

Nara City Information for Residents

May 2018 Issued by Nara City Hall (No.1170)

(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



Topics for FY 2018

“Creation of “New Ancient Capital City” as The Theme for The Year's Budget

Solving the present problems of decreasing population, aging population, declining birthrate, etc., we will keep our city as a selected place for the people to reside in and for tourists to visit.

The budget has been finalized with the concept of "Growth Strategy Bridging between the Present and the Future".

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

General Account	Basic account for improving welfare, education, road construction, etc.	130.52 (+2.3%)
Special Account	Account for 10 special projects (national health/nursing care insurances, etc.)	78.89 (-5.5%)
Public Enterprise Account	Account for 3 municipal enterprises (water supply, sewers, and city hospital)	25.80 (-2.3%)
Total Amount		235.22 (-1.0%)

Main Projects to Be Worked on by Our Staff This Year

1. Constructing a City for the Healthy Growth of Children who Will Lead the Next Generation

We will aim to develop a city to be chosen and recognized by the child-rearing generation.

[Related Item]

- * Elimination of wait lists for children's nurseries
- * Childcare support
- * Education

2. Making the City Safer for Citizens to Live In

We will aim to improve civil service.

[Related Item]

- * Measures for an aging society
- * Disaster prevention
- * Crime prevention



3. Promoting City Revitalization by Receiving More Tourists

We will endeavor to boost the city's charms to welcome 15 million tourists from all over the world including Japan.

[Related Item]

- * Sightseeing
- * Urban improvement

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

Share Your Ideas on How to Reduce Garbage

Ideas for reducing household garbage are being sought. The best ideas will be covered by the staff of Koho-Senryaku-Ka and will be introduced in Nara City Information for Residents.

How to Submit: Send a postcard or an e-mail (narashimindayori@nara.city.jp) with your own activities for reducing garbage, your name, age, gender, telephone number, and whether or not you agree to being written about in this publication, to Koho-Senryaku-Ka, no later than May 21 (Mon.)

Inquiries: Koho-Senryaku-Ka (Public Information Strategy Section)

1-1, Nijo-Oji-Minami 1-chome 630-8580 Tel. 0742-34-4710

Emergency Information: Frequent Fire Outbreaks Take Care When Using Fire!

39 fires occurred in Nara City during the first quarter of 2018, which is more than double compared to the same period last year. Quite a few of them were caused by burning weeds in farms and fields, and damage is serious once the fire spreads. When you burn weeds, be careful:

- 1) Take cautions and consider the wind, the time of day, and the volume of weeds you'll burn
- 2) Do not burn when there is a warning about dry weather or strong wind
- 3) Prepare water for extinguishing a fire beforehand
- 4) Do not leave a spot while burning, and make sure the fire is completely extinguished when finished

Also keep in mind that most building fires are caused by a bit of carelessness with cigarettes, cooking stoves, or electric appliances.

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

Residents Service Center Administrative Expansion

The Residents Service Center issues certificates of residence, certificates of seal impressions, copies of family registers etc. In addition, from June 4 (Mon.) they will start the following duties:

*Registration of seal impressions (Excluding on Saturdays)

*Acceptance of applications for My Number Cards (Excluding on the Sunday following the third Saturday)

*Initial registration for the Nara City Point System IC Cards

*Application to exchange for special products, etc.

Administrative Time: 9:00 – 17:00 (Excluding Year-end and New Year's holidays)

Inquiries: Residents Service Center Tel. 0742-36-5913

About Garbage Collection

Please Contact Us in Advance when You Install Garbage Collection Boxes

There are some collection boxes and installation places which can't be used or which make garbage collection difficult. Please make sure to contact us before purchasing and installing one.

In addition, the expense for installation is the responsibility of everyone who uses the collection site.

*Garbage will be collected as usual on May 3, 4 (Holidays).

Garbage Collection Dates and Areas in May

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	9, 23 (Wed.)
B E		
C H	Tues. & Fri.	2, 16, 30 (Wed.)
D G		

* Areas A-D are covered by Nara City, and areas E-H are covered by City Seibi-Kosha & Co. Ltd. The garbage collection date may be changed in some areas, so please check the home-page.

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

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

About Nara Denryoku Konoike Park

During Ministry of Justice's refurbishment of the former Nara Prison, construction vehicles will pass through the park. Please be careful. Also, during construction some parts of the park cannot be used.

