00)

Inquiry Counter for COVID-19 Related Infections

When you have a fever or other symptoms, call a medical facility nearby.

In case there is no facility close to you, call the Inquiry Counter for COVID-19 Patients with Fever.

Tel. 0742-27-1132 Fax. 0742-27-8565

Nara City Fiscal 2021 Budget (Initial Budget and Budget Related to COVID-19)

The budget for FY 2021 is designed to help us overcome the crisis of COVID-19 and take a new step forward. At a time when people's lifestyles and ways of working are undergoing a major transition, Nara City aims to create a livable city and to provide sustainable administrative services, seizing the changes such as "With Corona" and "After Corona".

Unit: 1 billion yen (Compared to the previous year)

General Account	Basic account for improving welfare, education, road construction, etc.	138.84 (-3.7%)
Special Account	Account for 6 special projects (national health/nursing care insurances, etc.)	77.06 (-1.8%)
Public Enterprise Account	Account for 3 municipal enterprises (water supply, sewers, and city hospital)	27.94 (-3.2%)
Total Amount		243.87 (-3.0%)

Inquiries: Zaisei-Ka (Finance Section) Tel. 0742-34-4720

Key Measures in the Initial Budget for 2021

Our projects are based on the following four policy pillars.

1. To Make Nara More Child-Friendly

Construction of Children's Center (a tentative name): 1,704.12 million yen

Construction of school buildings for Ichijo High School and affiliated Junior High School: 75 million yen

Operation of HOP Aoyama, a special class for truant children: 18 million yen

2. To Make Nara More Livable and Attractive

Development of the Saidaiji Station area: 2,465.85 million yen

Renovation of the Yamato-Chuo Highway (in the Shikishima construction area): 230 million yen

Construction of a new cremation facility: 130.81 million yen

Zero culling of abandoned pets: 5.17 million yen

Regional planning and preliminary design of access roads for Clean Center: 25.5 million yen

Formulation of a basic park management plan: 10.3 million yen

3. To Make Nara More Disaster-Resilient

Strengthening firefighting capabilities: 110.10 million yen

4. To Make Nara City Administration More Digitized with More Online Administrative Procedures

Promotion of the GIGA school program, an ICT-based learning method: 310.38 million yen

Making libraries more contactless and digitized: 28.03 million yen

Promotion of remote work and web meetings: 13.42 million yen
Introduction of a portal site for city assemblypersons etc.: 1.38 million yen

COVID-19 Related Budget

Introduce main budget about infectious disease countermeasures

1. Maintain medical care provision system and prevention of infection spread 2803.26million yen
Vaccination for Covid-19 and securing system
Inspection-related costs
Implementation of PCR test
Implementation of drive-through inspection
Subsidy for PCR test's cost for pregnant
Installation of fever outpatient for holiday/night emergency clinic, etc.
Infection disease countermeasures at schools, etc.
2. Correspondence to digitalization, non-contact society 29.89million yen
Improvement of communication environment in city facilities
3. Support for citizen and business, etc. 767.06million yen
Business continuity support for restaurants
Support for certification of GAP, Organic JAS (Support for farmers, etc.)
Support for child-rearing households by providing food
Issuance of gift certificates with premium
Distribution of taxi discount tickets for pregnant
Distribution of emergency announcement radio for visually impaired people
Strengthening watching over children, etc.
4. New lifestyle and future-oriented economic measures 90.7million yen
Support for school excursion under the circumstances of COVID-19
Promotion of telework at accommodations in Nara city
Attracting companies by setting up satellite offices

Nara City Premium Vouchers

All households in Nara City are eligible

Period of Use: June 15 (Tue.) - October 31 (Sun.)

Nara City Premium Vouchers to counter the economic effect of COVID19 will be issued again to promote consumption in Nara City. The aim is to support local businesses in Nara City that are seriously affected by the spread of the infection

Application period: May 1 (Sat.) - May 31 (Mon.)

*Purchase up to five sets per household

*Postcards should be postmarked on or before May 24.

*In case of too many applicants, a lottery will be held and a voucher will be sent to the winner. Lottery results cannot be contested.

A voucher worth 13,000 yen is available for 10,000 yen.

Of that, 3,000 yen is exclusively for use in the restaurants.

Application method: Apply from the special website. If you do not have an Internet connection, send a postcard

with the name of the head of household (with reading in Kana), address, and telephone number, as well as the number of sets you wish to purchase, to the address below.



