

# Nara City Information for Residents

January 2018 Issued by Nara City Hall (No.1166)  
(All events, classes and lectures are conducted in Japanese.)

Translation by Nara SGG Club (Systematized Goodwill Guide Club)

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

Copies available on request at:

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

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



## Wakakusa-yama Hill Grass Burning Festival on Jan.27 (Sat.)

**Venue Site:** Foot of Wakakusa-yama Hill

**Schedule:** Festival begins at 17:10.

Fireworks begins at 18:15.

All grass is set on fire from 18:30.

In case of poor burning conditions, the festival will be postponed to Jan. 28 (Sun.)

**Inquiries:** Wakakusa-yamayaki Gyoji-jikko Inkaei (Wakakusa-yama Hill Grass Burning Festival Practicing Committee), c/o Ken Nara-Koen-Shitsu (Nara Park Office)  
Tel. 0742-27-8677

**Inquiries on the Day:** Tele dome Tel: 0180-991-707

It may not be accessible from some IP phones.

We request your cooperation in dimming outdoor lights.

**Traffic Regulations Will Be Enforced on The Day, Please Use Public Transportation.**

Parking will be prohibited around Heijo-kyo Palace Site and Katsumatano-Ike (Oike) in Shichijo 2-chome and other areas. The regulations will be changed according to the traffic situations.

### O-Tondo (A Big Bonfire) at Kasuga

**Date & Time:** Jan. 27 (Sat.) 13:00-19:00

Used Shimenawa (Straw ornaments for New Year's Day) will be accepted until 18:00. In case of rain, it will be postponed to Jan. 28 (Sun. until 16:00).

**Place:** Tobihino Field in Kasuga Shrine

**Inquiries:** Nara City Tourist Center Tel. 0742-27-8866

## 2018 Annual New Year Fire Brigades Parade

**Date & Time:** January 13 (Sat.) 9:30 - 13:00

**Place:** In and around Nara Denryoku Konoike Park

(Horen Sahoyama 4-chome. Nearest bus stop is Konoike or Shiei-Kyujo)

**Contents:**

<Ceremony Zone> March-past by Volunteer Fire Corps Color Guard Team, City Fire Department Band, Kids' Fire Defense Club, Ladies' Disaster Prevention Club, and joint members of City Fire Stations and Volunteer Fire Corps; Parade of fire engines

<Training Zone> Joint fire extinguishing practice by City Fire Stations and Volunteer Fire Corps

<Citizens' Participation Zone> Serving *Butajiru* (miso soup with pork and vegetables);

Exhibition about disaster prevention; Market of local products

**Inquiries:** Somu-Ka, Shobo-Kyoku (General Affairs Section, Fire Department)

Tel: 0742-35-1199

## Full-Fledged Operations of "Individual Number Card (My Number Card)" System since Nov. 13, 2017

Information included on "My Number Cards" can be exchanged widely among various public administrative bodies via exclusive networks. In accordance with "My Number Law" this system will enable us to prepare fewer documents to complete administrative procedures. As well as saving time, the documents which you can omit are different for each administration. For details about the procedures below, please contact each section.

-Applying for municipal housing	House Supply Section	Tel. 0742-34-5174
-Notification of qualification or disqualification of National Health Insurance	National Pension Section	Tel. 0742-34-4736
-Grants for medical expenses for the mentally and physically disabled -Grants for medical expenses for the severely disabled and the elderly -Medical insurance system for the elderly aged 75 or over	Welfare Section for Medical Payment	Tel. 0742-34-4754

-Procedures to use nursery schools, certified centers for early childhood education and care (procedures for childcare), and locally operated nursing facilities for infants	Nursery School & Kindergarten Section	Tel. 0742-34-5086
-Applying for child-care allowances -Child-rearing allowances and special child-rearing allowances -Aid for children's medical expenses -Aid for medical expenses of single-parent families	Child Rearing Section	Tel. 0742-34-5042
-Applying for benefits for higher vocational training for fatherless households, and for self-support education and training for fatherless families -Applying for registration of livelihood support for single-parent families -Applying for welfare funds for single-parent households and widows -Admission into midwifery facilities	Child Care Support Section	Tel. 0742-34-4804
-Applying for medical support for premature babies -Medical care for self reliance (public health care for disabled children) -Applying for certification for medical expense support for children's chronic specified diseases	Health Protection Section	Tel. 0742-93-8397

## Advanced Elderly Medical Service System

### Application for Combined High-Cost Medical Long-Term Care Expenses

**Those eligible:** Those insured under the advanced elderly medical service system within the applicable period (Those who are over 75 years old or between 65 and 74 years old and have some disabilities, and have joined the advanced elderly medical service system.)