Time: May 14 (Mon.) – March 31 (Wed.) 2021

Inquiries: Koen-Ryokuti-Ka (Park Section) Tel. 0742-34-4916,
Sports-Shinko-Ka (Sports Section) Tel. 0742-34-4862

Seeking Tenants for Municipal Apartment Houses

Available Apartment Houses

General Households

- The No.2 Municipal Apartment House (Higashinosaka): 1 house
- The No.9 Municipal Apartment House (Kidera): 1 house
- The No.18 Municipal Apartment House (Gojoyama): 1 house
- The No.20 Municipal Apartment House (Shoyodai): 1 house
- The No.1 Community Apartment House (in front of JR Nara Station): 1 house



Child-rearing households

- The No.2 Municipal Apartment House (Higashinosaka): 1 house
- The No.20 Municipal Apartment House (Shoyodai): 1 house

Silver Housing

- The No.9 Municipal Apartment House (Kidera): 1 house
- *Please check your eligibility according to the application guide.

Application: Submit an application form available between May 1 (Tues.) and May 15 (Tues.) at the Jutaku-Ka (Housing Supply Section), Shutcho-sho (branch office), Gyosei Center and Citizen Service Center, to Jutaku-ka (Housing Supply Section), by mail or by hand no later than May 15 (Tues.).

Lottery: May 22 (Tues.) Open drawing

Inquiries: Jutaku-Ka (Housing Supply Section) Tel.0742-34-5174

Revision of the Child Dependency Allowance and the Special Dependency Allowance

The Child Dependency Allowance (monthly amount) Changed from April.

One child Total Allowance 42,500 yen
 Partial Allowance 10,030-42,490 yen

Additional Amount for 2nd Child
 Total Allowance 10,040 yen
 Partial Allowance 5,020-10,030 yen

Additional Amount from 3rd Child (per child)
 Total Allowance 6,020 yen
 Partial Allowance 3,010-6,010 yen

The Special Dependency Allowance (monthly amount) Changed from April.

The first grade 51,700 yen **The second grade** 34,430 yen

Others: There is an income restriction for each application.

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

Bosai Center (Disaster Prevention Center)

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

Ordinary Lifesaving Course

Course of treatment for adults (Ordinary Lifesaving Course I)

Date & Time: May 9 (Wed.) 27 (Sun.) 13:00-16:00

Course of treatment for infants (Ordinary Lifesaving Course III)

Date & Time: May 17 (Thurs.) 9:30-12:30

Contents: Instruction in cardiopulmonary resuscitation using an Automated External Defibrillator (AED)

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

Application: Call Bosai Center by the day before each course Tel. 0745-35-1106

Seishonen Yagai Katsudo Center (Youth Outdoor Activities Center)

25-1 Sakahara-cho 630-1241 Tel. & Fax 0742-93-0029

Adventure! Try to Be A Pirate King!

Parents and Children Sailboat Experience (4 times all)

Date & Time: (1) June 16 (Sat.) 10:00-15:00, (2) July 8 (Sun.), (3) Aug. 4 (Sat.), (4) scheduled in September (an overnight trip)

Capacity: 5-20 people, from the 4th grade of elementary school to 3rd grade of junior high school and their parents.

Fee: 20,000 yen per person (4 times include insurance)

Application: Please contact Seishonen Yagai Katsudo Center website by 31st May (written only in Japanese)

Nature School in Kurokami-Yama Play &Lecture in Nature

Start out the Nature School!

Date & Time: May 27 (Sun.) 10:00-15:00

Contents: Planting young potato plants, hiking to the points in the area, inspecting nature, making Yomogi-mochi.

Fee: 800 yen (insurance fee, etc.)

Never give in to the rain in nature!

Date & Time: June 24 (Sun.) 10:00-15:00

Contents: Making bamboo handcrafts, cooking Gomoku rice in bamboo pot, writing wishes on an oblong strip of paper and tying it to a bamboo branch.

Fee: 800 yen (insurance fee)

Place: Kurokami-yama Camp Site (Narazaka-cho)

Capacity: 60 elementary school students in each class

Instructors: Leaders of the Boy Scouts, Nara Mahoroba Nature Game Club and others.