The QR code of the special website

*Postcards and stamps must be paid by applicants.

Address for postcard: Attention: Nara City Premium Voucher Office
38-3 Takamacho Kintetsu Takama Building 3rd floor 630-8241

*Non-arrival, mail only

Nara City Premium Vouchers call center: Tel. 0570-078-078

Open from May 6 (Thurs) 10:00-17:00

Except Saturdays, Sundays, and Holidays

For inquiries regarding this project: Sangyo-Seisaku-Ka (Economic and Industry Policy Division)

Tel. 0742-34-4741

Except Saturdays, Sundays, and Holidays

About Garbage Collection

Please Don't Park Cars near the Garbage Collection Sites

Cars might be splashed with dirty water while loading garbage, and there have been cases where garbage could not be collected. In that case, site users must dispose of garbage themselves.

Please Let Us Know in Advance When Installing a Garbage Collection Box

Please make sure to contact us before you purchase and install collection boxes, as some types of boxes, such as those deeper than 65 cm, could hinder collection work. The cost of installation should be shared by those who use the collection site.

Garbage Collection Dates & Areas in May

Area	Burnable	Unburnable
A, F	Monday & Thursday	12, 26 (Wednesday)
B, E		
C, H	Tuesday & Friday	5, 19 (Wednesday)
D, G		

The garbage collection on May 3 (Holiday), 4 (Holiday), 5 (Holiday) is scheduled as usual

* 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-Seibi Kyodo Kigyotai Tel. 0742-63-2552

Protect yourself from “Infectious Colon Diseases Causing Internal Bleeding” (such as O-157)!

This is food poisoning season. Let's protect ourselves from infectious colon diseases that cause internal bleeding.

Nature of Infectious Colon Diseases causing Internal Bleeding

*They are highly infectious. You can easily be infected if germs adhere even a little to food or drink.

In addition, infection can spread from person to person through shared towels.

*Their incubation period is long (3 to 8 days), so it is difficult to trace the path of infection.

*When they spread inside the human body, they produce strong “Verotoxins”, and can cause serious brain and kidney trouble.

* Pay special attention to people with weak resistance, like **babies or elderly people**.

Main Infection Route

Germs mainly live in the bowels of animals, such as cattle. The risk of infection is especially high if eating raw meat (raw liver, etc.) or insufficiently heated meat. Additionally, infection can spread from person to person through toilets, etc.

Prevention

***It is illegal to eat raw beef liver and pork including internal organs.** Internal organs and meat must be heated sufficiently. Germs die when heated to a central temperature of **75 degrees Celsius for one minute**.

* When you handle raw meat, use dedicated tongs or chopsticks, and separate from individuals' chopsticks for eating.

*Wash your hands thoroughly after using the bathroom and before and after cooking, especially after you touch raw meat.

*Wash kitchen utensils carefully and sterilize them.

*Eat as soon as possible after cooking.

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

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

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

Let's receive the first term vaccinations (the first, two times and the additional, one time). Please read and check the preliminary examination leaflet.

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

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

Things to Bring: Preliminary 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 on the day of vaccination are not eligible.

Applications: 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 Consultations

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

At Hagukumi Center 3F

***Consultations by phone or in person with public health nurses & midwives**

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

At 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
May	May 18 (Tues.) 10:00-11:30	Dongogaoka Community Hiroba (previously Tawara Kindergarten) (Yokota-cho)
	May 20 (Thurs.) 9:30-11:00	Yagyu Kodomo-en (Yagyu- Shimo-cho)

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

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

At Tsukigase Health Consultation Room

***Consultations by phone or in person with public health nurses**

Date & Time: 9:00-16:30 on weekdays (an appointment is needed)

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

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

Bring the preliminary examination leaflet, *the Mother's and Child's Health Handbook* and Health Insurance Card to a registered medical facility listed on the Nara City Website.

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

*Please fill in with an indelible black pen.

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

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 "Nara City Practical Video" channel for information on bathing and carrying a baby.