**Contents:** The amount overpaid will be refunded from the advanced elderly medical service system and long-term care insurance, when the total copayment costs for medical and long-term care expenses for all members under the advanced elderly medical service system in a household between Aug. 1, 2016 and July 31, 2017 exceed the numbers listed below and an application is submitted.

Payment ratio (Advanced elderly medical service system)	Classification	Limited amount during the term
30 %	Over certain amount of income earner	670,000 yen
10%	General	560,000 yen
	Low-income earner II (*1)	310,000 yen
	Low-income earner I (*2)	190,000 yen (*3)

(\*1) Low-income II: All household members including the insured person should be local tax-exempt.

(\*2) Low-income I: All household members including the insured person should be local tax-exempt and in addition incomes of all household members should be under a certain amount (for example, below 800,000 yen from pension income) or receive an old-age welfare annuity.

(\*3) The limited amount may be 310,000 yen if multiple members are under long-term care insurance.

\*Please ask Kaigo-Fukusi-Ka (Care Management Section) for details.

### Application to Fukushi-Iryo-Ka (Welfare Section for Medical Payment):

An application form will be sent to those eligible in late January from Nara-Ken Koki-Koreisha Iryo Koiki Rengo (Nara Prefecture Advanced Elderly Medical Wide-Area Alliance). However, no



information will be sent to those listed below:

- 1) Those who moved into or out of other local governments during the period.
- 2) Those who changed their medical insurance during the period.

\*Those who correspond to the above 1) and 2) should apply after getting a certificate for the amount of their copayment from their medical insurance and/or long-term care insurance.

**Needed for Application:** Advanced elderly medical insurance card, long-term care insurance card, bank book, seal, individual number card or individual number notification card, identity verification documents, and certificate for the amount of copayment by the applicant (only for those who correspond to the above 1) and 2) ).

**Note:** •Expenses not paid by insurance (for example: meal costs, extra bed charges, diaper costs, etc.), expenses which have been paid as expensive medical charges, and expensive long-term care charges cannot be covered with the above application.

- Copayments for both medical insurance and long-term care insurance for one household are necessary.
- Allowances below 500 yen cannot be applied for.
- Those who receive financial assistance by medical treatment systems for serious mental and physical disabilities or advanced elderly mental disorder should subtract the amount from the above systems from the expenses for the advanced elderly medical system.

**Inquiries:** Fukushi-Iryo-Ka (Welfare Section for Medical Payment) Tel. 0742-34-4754  
Kaigo-Fukushi-Ka (Care Management Section) Tel. 0742-34-5422

## MURATA JUKO TEA GATHERING (Fifth Nara Tea Congress)

The Fifth Murata Juko Tea Gathering will be held in February. The tea ceremony rooms are at one shrine and seven temples, including world heritage sites and Naramachi. You can enjoy ancient Nara while being served tea to warm your body and heart. Seven tea ceremony schools will participate. There will also be a program for tea ceremonies performed by each school. Please enjoy the tea ceremonies held in winter in this dignified ancient town of Nara.

**Date:** Feb. 6 (Tues.) – 11 (Holiday), 6 days

**Participating Shrine & Temples:** Kasuga Taisha Shrine, Todaiji Temple, Gangoji Temple, Daianji Temple, Saidaiji Temple, Toshodaiji Temple, Yakushiji Temple, and Hokkeji Temple

**Participating Schools:** Omote-senke, Ura-senke, Mushanokoji-senke, Enshu-ryu, Sekishu-ryu, Yabunouchi-ryu and Sohen-ryu

### Kencha (Tea-offering) Ceremony • Special Tea Ceremony by Mushanokoji-senke

**Date:** Feb. 10 (Sat.) **Place:** Todai-ji Temple

**Contents:** Kencha (Tea offering) Ceremony from 10:00 at Daibutsuden Hall in Todaiji-Temple (served by Sen Shoshu, 14<sup>th</sup> Iemoto (Grand Master) of Mushanokoji-senke )