Application: Send a return postcard with the class name, address, child's name (with furigana), gender, grade, guardian's name and phone number to the Center (139 Sahodai

Nishimachi 630-8106) no later than 10 days before the class will be held. Excess applications will be decided by lottery. Apply only to one class, one day on each postcard. Brothers and sisters are allowed to apply on one postcard.

Inquiries: Shogai-Gakushu-Ka (Lifelong Education Section) Tel. 0742-34-5471

Please contact Nara City website (written only in Japanese)

The Takigi O-Noh (Noh-With Bonfires)

Date	Place
May 18 (Fri.) 11:00	Kasuga-Taisha Buden (Syushi-hashiri-no-Gi)
May 18 (Fri.) 17:30	Kofukuji-Nandaimon-Ato (Nandaimon-no-Gi)
May 11 (Sat.) 11:00	Kasuga-Taisya Wakamiya-sha (Miyashiro-Agari-no Gi)
May 11 (Sat.) 17:30	Kofukuji-Nandaimon-Ato (Nandaimon-no-Gi)

*Reception for those who have tickets opens at 16:00

Reception for tickets opens at 16:15 on the day

If it rains, Nandaimon no Gi will be held in Nara Pref. Bunka-Kaikan (Noborioji-cho)

Fee: Advance Ticket: 5,000 yen with the guidebook

Ticket at Door: 5,500 yen with the guidebook

Inquiries: Takigi-O-Noh Hozonkai (c/o City Kanko-Kyokai) Tel. 0742-27-8866 (only on weekdays)

“Mottainai”, Tableware Recycling Fair

China and porcelain tableware which is unused at home can be brought in and give away free of charge.

Do Not Bring: Tableware used outside Nara City or for business. Ashtrays, Flower vases Unwashed tableware, Unglazed pottery, earthenware pots such as *donabe*, glass, plastic, metal and wooden tableware. Tableware with rubber bases and grips (goods with them removed will be accepted).

***We'll check your tableware when you bring in.**

Please have a bag ready if you need to bring it home again.

How to Donate: Bring goods on the dates and to the places below.

- 1, May 2 (Wed.) at Co-op Oshikuma Store (Oshikuma-cho),
- 2, May 9 (Wed.) at Co-op Hichi-jo Store (Sichi-jo-cho)
- 3, May 16 (Wed.) at Hagukumi Center (Sanjo-Honmachi)
- 4, May 27 (Sun.) North Parking Area at City Office
- 5, June 3 (Sun.) Kankyo Seibi Center (Sakyo 5-chome)

Time: 10:00 – 13:00 (Collection will be done until 12:30)

Inquiries: Kankyo-Seisaku-Ka (Environmental Management Section)

Tel. 0742-34-4591



Trash Reduction and Recycling Promotion Environment Festival 2018

Date & Time: June 3 (Sun.), 10:00-13:00

(The doors will open at 9:30. The time may change due to traffic conditions).

*It'll be canceled in case of rain. (Tel. 0180-991-977 from 8:00)

Place: Kankyo Seibi Center (Sakyo 5-chome)

Contents: Distribution of pruning chips,

lottery to give out "Hataraku" fertilizer by Sanitation Center,

PR booth for carbonized fertilizer by Yamano-be Sanitary Center,

Introduction to the business of Osaka Bay Phoenix Center, etc.

Inquiries: Haikibutsu-Taisaku-ka (Waste Management Section) Tel. 0742-71-3001

Collection and Exchange of Shoes, Bags and Stuffed Animals

You can bring in and take away pairs of shoes, bags and stuffed animals.

Inquiries: Kuramoto-san of Nara Ecology Life Workshop (Tel. 090-7097-6604)

"Mottainai", Tableware Recycling Fair will be held on the day.

Inquiries: Kankyo-Seisaku-ka (Environmental Management Section)

Tel. 0742-34-4591

Seeking Participants for The Recycling Flea Market

Number Sought: About 45 groups from councils, kids circles, PTAs, friends' groups, citizens' groups, etc.

Category of Items: 1. clothes and sundry goods

2. children's clothes and toys

3. crafts (which are reformed or recycled)

*Food, drinks, cosmetics like soap, living things, pirated goods and lottery items are not acceptable.