1. Paku-Paku Class for 5-month-old Babies (Baby Food Class)
2. Ha-Pika Class for 1-year-old Babies (Preventing Tooth Decay Class)
3. Fluoride Coating for Tooth Decay Prevention
4. Hajimete-no Mama Papa Salon (Salon for First-time Parents)
5. Maternity Happy Check (Tooth Check)
6. Over 40-year-old Mother Training Salon

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

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in February 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 for the prevention of COVID-19 infection, while the usual checkup term is one month.
10-month-old Babies Checkup (Born in August 2020)	Until the day before turning <u>one year old</u> from the 10-month birthday	
19-month-old Babies Checkup (Born in October 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 November 2017)		

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

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

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

Cancer Examinations (June)

Application: Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone, 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 May 6 (Thurs.) to 20 (Thurs.)

*Internet applications will be accepted until May 10 (Mon.).

Date	Place	Reception Time	Capacity
2 (Wed.)	Seibu Toshokan (Library)	9:45-10:15	10 each
		10:15-10:45	
4 (Fri.)	Hagukumi Center	8:45-9:15	17
9 (Wed.)		9:15-9:45	16
17 (Thurs.)			
21 (Mon.)			
8 (Tues.)	Tomigaoka Kominkan	9:30-10:00	13 each
		10:00-10:30	
10 (Thurs.)	Co-op Oshikuma	9:15-9:45	14
		9:45-10:15	13
14 (Mon.)	Hokubu Shutchosho	9:15-9:45	8 each
		9:45-10:15	
18 (Fri.)	Seibu Shogai Sports Center Club House	9:15-9:45	14
		9:45-10:15	13
24 (Thurs.)	Nishi-Fukushi Center	9:15-9:45	10 each
		9:45-10:15	

Lung Cancer Examination

Date	Place	Reception Time	Capacity
11 (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. These 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

You may receive the Adult 23-Valent Pneumococcal Vaccination with a small copay

Limited to only those who have not been vaccinated!

Pneumonia is the 5th leading cause of death in Japan.

The older you are, the higher the pneumonia-related mortality risk will be!

The most common causes of bacterial pneumonia, responsible for pneumonia among the aged is pneumococcal bacteria. 23-Variant Pneumococcal Vaccine prevents 23 of the most frequently developing pneumococcal bacteria from approximately 90 existing kinds. However, it does not prevent COVID-19 infections from happening.

Eligible: Please see the table below for the vaccinations in fiscal year 2021.

Age	Birth dates of those who will be eligible in FY2021
65 years old	Those born between April 2, 1956 and April 1, 1957
70 years old	Those born between April 2, 1951 and April 1, 1952
75 years old	Those born between April 2, 1946 and April 1, 1947
80 years old	Those born between April 2, 1941 and April 1, 1942
85 years old	Those born between April 2, 1936 and April 1, 1937
90 years old	Those born between April 2, 1931 and April 1, 1932
95 years old	Those born between April 2, 1926 and April 1, 1927
100 years old	Those born between April 2, 1921 and April 1, 1922

Please note that those who have already received the vaccination, must pay in full. (Subsidies are limited to those who have not received the vaccination.)

*Notices will not be sent to those who are eligible.

*Those who the following items apply to need to follow the procedures in advance at Kenko-Zoshin-Ka (Health Care Section):

- (1) Those who are between 60 and 65 and have disabilities of the heart, kidney or respiratory organs or have extreme limitations in daily life due to HIV and want to receive the vaccination.
- (2) Those who want to receive the vaccination outside of Nara City but in Nara Prefecture.

Fee: Copayment of 3,000 yen

*The fee will be waived if the certificate of welfare assistance or that of assistance for Japanese nationals left in China is presented at the time of vaccination.

Period of Vaccination: From April 1, 2021 to March 31, 2022

Applications: Make an appointment in advance at a registered clinic in Nara City (see Nara City Website) and receive the vaccination.

Things to bring: A form of identification, for example, health insurance card, etc.

Inquiries: Kenko-Zoshin-Ka (Health Care Section), 3rd Floor, Hagukumi Center Tel. 0742-34-5129

*If you do not know whether you have received it or not, please make sure to contact Kenko-Zoshin-Ka (Health Care Section) in advance.

Rubella Antibody Examination for Those Who want to Get Pregnant or Are in Early Pregnancy

Infection with rubella in early pregnancy might cause “congenital rubella syndrome” which causes trouble with the eyes and ears or heart diseases in the unborn baby. Please have an antibody examination to check whether you have sufficient immunity to rubella.