**Special Tea Ceremony:** All at the specified times

① 11:00- ② 11:55- ③ 12:50- ④ 13:45-

- **Koicha (Thick tea):** at Shukaijo(an assembly hall) in Todaiji-Temple
- **Usucha (Thin tea):** Oku-no-ma (the innermost room) of Honbo in Todaiji-Temple
- **Tenshin (Lunch of Japanese Food):** Oho-hiroma(A big Japanese room) of Honbo in Todaiji-Temple

### Tea Ceremony Demonstration by seven schools

**Date:** Feb.9 (Fri.) **First Performance** 9:00 – 11:00

by Ura-senke, Mushanokoji-senke, , Sekishu-ryu and Yabunouchi-ryu

**Second Performance** 14:00 – 16:00

by Omote-senke, Enshu-ryu and Sohen-ryu

**Place:** Kansha & Kyosei-no- Yakata and Kihin-kan in Kasuga Taisha Shrine

**Contents:** Performance of the tea ceremonies by each school, etc.

(A bowl of powdered green tea and some cakes will be served).

Visit to Kasuga Treasure House (Museum)

### Experience of Participating in Tea Ceremony for Foreigners

**Date:** Feb.11 (Holiday) 9:00- 15:00

**Place:** Nigiwai-no-ie, Naramachi



**Contents:** Participation in a tea ceremony (50 minutes/ceremony),  
Observation of making Japanese cakes and testing Yamato-cha (Green tea produced in Nara)

**Ochamori (Giant Tea Cup) at Saidaiji Temple**

\*Tickets will be sold on the same day

**Date:** Feb. 8 (Thurs.) and 11 (Holiday) 10:00 – 15:00

**Contents:** Tea ceremony using a Giant Tea Cup and entrance to the Main Hall

**Inquiries:** Saidaiji Temple Tel. 0742-45-4700

**Special Exhibition of old Akahada-yaki potteries by Renowned Potter, Mokuhaku Okuda**

---- from Yukiko Tsujii's Collection, Komorebi-an ----

**Date:** Feb. 2 (Fri.) – 25 (Sun.) 10:00- 18:00 (Last admission 17:30)

Closed every Monday and Feb. 13 (Tues.)

**Place:** 1F, The Permanent Exhibition Room of Nara Kogei-kan (Craft Museum)

**Inquiries:** Nara Kogei-kan (Craft Museum) Tel. 0742-27-0033

**Tour for Inquiring about “Tea”**

**Date:** ①Feb. 10 (Sat.) A walking tour in Naramachi and traces of Hisahide Matsunaga  
(A master of tea ceremony)

② Feb. 11 (Sun.) A tour to inquire into the origins of tea

**Inquiries:** Nara City Tourist Association Tel. 0742-27-8866

<http://narashikanko.or.jp/naratime/ja>

**Ticket Information for Tea Gatherings**

- [1]: 5,000 yen: Two seats for tea gatherings, *tenshin* (a lunch box of Japanese food), entrance to shrine and temples, and tickets to ride Tea Ceremony Loop Buses (except on the 11<sup>th</sup>, a holiday).
- [2]: 1,000 yen: One seat with viewing of the place.  
1,500 yen for tea gathering at Hassoan on Feb. 6 (Tues.) and 7 (Wed.) including fee for viewing the exhibition of Nara National Museum.
- [3]: 20,000 yen: Special tea gathering, including thick tea, thin tea, and *tenshin*.
- [4]: 2,000 yen: Tea Ceremony Demonstration by 7 schools\* , each in the morning or afternoon.
- [5]: 1,000 yen: Experience Tea Gathering for foreigners. Same day tickets only.
- [6]: 1,000 yen: Ochamori (Giant Tea Cup), entrance to the Main Hall included. Same day tickets only.

