

Nara City Information for Residents

March 2021 Issued by Nara City Hall (No. 1204)
(All events, classes and lectures are conducted in Japanese.)

Please be advised that the programs in this issue may be put off, changed, or cancelled in order to prevent infection and spread of the new type of coronavirus.

Translation by Nara SGG Club (Systematized Goodwill Guide Club)

For some local government section names, the Nara SGG Club uses those decided upon by our translation team. As the city's English website uses machine translation, some names and terms may differ between our translation and the website. We ask for your understanding.

Copies available on request at:

Nara City Hall Information Counter, Nara City Hall Shimin-Ka Counter,
Nara-shi Shimin Service Center (Nara Family 5F), Nara City Tourist Center,
Public Health Center (4F, Hagukumi Center), Chubu Kominkan, Seibu Kominkan,
Hokubu Kaikan, Chuo Library, Seibu Library, Kintetsu Nara Station,
Nara City Tourist Information Center (by JR Nara Station), Nara Chuo Post Office
and Nara-Nishi Post Office.

[Inquiries in English] Phone: 0742-22-5595 (9:00-17:00) E-mail: nsgghyk@gmail.com



General Information on the Present Status and Upcoming Measures for the Containment of COVID-19

One year has passed since the establishment of the Nara City COVID-19 Task Force . This month's edition provides information about the present status of the COVID-19 pandemic in Nara City and upcoming measures, including the vaccination schedule.

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

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

The following is the recollection of Mr. Toshiyuki SATO, the Chief of the Nara City Healthcare Center and the General Manager of Kenko-Iryo-Bu (Healthcare and Medical Division).

The first infection in Japan was found in Nara

There was a rumor that a weird infectious disease seemed to be prevailing in Wuhan City in China in November 2019. We had very little information about it and were alert to the situation in China. Then it broke out in Japan suddenly. I remember that I was really shocked to see the headlines "The First Infected Person in Japan" and "Nara" in the breaking news on TV.

The Nara City COVID-19 Task Force was established right after that. Establishing preventative measures for COVID-19 was very speedy, and risk management divisions worked to lead it efficiently. I felt admiration for their actions in Nara City, which is designated as a core city, since I have experience working as a medical officer for other municipalities. I found that they made use of the experience of preventative measures for the Novel Influenza outbreak in the past.

Anxiety about Being Unable to Make Any Predictions Spread in the Health Center

After the infection was found in Nara Prefecture, telephone inquiries to the Health Center rang one after another. All lines were busy all day long, so some of the workers brought official mobile phones back home with them at night. As soon as such troublesome days (the first wave) had calmed, the number of infections kept rising again day by day during the summer. We were very tired and felt as if this situation might never end (the second wave). Because staff was increased after that, we managed to keep the situation within the limited number of beds for infectious patients.

We Hope the Citizens Learn about the Vaccination Correctly and Decide for Themselves

We have made a promotion room and have been preparing the vaccination against COVID-19. We wish many citizens would have a vaccination. I want each of you to grasp the merits and demerits of the vaccination and decide to take it. I will also take it when the vaccination can be supplied. Regardless of the COVID-19 outbreak, please make a habit of washing your hands and gargling in your daily lives. It could surely encourage us.

COVID-19 vaccinations to be carried out from now on

Nara City established a COVID-19 vaccination promotion office in January.

At present, the government and Nara Prefecture are working together to make adjustments for COVID-19 vaccinations. **The vaccination is free of charge** and consists of two intramuscular injections in your upper arm. Those who have been inoculated should allow an interval of less than one month before the second vaccination, and both doses of the vaccine must be made by the same pharmaceutical company.

In principle, vaccinations must be booked at the address on residence certificates.