Application: Send a return postcard with the representative person's address, name, telephone number, the number of participants and the category of items to Haikibutsu-Taisaku-Ka (Waste Management Section, 2 Sakyo 5-chome, 631-0801, Tel.0742-71-3001), or send an e-mail to haikibutsutaisaku@city.nara.lg.jp no later than May 14 (Mon.).

The representative of the group should be a Nara citizen.

Only one application per group. Excess applications will be decided by lottery.

Please Use Public Transportation to Come to the Citizens' Sports Festival

The General Opening Ceremony for the Citizens' Sports Festival will be held on May 13 (Sun.) at the Naraden Arena. As the adjacent parking lots are expected to be fully occupied, the use of public transportation will be recommended.

Inquires: Sports-Shinko-Ka (Sports Promotion Section) Tel. 0742-34-5376

Please use the special information number 070-1350-8992 on May 13.

Application for Nara Marathon 2018

Date: Dec. 8 (Sat.) 3 km jog. Dec. 9 (Sun.) Marathon race (42.195 km) and 10 km race. The marathon race will be carried out even if it rains.

Place: Naraden Field (Start & Goal)

Contents: Three types of races, including marathon (between Nara and Tenri)

Application: Special Limited Application (marathon race only) for the residents of Nara Prefecture will be accepted on the Nara Marathon website (www.runnet.jp) on first come basis, starting

from 20:00 on June 6 (Wed.). General Application will start at 20:00 on June 13 (Wed.). Application with payment through Japan Post (lottery by filling out the special payment document) will be accepted between June 13 (Wed.) and 27 (Wed.). Details will be published on said website.

Inquiries: Nara Marathon Executive Committee Office Tel. 0742-81-8752

Naraden Field Sports Classes

No.	Name of Classes	Date & Time	Place	Fee	Capacity
1	Walking & Stretching on the field	Tuesdays A: 9:30- B: 10:45- C: 13:00-	Naraden Field (5-1, Horen-Sahoyama 4 chome)	800 yen each time	15 people each time
2	Soft-ball Tennis Class Eligible: Elementary school 3 rd Graders and over	Saturdays (6 times): May 26, June 2, 9, 16, 23, 30 9:30 – 11:45	Naraden Konoike Court (9-1, Horen-Sahoyama 4 chome)	3500 yen for 6 times. (800 yen each)	40 people
3	Tennis Class Eligible: Elementary school from 3 rd graders to 6 th graders	Saturdays (6 times): May 26 June 2, 9, 16, 23, 30 9:20 – 10:20		4800 yen for 6 times.	8 people
4	Tennis Class for Basic Practice	Saturdays (6 times): May 26 June 2, 9, 16, 23, 30 10:30 – 12:00		3600 yen for 6 times. (600 yen each)	12 people
5	Learn from the Foundation Running Tips	Fridays (4 times): June 8, 15, 22, 29 19:00 – 20:30		6000 yen	24 people
6	Marathon Class for Basic Practice Taught by Professionals	Fridays (4 times): June 8, 15, 22, 29 9:30 – 11:00	Naraden Field (5-1, Horen-Sahoyama 4 chome)	5000 yen	24 people
7	Training Class for Superstars in the Future Eligible: Elementary school from 1 st graders to 3 rd graders	Fridays (4 times): June 8, 15, 22, 29 16:00 – 17:00		3600 yen	24 people
8	Training Class for Superstars in the Future Eligible: Elementary school from 4 th graders to 6 th graders, 60 years old and over	Fridays (4 times): June 8, 15, 22, 29 17:30 – 19:00		4800 yen	24 people

*For No. 2-4, attending 4 out of 6 times will be allowed.

Things to bring: Sportswear, towels, drinks, tennis shoes for No. 2-4

Applications: Please call Naraden Field. Tel. 0742-22-0001

You can apply for No. 5-8 by e-mail (0742220001@gmail.com)

Details are on the website for Naraden Field. (It's written only in Japanese.)

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

The Central Health Center is on the 2nd Floor, Hagukumi Center Building.

Medical Checkups for Babies and Children

Things to Bring: The questionnaire and “Mother’s and Child’s Health Handbook”. The questionnaire will be sent to you by the middle of May. People who moved to Nara City after May 1 and haven’t received the questionnaire by the checkup day should come to the place directly on the day. (In the case of the checkups for 4-month-old babies and 10-month-old babies, please contact Kenko-Zoshin-Ka.)