**Program**

Date	Category	Schools or Groups	Thick or Thin Tea	Place	<i>Tenshin</i>
Feb.6 (Tues.)	[1]	Sekishu-ryu	Thick	Todayji Temple	Todayji Temple
		Yabuuchi-ryu	Thin	Hokkeji Temple	
	[2]	Keiyu-kai	Thin	Hassoan (Nara National Museum)	
		Members of Sakuma Sosei	Thin	Naramachi Nigiwaino Ie	
Feb. 7 (Wed.)	[1]	Urasenke	Thin	Kasuga-Taisha Shrine	Kasuga Taisha Shrine
		Mushakojisenke	Thick	Daijanji Temple	
	[2]	Keiyu-kai	Thin	Hassoan (Nara National Museum)	
Feb. 8 (Thurs)	[1]	Omotesenke	Thin	Gangoji Temple *with tables and chairs	Saidaiji Temple
		Enshu-ryu	Thick	Saidaiji Temple	
	[2]	Nara Craft Festival Committee	Thin	Nara Craft Museum	
	[6]	Ochamori (Giant Tea Cup)		Saidaiji Temple	
Feb. 9 (Fri.)	[4]	Tea Ceremony Demonstration by 7 schools*		Kasuga-Taisha Shrine	

Feb. 10 (Sat.)	[3]	Special Tea Gathering by Mushakojisenske	Thick	Todaiji Temple	Todaiji Temple
			Thin		
	[2]	City League of Tea Ceremony and Flower Arrangement	Thin	The Garden Hall of the Former Daijo-in Temple	
Members of Yoshikawa Sobun		Thin	Naramachi Nigiwai-no-Ie		
Feb. 11 (Holiday)	[1]	Yabuuchi-ryu	Thick	Toshodaiji Temple	Yakushiji Temple
		Sohen-ryu	Thin	Yakushiji Temple	
	[2]	City League of Tea Ceremony and Flower Arrangement	Thin	The Garden Hall of the Former Daijo-in Temple	
		[5]	Experience Tea Gathering for foreigners		Naramachi Nigiwai-no-Ie
	[6]	Ochamori (Giant Tea Cup)		Saidaiji Temple	

**\* 7 Schools:** Omotesenke, Urasenke, Mushakojisenske, Enshu-ryu, Sekishu-ryu, Yabuuchi-ryu, Sohen-ryu

**Selling:** By Jan. 27 (Sat.), by 26 (Fri.) only for [3].

First come, first served. Please check the availability on the website (Japanese language only).

**Application for [1], [2], [4]**

Please visit Nara Centennial Hall at Sanjo Miyamae-cho directly or phone.

Tel. 0742-34-0111 9:00-17:00

Closed: Every Tuesday, from Dec. 28 (Wed.) to Jan. 4 (Wed.)

Internet application available 24 hours a day

<http://www.ticket.ne.jp/nara100onlineticket/> (Japanese language only)

**Application for [3], Special Tea Gathering**

Reservation by phone, Tel. 0742-34-5614 (an exclusive line) 9:00-17:00

Closed: From Dec. 29 (Thurs) to Jan. 3 (Tues.), weekends, holidays

**Application for [5], [6]**

No reservations. Same day tickets only at the entrance.

**Inquiries:** Kanko Senryaku-Ka (Tourism Strategy and International Section) Tel. 0742-34-4739

Nara City Tourist Association Tel. 0742-27-8866

## Garbage Collection over the New Year's Holiday

Jan. 4 (Thurs.) Burnable Garbage for A, B, E, F areas

\*No collection of plastic packages & containers

Jan. 5 (Fri.) Burnable Garbage for C, D, G, H areas

\*No collection of plastic packages & containers

Jan. 6 (Sat.) Plastic packages & containers for B, D, E, G areas

From Jan. 4 (Thurs.) to Jan. 12 (Fri.): The garbage collection time may be delayed until around 16:00 in some areas due to the large amount of garbage produced. Deliver the garbage to the pick-up site by 7:30, as usual. Garbage will be collected regularly even on Jan. 8 (Holiday).

Areas covered by City Seibi-Kosha & Co. Ltd.: Garbage will be collected as on the scheduled-collection calendar.

**Collection of Dead Animals** starts from January 4 (Thurs.)

**Collection Days & Areas for Unburnable Garbage in January**

Area Code	Burnable Garbage	Unburnable Garbage
A, B, E, F	Mondays & Thursdays areas	17 (Wed.), 31 (Wed.)
C, D, G, H	Tuesdays & Fridays areas	10 (Wed.), 24 (Wed.)