In principle, **vaccinations will be given at the vaccination site (currently undecided) in the city of official residence.**

The vaccination must be booked, and those who need vaccination tickets (coupons) will have them sent by Nara City to their address. The vaccination ticket is in the form of a sticker; please bring it to the venue without removing it from the backing paper. If there are unavoidable circumstances, **in exceptional cases, it is possible to get vaccinations outside the place of official residence.** For example, expectant mothers who have returned home to give birth, students lodging far away from home, business bachelors and so on **can apply for the vaccination to the municipality in which they currently reside.** (No application is required for those who are

hospitalized, in elderly care facilities, with underlying diseases and under doctor’s supervision, or who have suffered disasters.)

The Order of Vaccination Has Been Set by the Government.

The Order of Vaccination and the Number of Targeted People (Government Prediction)

The following is an excerpt from the Ministry of Health, Labour and Welfare's explanatory materials for local governments as of January 15, 2021 with overall domestic figures.

(Higher priority ↓)

→ → → Timeline → → →

Medical Workers 4 million	Vaccination		
People Reaching the Age of 65 or Older in FY 2021 36 million	Vaccination tickets will be sent	Vaccination*2	
People with Underlying Diseases *1 8.2 million		Vaccination tickets will be sent	Vaccination*2*3
Elderly Care Facility Workers 2 million			Vaccination
People Aged 60 to 64 Years 7.5 million			
Others			Vaccination*4*5

(Lower priority ↑)

Vaccinations for people under 16 years of age is yet to be determined.

*1 People with underlying diseases are defined as obese people who meet the criteria (BMI 30 or higher), or outpatients and inpatients with the following diseases.

- (1) Chronic respiratory disease, heart disease (including hypertension), kidney disease, liver disease (except for fatty liver and chronic hepatitis)
- (2) Diabetes mellitus (being treated with insulin or medication, or with other diseases)
- (3) Blood diseases (except for iron deficiency anemia)
- (4) Diseases that compromise immune function (including malignancies undergoing treatment or palliative care)
- (5) Receiving steroids or other treatments that lower the immune system
- (6) Decreased body functions due to neurological or neuromuscular diseases associated with immune abnormalities (e.g., breathing disorders)
- (7) Chromosomal abnormality
- (8) Severe psychological disorder (combination of severe physical disability and severe intellectual disability)
- (9) Sleep apnea syndrome

*2 Nara City will notify each citizen when to start vaccination.

*3 Please self-report your conditions at the vaccination site. The information on your medical interview sheet will be checked.

*4 Vaccinations will be conducted sequentially based on the supply of vaccine.

*5 Starting date may be later than others.