Those Eligible: Those who will be registered as Nara citizens on the examination day and **who expect to be pregnant or who live together with someone whose rubella antibody titer is 16 times and under by HI test (hemagglutination inhibition test) or under 8.0 by EIA (enzyme immunoassay).**

Those Ineligible: Those who have had rubella antibody examination, have been vaccinated against rubella twice, have contracted rubella, or are pregnant at present.

Application: Please apply to Hoken-Yobo-Ka (Health Protection Section) by phone, fax or e-mail till January 31, 2022. Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397 Fax. 0742-34-2486
E-mail: fushinkensa@city.nara.lg.jp

* Be careful not to dial the wrong number.

* The details are on the city website. You can download the application form there.

Children’s Regular Vaccination Schedule for Fiscal Year 2021

Place: Medical Institutions registered by Nara City (Please refer to Nara City Website)



Things to bring: *Mother’s and Child’s Health Handbook*, Health insurance card identifying the child as a citizen of Nara City, Preliminary examination leaflet (Children born on /after January 1, 2013)

Eligibility: For those who have a residence certificate in Nara City. Those who want to get vaccinations outside of Nara City or Nara Prefecture need to apply to Kenko-Zoshin-Ka (Health Care Section).

Vaccination (V) Name		Eligibility	Average V Age	V. Time
Hib		From 2 months to before 5 th birthday	Start between 2 and 7 months old	It depends on the age V. is started
Childhood Pneumococcus Infection (CPI)				
Hepatitis B		Before 1 st birthday	1 st time: two months old 2 nd time: 3 months old	IP: 2 times
			3 rd time: between 7 and 8 months old	AP: once
Rota Virus (Vaccination started in 2020)	Rotarix	From 6 weeks to 24 weeks old	From 2 months old	2 times
	Rota Teq	From 6 weeks to 32 weeks old		3 times
Tuberculosis (BCG)		Before 1 st birthday	Between 5 and 8 months old	Once
[4 type combination Vaccinate] Diphtheria, Whooping Cough, Tetanus, and Inactivated Polio, or [Inactivated polio]		1 st Term	From 3 months to 7 and 1/2 year birthday	[Initial Period (IP)] Between 3 and 12 months old IP: 3 times
				[Additional Period] 12 -18 months after finishing 3 rd initial time AP: once

[2-type Combination Vaccinate] Diphtheria and Tetanus	2nd Term	Over 11 years old and below 13 years old	Elementary school 6 th graders (12 years old)	Once
Chickenpox		From 1 year before 3 rd birthday	Once during the initial period-between 12 months and 15 months	Twice
			Once during the 6-12 months after finishing initial period	
Measles and Rubella (MR)	1 st Term	From 1 st year Before 2 nd birthday		Once
	2 nd Term	Those born April 2, 2015 to April 1, 2016	5-year-old kids (before elementary school)	Once
*Japanese Encephalitis (JE)	1st Term	From 6 months to 7 1/2 year birthday	Initial Period: 3-year-old Additional period: 4-year-old	I P: Twice Additional period: Once
	2nd Term	Over 9 and below 13 years old	Elementary school 4 th graders (10 years old)	Once
*Human Papilloma Virus Infection (HPV vaccine)		Girls grade 6 (Elementary) to High school, 1 st year	Junior high school 1 st year	IP: two times
				AP: once

***Japanese Encephalitis Vaccination (JEV)**

- 1) Those born between April 2, 2001 and April 1, 2007 are eligible to get the JEV for free until the day before the 20th birthday thanks to preferential measures.
- 2) Those born between April 2, 2007 and October 1, 2009 who have not finished all three times of the 1st term can get the other shots from age 9 to before their 13th birthday.

*Human Papilloma Virus Infection (HPV): Nara City has not actively recommended this since June 14, 2013. If you have not received a Preliminary Leaflet due to moving in, etc. ask Kenko-Zoshin-Ka.

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

World No Tobacco Day Is May 31

No-Smoking Week Campaign from May 31 to June 6

Prevent Passive Smoking!

Passive smoking means inhaling smoke hanging in the air or cigarette smoke directly from smokers around you, although you are not smoking. One year has passed since the “*Kaisei-Kenko-Zoshin-Hō*”(Revised Health Promotion Act) was issued, setting out new smoking protocols to prevent passive smoking.

Smoking affects not only the health of the smoker, but also the people around them. Let’s follow the new rules and establish a city without passive smoking.