\*A-D are covered by Nara City, and E-H are covered by City Seibi-Kosha & Co. Ltd.

The garbage collection date may be changed in some areas, so please check on the City website.

**Inquiries:** Shushu-Ka (Collection Section) Tel.0742-71-3012  
City Seibi-Kosha & Co. Ltd. Tel. 0742-33-8782

## **Bosai Center (Disaster Prevention Center)**

404-1 Hachijo 5-chome, 630-8145 Tel./Fax. 0742-35-1106

### **First Aid Seminar**

Course for adults (Ordinary life saving course I)

**Date & Time:** January 10 (Wed.), 28 (Sun.), February 14 (Wed.), 25 (Sun.) 13:00-16:00

Course for infants (Ordinary life saving course III)

**Date & Time:** January 18 (Thurs.) 9:30-12:30

**Contents:** Cardiopulmonary resuscitation methods, how to use an AED (Automatic External Defibrillator), etc.

**Capacity:** 20 people each, junior high school age or over

**Application:** Call the Bosai Center by the day before the class day.

### **Origamji Lecture Class for Children**

**Date & Time:** February 4 (Sun.) 10:00-12:00

**Instructor:** Ms. Atsuko Takeo in Japan Origami Associate

**Capacity:** 20 children who are from 4 years to 10 years.

**Application:** Send a postcard with your address, name, age, phone number to Chuo-Toshokan (Central Library), 38 Higashi Terabayashi-cho 630-8362 (Tel 0742-26-6101) to arrive no later than Jan.16. Excess application will be decided by lottery.

### **Mottainai Pottery Market**

Ceramic tableware which is not used at home will be collected and can be taken for free

**Items that can't be collected:** Tableware used at home in other cities or used for businesses; vases or ashtrays which are not tableware; unwashed items; unglazed or earthen pots; tableware made of glass, plastic, metal, or wood; items with rubber bottoms or handles (unless removed).

Tableware brought in will be inspected, and items or packages unable to be collected will be returned.

### **Regular Events in January**

**Date & Places:** January 17 (Wed.) Hagukumi Center (Sanjo-Honmachi)

January 24 (Wed.) Coop Shichijyo (Shichijyo Nishimachi)

January 28 (Sun.) City Hall North Parking

**Time:** 10:00-13:00 Collection will be done by 12:30.

Please bring your own bags when you take items home.

**Inquiries:** Kankyo-Seisaku-Ka (Environment Policy Section) Tel. 0742-34-4591

### **Midwinter Training and Learning Zen Meeting**

**Date & Time:** January 20 (Sat.), 21 (Sun.) 6:00-7:00 (reception from 5:30)

**Place:** Kendo: Naraden Arena

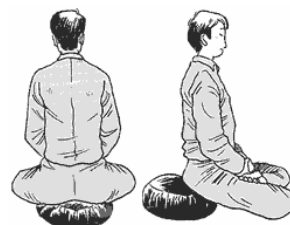
Judo, Yari, Zazen: Naraden Daini Budojo

Naginata: Naraden Daini Arena

Japanese Archery: Naraden Kyudojo

**Capacity:** Elementary school students and over who attend Dojo in Nara city and are experienced in each course. Those who live or work in Nara city can attend.

**Inquiries:** City General Foundation Naraden Daini Budojo Tel. 0742-27-6163



## HEALTH COLUMN

“Hagukumi“ Center (13-1 Sanjo-Honmachi)  
 (The nickname for the public Health center / General Education Center)

- Kenko-Zoshin-Ka (health Care Section)  
 Tel. 0742-34-5129 / Fax 0742-34-3145
- Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

Tsukigase Administrative Center (Tsukigase Oyama) Tel. 0743-92-0480  
 Tsuge health Center (Tsuge Shiraishi-ch) Tel. 0743-82-0341  
 Nara City hospital (Higashi-Kidera-cho 1-chome) Tel. 0742-24-1251

### Medical Checkups for Babies and Children

**Things to Bring:** The questionnaire which will be sent to you during the middle of January and your *Mother's and Child's Health Handbook*. People who moved to Nara City after January 1 and have not received the questionnaire by the checkup day can come to the place directly on the day without it. For 4-month and 10-month-old babies' checkups, please contact Kenko-Zoshin-Ka (Health Care Section).