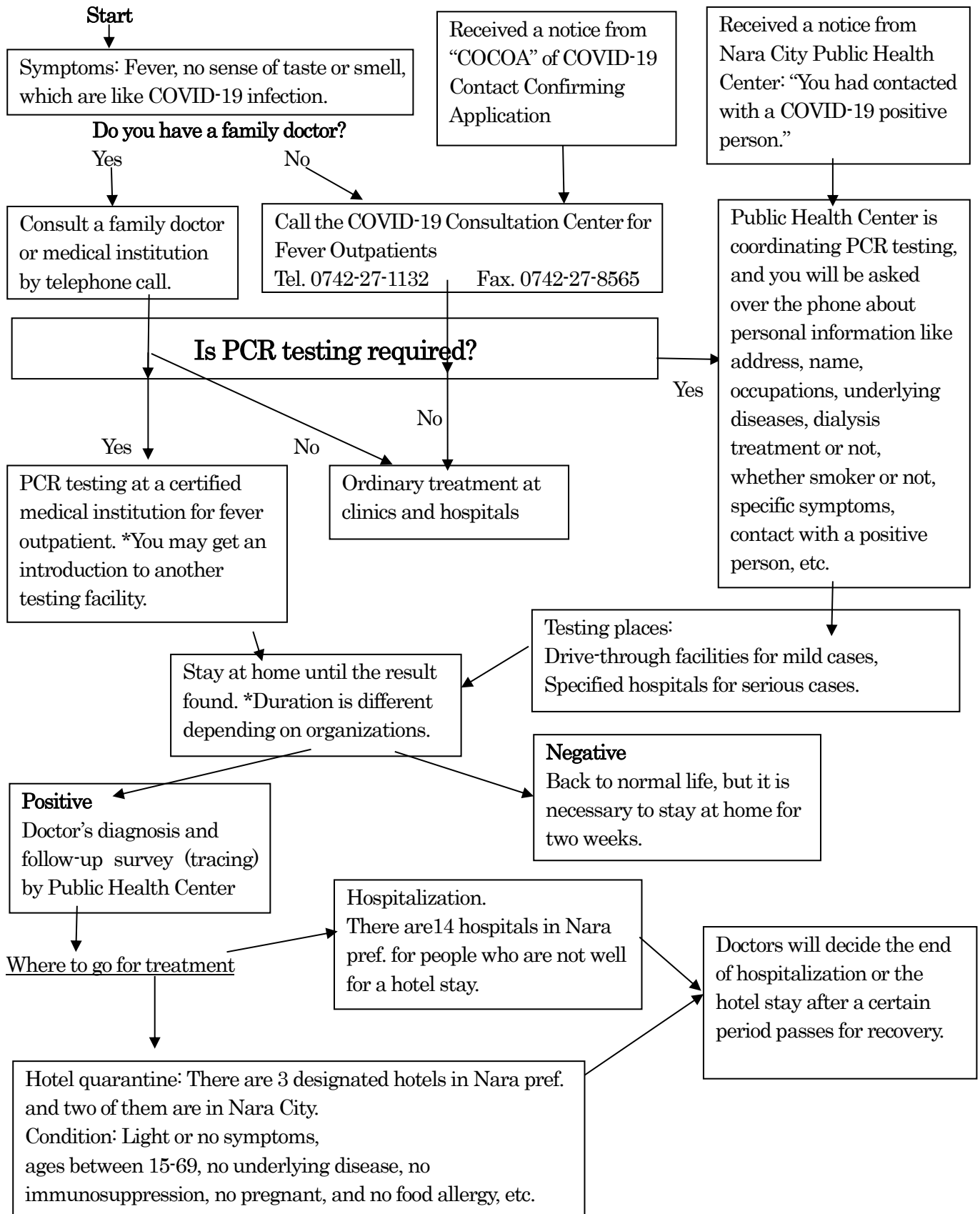
Nara City is planning to open a call center for inquires related to vaccination. Information such as the starting date of vaccination will be published in “Nara City Information for Residents” and will be posted on the city website as needed.

Information about COVID-19 vaccination on the city website: <https://www.city.nara.lg.jp/site/corona-vaccin>

How do you manage if you are infected with COVID-19?

This is a flowchart (current as of February 1) for what to do if you, your family, or friends are infected.

*Procedures may be changed later.



FAQs to Figure out What to Do

Q: How can I get to the site for PCR testing?

A: Generally, you are supposed to come in your own car. Consult the City Health Center if you don't have any means of transportation, such as not owning a car.

Q: Can I get prescribed medicine after PCR testing?

A: It depends on the site where you get the PCR test. When you see a doctor, you might be prescribed medicine such as an antifebrile if necessary.

Q: Can I get PCR testing done at private medical institutions?

A: On the website of the Ministry of Health, Labor and Welfare, you can refer to the list of private medical institutions sorted by prefectures, which offer PCT testing at the examinee's own expense.

Q: How can I know if I have been in close contact with an infected patient or not?

A: Close contacts are defined as those who are with an infected patient within each other's reach (approximately within 1 meter each other) for more than 15 minutes, without appropriate infection prevention such as wearing a mask. The City Health Center will contact you if you are defined as a close contact.

Q: How does COCOA, the COVID-19 Contact Confirming App, work?

A: You will be informed if you might have been in contact with an infected patient. You can get a PCR testing by contacting The COVID-19 Consultation Center for Fever Outpatients.

Current Status of the New Coronavirus Infectious Disease in Nara City

A survey done the middle of the third wave (after October 26th 2020) of COVID-19 shows the current status of Nara City as below.

1. Nara City is located near the Kyoto-Osaka-Kobe area, where many more people are infected.

Please refrain from non-essential and non-urgent outings and stay indoors.