Mind the Non-smokers Around You

Smoking on the road or in parks is troublesome and hazardous. Refrain from smoking while walking and in public spaces where there are no smoking facilities.

Smoke and the smell of cigarettes may enter into neighboring rooms through the veranda or ventilators. Be aware of your family members and neighbors.

Education Center KIDS LEARNING FLOOR

Class Name	Date	Time	Deadline
Planetarium “Nijiro and Seasonal Constellations” Capacity: 12 seats each time	Every Saturday, Sunday after May 8 (Sat.) *May 22 (Sat.) (2) only	(1) 11:00-11:20 (2) 13:30-14:00	Reception on the day
Story Telling Meeting “ <i>Neko no Namae</i> (Cat’s Name)”	May 16 (Sun.)	11:30-12:00	
Movie Show “ <i>Ohkami to Roken Zurutan</i> (Wolf and Old Dog Zurutan)/ <i>Osama to 103-biki no Usagi</i> (The King and the 103 Rabbits)/ Hansel and Gretel Capacity: 40 seats	May 23 (Sun.)	13:00-13:30	
Night Planetarium “Walk in the seasonal starry sky – Astronomical Tour” Capacity: 12 seats *Adults without children can apply.	May 28 (Fri.)	18:30-19:10	May 14
Space Class “Let’s fly a straw rocket” Those Eligible: First grade elementary school students and over.	May 29 (Sat.)	(1) 10:00-11:30 (2) 13:30-15:00	
<i>Monozukuri</i> (Manufacturing) Experience Class “Let’s make a hand-cranked xylophone and a warbler box” Fee: 500 yen	May 30 (Sun.)	10:00-12:00	
Science Experiment Class “Miracle! Science! Mechanism of floatings and sinkings”	May 30 (Sun.)	(1) 10:00-10:40 (2) 14:10-14:50	
Robot Class (Beginner’s class) “Let’s move an exploration robot” The content is the same on both days. One postcard for each date.	June 5 (Sat.) June 6 (Sun.)	10:00-11:30	
Space Class “Let’s make the Japanese version GPS quasi-zenith satellite MICHIBIKI” Those Eligible: First grade elementary school students and over.	June 12 (Sat.)	(1) 10:00-11:30 (2) 13:30-15:00	May 28
Science Experiment Class “Let’s fly a rocket copter” Fee: 300 yen	June 13 (Sun.)	10:00-11:30	
Science Experiment Class “Let’s make a glider with a styrofoam sheet – Lift, Gliding, Wings, Balance” Those Eligible: First grade elementary school students and over.	June 19 (Sat.)	10:00-11:30	
<i>Monozukuri</i> (Manufacturing) Experience Class “Let’s make a solar lantern and learn about global warming and energy” Fee: 700 yen Things to Bring: A plain 1.5L plastic bottle (no indestations)	June 19 (Sat.)	13:30-15:30	June 4
Science Experiment Class “Miracle! Science! Forecasting the weather from the clouds”	June 20 (Sun.)	(1) 10:00-10:40 (2) 14:10-14:50	
Night Planetarium “Walk in the seasonal starry sky – Astronomical Tour” Capacity: 12 seats *Adults without children can apply.	June 25 (Fri.)	18:30-19:10	

Science Experiment Class “Let’s make a hand-made wind power generator” Things to Bring: 500 ml plastic bottle	June 26 (Sat.)	9:30-11:00	June 11
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Capacity: 6 groups (6 to 10 children with guardians) unless otherwise shown above.

Some activities need an advance application, some accept participants on the day.

Application: Send a return postcard with the desired class name, the date, child’s name (with the reading in Kana), school name and grade, the guardian’s or leader’s name (with the reading in Kana), address and phone number and the total number of participants in case of Night Planetarium Class, to the Education Center KIDS LEARNING FLOOR (13-1 Sanjo Honmachi, 630-8122 Tel. 0742-36-0401), no later than each deadline. One class per day per post card. Applications for brothers and sisters can be written on the same card. Lottery in case of excess applications.

Others: The reception on the day begins 20 minutes before each class starts. We welcome groups with a small number of people. Classes will close as soon as they are filled to capacity. Please take your temperature before coming to the hall and wear a mask in the hall. You may not take part in the class if you are in bad health. If a class is cancelled because of the spread of COVID-19 or some other reasons, we will inform you of this using the reply side of the application post card. Please obtain the latest information on the classes from the city website or call the city office directly.