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

\*Central Health Center (Chuo Hoken Center) is located inside of Hagukumi Center.

Name	Date	Place
Checkup for 4-month -old babies (Born in October 2017)	Within one month from the 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in April 2017)	Within one month from the 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in June 2016)	Feb. 8, 15, 22, March 1 (Thursdays) Reception: 13:15-14:15; Waiting numbers will be distributed at 12:45	Central Health Center (Chuo Hoken Center)
Checkup for 3 and half-year-old children (Born in July 2014)	Feb. 6, 13, 20, 27 (Tuesdays) Reception: 13:15-14:15; Waiting numbers will be distributed at 12:45	Central Health Center (Chuo Hoken Center)

### Class for Babies

#### **Paku-Paku Class for Five-Month-Old Babies (Baby Food Class)**

**Those Eligible:** First -born children born in September 2017 and their guardians

**Date & Time:** Feb. 7 (Wed.) 10: 00-11:30

**Place:** Hagukumi Center

**Contents:** Talk about baby food by a dietitian and about child rearing by a public health nurse

**Things to Bring:** *Mother's and Child's Health Handbook*, the baby food leaflet included with the Checkup questionnaire for four-month-old babies and so on

**Capacity:** 40 babies and parents each day

#### **Ha-Pika Class for One-year-old Babies (Tooth Decay Prevention Class)**

**Those Eligible:** First -born children born in Feb. 2016 and their guardians

**Date & Time:** Feb. 6, 20 (Tues.) 10: 00-11:30

**Place:** Hagukumi Center

**Contents:** How to care for babies' new teeth and brushing practice

**Things to Bring:** *Mother's and Child's Health Handbook* and some gauze for wiping the baby's mouth

**Capacity:** 30 babies and parents each day

**Application:** Please contact Kenko-Zoshin-Ka (Health Care Section) by phone or fax with the class name, your address, phone number, child's name, the date of baby's birth, guardian's



name and your preferred date. Excess application will be accepted for another day.  
Tel. 0742-34-5129

## Fluoride Coating for Tooth Decay Prevention

**Those Eligible:** Those born in Feb. 2016 (It is possible to apply until age 2 years old and 4 months.)

**Date & Time:** Feb. 16 (Fri.) 9:30-11:30

**Place:** Chuo Hoken Center (Central Health Center)

**Contents:** Dental Checkup, fluoride coating, guidance for effective toothbrushing

**Things to Bring:** *Mother's and Child's Health Handbook*, a toothbrush for your child and towels

**Application:** Please contact Kenko-Zoshin-Ka (Health Care Section) by phone, fax or electronic application on the Nara City Website with the class name, child's name, the date of birth, and phone number by Jan. 25 (Thurs.)

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

## Maternal and Infant Healthcare Consultation

You can consult with us about how to look after yourself during pregnancy, breast-feeding, and infant growth and development. No application necessary. Just bring your *Mother's and Child's Health Handbook*.

### Consultation by Public Health Nurse

Month	Date	Place
January	9 (Tues.)	Nimyo Kominkan Nimyo Bunkan
	10 (Wed.)	Nanbu Kominkan
	15 (Mon.)	Tatsuichi Fureai Kaikan
	16 (Tues.)	Tomigaoka Kominkan
	17 (Wed.)	Keisei Kominkan
	19 (Fri.)	Heijo Higashi Kominkan *
	26 (Fri.)	Sahogawa Fureai Kaikan
	30 (Tues.)	Miato Kominkan
	31 (Wed.)	Kasuga Kominkan *

**Time:** 9:30-11:30 (\* 13:30-15:30)

Consultation over the phone or at the office is held on weekdays 8:30-17:15

### Consultation by Midwives

**Seibu Kaikan Second-Floor Consultation Room (Consultation at the office)**

**Time:** Weekdays 10:00-14:00 (Reception until 13:30)

**Kenko-Zoshin-Ka (Health Care Section) (Consultation over the phone or at the office)**

**Time:** Weekdays 9:00-15:00

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

## Classes and Dental Checkup for Pregnant Women

### Mother's and Father's Class

Date A	Date B	Contents
Feb. 7 (Wed.)	March 7 (Wed.)	Lecture and talk with people who have experience (*Women in their first pregnancy)
Feb. 10 (Sat.)	March 10 (Sat.)	Bathing practice and lecture (*Women in their first pregnancy and their husbands)

\*For those who are in the 22<sup>nd</sup> to 32<sup>nd</sup> week of the first pregnancy and can attend all lectures.