Please look at the bar chart of the total number of people infected by prefectures in the Japanese version. It shows many more people are infected in the Kyoto-Osaka-Kobe area. However the polygonal line graph of the number of people infected per day per one hundred thousand population indicates the infection rate of Nara City is even higher than that of other areas. Please continue to refrain from non-essential and non-urgent outings to infectious areas and stay indoors.

2. Crowds of people in Namba have decreased. In contrast, crowds in Nara City have stayed the same.

Does it show the tendency to spend locally?

Please look at the two band charts and compare between crowds per week at Saidaiji Station and near Namba Station (in the Japanese version). The charts show crowds increased and decreased at the same times in both places. In contrast, the total number of people near Namba Station has never surpassed pre-COVID-19 levels, while the number of people at Saidaiji Station has done so on occasion. It is likely that more people are spending time in their neighborhoods and are visiting places with few people such as Nara City.

3. Nara Prefecture's admittance system is being maintained currently, despite the occupancy rate for hospital and sanatorium beds in Nara Prefecture reaching over 60% temporarily.

The percentage of people testing positive for COVID-19 (number of positive cases for the number of tests) is staying flat between 4 % to 8 %.

This can be said to be a relatively low level compared to the Keihanshin area, which fluctuates from 10 % to 30 % depending on the day.

Also, even though the occupancy rate of hospital and sanatorium beds in Nara prefecture increased to almost 64% temporarily, it has been on a downward trend after the State of Emergency, as the number of people who've been discharged or who canceled medical treatment has increased.

4. In Nara city, there has been a clear increase in the number of people with unknown infection routes and domestic infections..

As a trend (the third wave of COVID-19 infection) in Nara city, infected people are seen regardless of age or

gender. Also, compared to the 2nd wave there is a conspicuous increase in unknown infection routes and domestic infections.

Domestic infection in particular has been rapidly increasing since November 2020, with a remarkable increase in infected people in their 70s and above.

From this data, now the risk of infection is considered to be increasing for anyone on the go. In addition to not being infected yourself, care must be taken to prevent infection of the people close to you like family etc.

To Prevent the Spread of COVID-19 Infection at Home

Coronavirus infections in the home are on the rise in Nara City. The difficulty in preventing infection at home is that **you might infect other people despite the absence of symptoms (for about two days before symptoms appear). While having no symptoms you are not aware that you have already been infected. So you may spread the virus to the people you live with during conversation.**

In order not to bring the virus to home, practice any preventive measures such as hand washing immediately upon arriving home.

Wash hands immediately upon coming home.

Sanitizing your hands and fingers as well as washing your face are also effective.

To learn the proper way of washing them, visit the city's official YouTube site. →



Disinfect cell phones and smartphones.

Wipe them thoroughly with antiseptic sheets.

*Disinfection methods are different depending on each model of phones, so visit its website.

Be careful while talking.

Be careful not to spit.

Please practice the "coughing etiquettes": **Cover your mouth with a towel or your arm when sneezing or coughing.**

Shut the lid, then flush the toilet

Ventilate and humidify rooms regularly.

Air the room for five to ten minutes every hour, and keep the humidity at 40 to 60 percent.

Be careful when you use air conditioners, because they are likely to make the air dryer than oilstoves or gas fan heaters.

When a family member is infected.

1. Keep the infected person in rooms separate from the rest of the family as much as possible including mealtimes.
2. Do not share towels.
3. If possible, only one designated member of the family should take care of the infected person.
4. All the family should wear masks whenever possible.
5. Gargle and wash hands as often as possible.
6. Ventilate rooms as often as possible during daytime.
7. Sanitize doorknobs, handles and other shared parts.
8. Wash contaminated linens and clothes.
9. Seal up garbage bags tightly before you put them out.

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

For pregnant women

Applications for PCR testing cost subsidies before delivery are until the end of March.

We subsidize PCR testing costs so that pregnant women who are concerned about COVID-19 can check for infection before delivery.

Subsidized tests

Tests conducted between April 2020 and the end of March 2021

Please check the city website for details on how to apply.

Inquiries: Boshi-Hoken-Ka (Mother and Child Health Section) Tel. 0742-34-1978
For pregnant women and those over 70 years old

Taxi discount tickets are available until March 31.

As an emergency measure against COVID-19, taxi discount tickets were distributed to support pregnant women who submitted pregnancy notifications by February 26, 2021 and elderly people over the age of 70, as of September 1, 2020.

***Please note that these will not be available after March 31.**

*The distribution period for pregnant women has been extended.

FAQs

Q1. Can I use the taxi discount ticket for pregnant women when I go out after childbirth, such as visiting a hospital or shopping?

A1. It is also usable after childbirth. However, there is a deadline of March 31.

Q2. Must I use only one taxi discount ticket per ride?

A2. Multiple tickets can be used for a single ride.

Inquiries: Toshi-Seisaku-Ka (City Policy Section) 0742-34-4969

Garbage Collection

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

Please make a reservation in advance of bringing it in to the *Kankyo-Seibi Kojo* (Environment Sanitation Plant), or ask General Waste Collection and Transportation Permit Agents in Nara City to dispose of it (for a fee).

Unburnable Garbage

Unburnable garbage may be disposed of in one transparent/semi-transparent 45-liter or less plastic bag. Please put all the garbage in the bag and fasten the garbage bag tightly. Umbrellas (except parasols) are allowed to be partially out of the bag.

Generally, garbage which does not fit in a 45-liter bag or weighs more than 5kgs will be considered "Bulky Garbage".

Garbage Collection in March

Area	Burnable Garbage	Unburnable Garbage
A, F	Mon. and Thurs.	3, 17, 31 (Wed.)
B, E		
C, H	Tues. and Fri.	10, 24 (Wed.)
D, G		

* Areas A-D are covered by Nara City, and areas E-H are covered by City Seibi-Kosha & Co., Ltd., or Takeda Kankyo and Yamato Seiso J.V. (Joint Venture).

As collection days of the week are different in some areas, please refer to the city website for a confirmation.

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

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

Takeda Kankyo and Yamato Seiso J.V. (Joint Venture) (West side and the part of East side of the Tomio-Gawa River) Tel. 0742-63-2552

Procedures for Motorbikes or Light Motor Vehicles

All Light Motor Vehicle Taxes will be imposed on those who own Light Motor Vehicles (motorbikes, light automobiles, small-sized special vehicles, or two-wheeled light vehicles) as of April 1. When you move out, pass a vehicle on to other owners, dispose of it, or if it gets stolen, please go through the procedures for changing ownership or vehicle disposal.

Places for Declaration and Procedures

1. Motorbikes, Small-sized special vehicles:

Shiminzei-Ka (Municipal Tax Division) Nara City Hall Tel. 0742-34-4958

2. **Four-wheeled light vehicles:**

Keijidosha Kensa Kyokai (Light Motor Vehicle Inspection Organization) Tel. 050-3816-1845

3. **Two-wheeled light vehicles, Two-wheeled small-sized vehicles:**

Nara Unyu-Shikyoku (Kinki District Transport Bureau Nara Office) Tel. 050-5540-2063

**Spring Nationwide Fire Prevention Campaign
March 1 to March 7, 2021**



“A gold medal for you for preventing that fire!”

(National Unified Fire Prevention Slogan for the fiscal year of 2020)

A fire is a horrible disaster. Once it occurs, it can take away precious lives and property instantly.

Let’s take precautions against fire, and not cause fires from carelessness and overconfidence.

***Be careful when handling rubbing alcohol.**

The same rubbing alcohol used to prevent the spread of COVID-19 produces flammable substances that may ignite. So after disinfecting your hands with alcohol, do not immediately light a stove or cigarette.

***Residential smoke alarms should be replaced every ten years.**

Be sure to replace them regularly as they won’t be able to detect fires due to the deterioration of parts and/or expiration.