**Time:** 9:30 - 12:00

**Place:** Central Health Center

**Capacity:** 24 couples per class

**Application:** Call, send an e-mail, or fax with the class name A or B, your name, address, age, phone number, the expected delivery date, and whether your husband will attend or not to Kenko-Zoshin-Ka (Health Care Section) by Jan. 31 (Wed.) for A or by Feb. 28 (Wed.) for B.

### **Maternity Happy Check (Dental Checkup for Pregnant Women)**

**Those eligible:** Pregnant women (Approx. the 16<sup>th</sup> to 32<sup>nd</sup> week of pregnancy and stable condition)

**Date & Time:** (1) Feb. 22 (Thurs.) 9:30 - 11:30  
(2) March 22 (Thurs.) 9:30 - 11:30

**Place:** Central Health Center

**Contents:** Dental checkup, effective tooth brushing, fluoride coating (only for those who want to have the coating)

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

**Capacity:** 30 women

**Application:** Call or fax with the class name, date you want to attend, your name, date of birth, phone number, and expected delivery date to Kenko-Zoshin-Ka (Health Care Section) by Feb. 15 (Thurs.) for (1), March 15 (Thurs.) for (2).

### **Japanese Encephalitis Vaccinations (born in January 2015)**

**Receive the first term vaccinations (the first two and the booster) !**

**(Please read and check the Preliminary Examination Leaflet.)**

**Period of Vaccination:** Between age 3 and one day before the 7-1/2 years old birthday

**Vaccination Schedule:**

Initial Vaccination: Two times with an interval of one to four weeks

Booster Vaccination: Once, with an interval of one year after the completion of the initial vaccinations.

**Application:** Please make an appointment at a registered clinic (see the City website) and bring the Preliminary Examination Leaflet, *the Mother's and Child's Health Handbook* and your child's ID document, such as a Health Insurance Card, etc.

Please note that only those who are registered residents of Nara City on the day of vaccination are eligible.

\*Fill in the Preliminary Examination Leaflet with the indelible black ballpoint pen

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

### **Hello! Visiting Babies**

We are visiting all homes to see babies 4-months old or younger.

**1. Those who need consultation about breast-feeding or have worries about baby-rearing**

**2. Those whose baby's birth weight was under 2,500g**

**(We ask you to submit the notification based on the Maternal and Child Health Act in these cases, because special care will be needed, for example in living conditions and prevention of diseases.)**

**Application:** Please phone or send the filled-in green "new born baby" postcard ( found in *the Mother's and Child's Handbook*) to Kenko-Zoshin-Ka. A midwife or public health nurse will visit your home.

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

**Those who don't have any particular worries about baby rearing**

A city-entrusted counselor will call and visit your home when your baby is 2 or 3 months old.

**Inquiries:** Kosodate-Sodan-Ka (Child Consultation Section) Tel. 0742-34-4804

\*This is done under the Child Welfare Act. There are cases where the telephone number used to set up the visit is different from the one above.



## Various Cancer Examinations (February)

**Applications:** Please apply by phone, fax or internet through the homepage to Kenko Zoshin-Ka (Health Care Section).

**Period:** From January 4 (Thurs.) to January 19 (Fri.). Internet applications will be accepted until January 10 (Wed.).

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

Date	Place	Reception Time	Capacity
2 (Fri.)	Miato Kominkan	9:15 – 10:15	27
5 (Mon.)	Hokubu Shutcho-sho	9:15 – 10:15	27
6 (Tues.)	Hagukumi Center	8:45 – 9:45	33
7 (Thurs.)	Tomio-Minami Kominkan	9:15 – 10:15	27
13 (Tues.)	Tomio Kominkan	9:15 – 10:15	27
15 (Thurs.)	Hagukumi Center	8:45 – 9:45	33
16 (Fri.)	Nara City Hall (Conference Room No. 3)	9:00 – 10:00	30
19 (Mon.)	Hokubu Shutcho-sho	9:15 – 10:15	27
20 (Tues.)	Naramachi Center	9:15 – 10:15	27
21 (Wed.)	Co-op Oshikuma	9:15 – 10:15	27
23 (Fri.)	Seibu Shogai Sports Center Club House	9:15 – 10:15	27
26 (Mon.)	Hagukumi Center	8:45 – 9:45	33
27 (Tues.)	Tomigaoka Kominkan	9:30 – 10:30	24