Inquiries about Residential Smoke Alarms:

Japan Residential Smoke Alarm Manufacturers Association

Tel. 0120-565-911

Seven Tips for Residential Fire Prevention and Protecting Lives

Three Customs	1. Never smoke in bed.
	2. Use gas or electric heaters away from flammable materials.
	3. When you move away from the gas cooker, make sure to turn it off.
Four Measures	1. Install a residential fire alarm to prevent delayed escape.
	2. Use fireproof products to avoid fires spreading to bedding, clothing and curtains.
	3. Install fire extinguishers to put out fires before they spread.
	4. Build a cooperative system in your neighborhood to protect the elderly and the disabled.

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

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

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

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

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

Higashi Shobo-Sho (East Fire Station) Tel. 0743-82-0513

**Japanese Encephalitis Vaccinations Will Start
(for those born in March 2018)**

Those eligible: From 3 years old to one day before the 7-year-6-month old 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 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

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 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

*Circular Consultations with public health nurses

1. **Date & Place:** 10:00-12:00, Mar. 11 (Thurs.)

Place: Tsukigase Fukushi Center (Tsukigase Oyama)

2. **Date & Place:** 10:30-12:00, Mar. 16 (Tues.)

Place: Dongogaoka Community Square (former Tawara nursery school, Yokota-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



Medical Checkups for Babies & Children

Checkup by Age	Date	Place
Checkup for 4-month-old babies (Born in December 2020)	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.
Checkup for 10-month-old babies (Born in June 2020)	Until the day before turning <u>one year old</u> from the 10-month birthday	
Checkup for 19-month-old babies (Born in August 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.	
Checkup for 3-1/2-year-old children (Born in September 2017)		

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

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

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

Various Health Classes for Expectant Mothers and Infants

Please check the date and time of the following classes through the Nara City Website.

Please refer to the "Nara City Video Channel-Health Information" for information about infant food and preventing tooth decay, and to the "Hajimete-no Mama Papa Salon" for 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 (Class for Preventing Tooth Decay)
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

Please refer to the practical videos on the Nara City Website for information on baby food, tooth decay prevention, how to bathe your baby, how to hold your baby and so on.

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

Preliminary Examination Leaflets Were Sent in Late February (To those born in January 2021)

You can get vaccinations if you bring the leaflet, *Mother's and Child's Health Handbook*, and your health insurance card on the day of vaccination. Those who moved to Nara City recently and don't have a Preliminary Examination Leaflet should contact Kenko-Zoshin-ka (Health Care Section).

* Please fill in forms with an indelible black pen.

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

Renewal of Qualification Certificates for Child (Infant) Medical Expenses

The certificates for children who will enter the first grade of elementary or junior high school as of April 1 will be renewed, and the current certificates will expire on March 31.

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

New Certificates Are for Those: Born between April 2, 2014 and April 1, 2015

Born between April 2, 2008 and April 1, 2009

* The new certificates will be sent out in late March. Please send back the application form for the renewal qualification certificate for the child medical expenses, which is enclosed with the certificate.

* Those eligible who do not have a qualification certificate now are encouraged to apply immediately.

Eligibility for Child Medical Expenses Furtherance:

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

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

Women's Health Week March 1 to 8 Every Year

Increases in Female-Specific Cancer

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

You should self-examine once a month for breast cancer and check abnormal bleeding for cervical cancer. If there is anything of concern, see a medical institution immediately.

*Female hormone level differs depending on age. It is important to know how your body and mind can change and take good care of yourself.

Relationship between Smoking and Cancer

Smoking is associated with the onset of various illnesses, including cancer, and has a harmful influence not only on yourself but on surrounding people and even on unborn babies. We have a "Challenge Smoking Cessation Program" which supports those who wish to quit smoking. For further details, please check Nara City's homepage.

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

Chubu Kominkan

23-4 Kamisanjo-Cho Nara City 630-8228 Tel.0742-26-6506 Fax. 0742-26-3263

The Spring Film Festival for Children

*Please enjoy fun events and watching movies on the big screen.

Date & Time: March 25 (Thurs.)

Fee: Admission free

Time	Contents
10:00 – 11:30	Movie (Aladdin's Arabian Adventure, Aladdin's Close Call and so on.)
13:00 – 15:30	(1) Workshop corner (Making a small card and so on) (2) Play corner (making a toy) 100 yen *There is another free play corner.
13:30 – 14:10	Flannelgraph by puppet show "Meiyu"
14:30 – 15:30	Movie (Mickey's Jungle Expedition)

Lecture name	Date & Contents	Deadline
Spring Cardboard Workshop	Making a motorized toy "Kotokoto Zaurusu" Lecturer: Yoshikazu Senkoji Date: March 25 (Thrus.) 10:30 – 12:30 Subjects: 20 elementary school students from 3 rd to 6 th grade Fee: 850 yen per person *Yoshikazu Senkoji's Exhibition held on the same day.	March 16 (Tues.)

Notice of 2021 Rabies Prevention Group Injection

Rabies Shots Should Be Given Once a Year to Every Dog Older than 91 Days.

Fee: Rabies group injection: 3,400 yen

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

Place, Dates & Times: Please refer to page 27 of the Japanese version of *Shimin-Dayori* (Nara City Information). It will be held even in case of rain.

Things to Bring: Owners of registered dogs should bring the notification postcard about the rabies prevention injection (3-ticket type). Those with unregistered dogs should bring a memo with your address, name, phone number, dog type, name, gender, birth date and color of your dog.



- * Some dogs may not be allowed to receive the shot due to their physical condition.
- * Dogs, collared, must be brought by a person who is accustomed to handling them.
- * In case your dog cannot receive the shot at the site, please get it at an animal hospital.
- * Please refrain from coming by car, since some sites don't have a parking lot.
- * Rabies prevention shots notice postcard will be sent around the end of March.
- * Dog registration is an important once-in-a-lifetime procedure for each dogs as stipulated by the Rabies Prevention Law. Unregistered dogs need to be registered. Dogs can also be registered at the City Public Health Center, Shutcho-sho (Branch Office), Administration Centers and Liaison Offices as well as each shot site.

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

*Be careful not to dial the wrong number.

**The Second Thursday in March Every Year is World Kidney Day
Do you know about CKD (Chronic Kidney Disease)?**

It is said that CKD (Chronic Kidney Disease) is a national disease affecting 1 in 8 people. It is difficult to notice a drop in renal function. Leaving it untreated may require dialysis or increase the risk of myocardial infarction, cardiac insufficiency and apoplexy. Please review your daily habits and the results of your medical checkups.

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

<CKD Check>

Please check the items if applicable.

- high blood pressure
- high blood sugar level
- high triglyceride
- protein in urine
- smoking
- obesity (BMI* is more than 25)
- family member or relatives have kidney disorder

*BMI=weight(kg)÷height(m)÷height(m)



There is a risk of CKD if even one item is applicable.

Is your kidney OK? Let's review the results of the medical checkups!

Checkup item	Continue to Receive checkups	Improve your lifestyle	Medical consultation is required
①protein urine	(-)	(±)	(+) or more
②eGFR Glomerular Filtration Rate*	60 or more	59 - 46	45 or less

*ml/min/1.73m³

If ①, ② or both in the thick-bordered table have lasted for more than 3 months...



CKD is diagnosed

If you are concerned about the results,
please consult medical institutions or Kenko-Zosin-Ka (Health Care Section)

Voice of a Consulter

While I was concerned about diabetes or high blood pressure in my medical checkups, I didn't care about the results of my kidney checkups. I had no subjective symptoms, and I was shocked to hear that my kidney function had decreased. I am lucky to have consulted a doctor. From now on, I want to improve my diet and care about my lifestyle and habits.

World Kidney Day Panel Exhibition	
Until: March 5 (Fri.)	March 8 (Mon.)~12 (Fri.)
At: Hagukumi Center 1 F	At: City Hall 1F Passageway