**Fee:** 1,500 yen (1,000 yen for stomach cancer examination only, 500 yen for lung cancer examination only). 600 yen may be added as an additional fee for a sputum examination based on general checkup (postage might need to be paid).

### Lung Cancer Examination

Date	Place	Reception Time	Capacity
2 (Fri.)	Hagukumi Center	14:00 – 15:00	60

**Fee:** 500 yen. 600 yen may be added as an additional fee for a sputum examination based on general checkup (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 (for details, please ask Kenko-Zoshin-Ka); 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 last fiscal year (lung cancer examination is possible) are excluded.

**Others:** For those who are breast feeding, please notify us of such when you apply.

The examination interval is once a year.

There might be cases where 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

### Tuberculosis Examination for Citizens

**Date & Time:** January 20 (Sat.) 9:30 - 10:30

**Place:** Nara-shi Sogo Iryo Kensa Center (General Examination Center), Kashiwagi-cho

**Capacity:** 15 people, 65 years old and over

**Application:** Call Hoken-Yobo-Ka (Health Protection Section) between Jan. 4 (Thurs.) and the previous day of the examination. Tel. 0742-93-8397

### Let's Have a Hepatitis Virus Examination

The examination is recommended for those who have never had the examination and who have had massive bleeding due to a major surgery, delivery, etc.; who received Fibrinogen preparations; and who were given a blood transfusion.

\* Those who will have the examination at a workplace or other place or who have had the

examination before are excluded.

**Date & Time:** Every 2nd and 4th Mondays (Except for holidays.) 9:30 - 10:30

**Place:** Hagukumi Center (Sanjo-Hommachi)

**Contents:** Consultant, a blood test

Results will be given at a Hoken-sho (health center) later.

\*It's negotiable if you want to get an explanation about the results.

**Application:** Call Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

### Those Receiving Individual Notice in January (Notices were sent during the last 10 days of December.)

#### Preliminary Examination Leaflet:

those born in November 2017. You can get the vaccination if you bring the leaflet, *Mother's and Children's Handbook* and your health insurance card on the day of vaccination. Those who have moved to Nara City recently and don't have a Preliminary Examination Leaflet should contact Hoken-Yobo-Ka (Health Protection Section).

#### Japanese Encephalitis Second Term:

Those born in November 2008. Information post cards were sent, and you can get the vaccination if you bring your *Mother's and Children's Handbook* and health insurance card, etc. on the day of vaccination.

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

### Receive the Measles & Rubella (MR) Combined Vaccination Make Sure To Receive Both 1<sup>st</sup> and 2<sup>nd</sup> Vaccinations To Obtain Immunity

	The first vaccination (First term)	The second vaccination (Second term)
Those eligible	From one year after birth until one day before the second birthday.	Those born between April 2, 2011 and April 1, 2012
Period of vaccination	Receive vaccination soon after the first birthday.	One year before entering elementary school

If you don't receive the vaccination and become sick,

#### 1. Measles:

It's an infectious disease called "*hashika*" caused by the measles virus. It's very contagious and almost 100% of those who are infected by its virus become ill. Fever, cough, nasal flow, eye mucus, and rash are the main symptoms.

#### 2. Rubella:

It's an infectious disease of which fever, rash, and lymph node swelling are the main symptoms. Measles and rubella are recently prevalent in adults. If adults get such diseases, they may become seriously ill. It is particularly dangerous for women in early pregnancy, because if they are infected with this disease, their babies might be delivered with congenital rubella syndrome. So it's recommended for adults to have this vaccination (not mandatory).

**Place:** make an appointment at a registered clinic (see City website)

**Things to Bring:** A Preliminary Examination Leaflet (those who were born before Jan. 1, 2013), the Mother's and Children's Health Handbook and your child's ID document, such as a Health Insurance Card, etc.

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