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

Name	Date	Place
Checkup for 4-month-old babies born in February 2018	Within one month after 4-month birthday	Designated Medical Facilities in Nara City
Checkup for 10-month-old babies born in August 2017	Within one month after 10-month birthday	Designated Medical Facilities in Nara City
Checkup for 19-month-old children born in October 2016	June 7, 14, 21, 28 (Thursdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed from 12:45	Central Health Center
Checkup for 3 1/2-year-old children born in November 2014	June 5, 12, 19, 26 (Tuesdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed from 12:45	Central Health Center

* Central Health Center is located in Hagukumi Center

Classes for Babies

Paku-Paku Class for Five-month-old Babies (Baby Food Class)

Those Eligible: Babies born in January 2018 (the first child) and their guardians.

Date & Time: June 6 (Wed.) and 27 (Wed.) 10:00 – 11:30

Place: Hagukumi Center

Contents: Talk about baby food by a nutritionist and talk about child rearing by a public health nurse.

Things to Bring: “*Mother’s and Child’s Health Handbook*”, leaflets referring to baby food enclosed in the questionnaires for the four-month-old baby’s health check, etc.

Capacity: 40 people per day

Ha-Pika Class (Tooth Decay Prevention Class for 12-month-old Babies)

Those Eligible: Babies born in June 2017 (the first child) and their guardians.

Date & Time: June 5 (Tues.) and 26 (Tues.) 10:00 – 11:00

Place: Hagukumi Center

Contents: Talk about how to take care of baby’s new teeth and practice of tooth care.

Things to Bring: Mother's and Child's Health Handbook and gauze to wipe baby's mouth

Capacity: 30 people per day

Application: Call or fax with the class name, address, baby's name, birthday, guardian's name, phone number, and date you prefer to come, to Kenko-Zoshin-Ka (Health Care Section). Excess applications will be accepted for another day.

Tel. 0742-34-5129 Fax. 0742-34-3145

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in June 2016 (Until age 2 1/3 years old as of the month of coating)

Date & Time: June 15 (Fri.) 9:30 – 11:30

Place: Chuo Hoken (Central Health) Center

Contents: Dental checkup, fluoride coating, guidance in brushing teeth

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

Application: Call or fax with the class name, child's name, birthday and phone number to Kenko-Zoshin-Ka (Health Care Section) by May 25 (Fri.). Application may also be made via the website.

Tel. 0742-34-5129 Fax. 0742-34-3145

Japanese Encephalitis Vaccinations will Start for Those Born in May 2015

Receive all three times (the first, the second and the booster) of the first term vaccination. Confirm it on the Preliminary Examination Leaflet.

The 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.

Fee: No needed.

Application: Make an appointment at a registered clinic (see the City HP) and bring the Preliminary Examination Leaflet, *Mother's and Child's Health Handbook* and your child's ID document, such as a Health Insurance Card, etc. Those who are not registered residents of Nara City on the day of vaccination are not eligible.

*Please fill out on the Preliminary Examination Leaflet by using a pen with indelible black ink.

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

Maternal and Infant Healthcare Consultation

Please consult us about life during pregnancy, breast-feeding, and infant growth and development.

*Application unnecessary.

Please bring the "*Mother's and Child's Health Handbook*" with you.

Consultation by Visiting Public Health Nurses

Date		Place
May	14 (Mon.)	Tatsuichi Fureai Kaikan
	18 (Fri.)	Heijo Higashi Kominkan*
	23 (Wed.)	Keisei Kominkan
	29 (Tues.)	Miato Kominkan
	31 (Thurs.)	Tawara Kominkan**

June	5 (Tues.)	Tomio Kominkan
		Koutou Kominkan***

Time: 9:30 – 11:30 (* 13:30 – 15:30 ** 10:30 – 12:00 *** 11:00 – 12:00)

· Consultation over the phone or at the office is held on weekdays in Kenko Zoshin-Ka (Health Care Center)

Time: 8:30 – 17:15

Midwives' Consultation

Seibu Kaikan (2F) Consulting Room (Consultation at the office)

Date & Time: Weekdays 10:00 – 14:00 (Reception: Until 13:30)

*Some sessions may be held by public health nurses.

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

Date & Time: Weekdays 9:00 – 15:00

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

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Tuberculosis Examinations for Citizens

Date & Time: May 19 (Sat.) 9:30-10:30

Place: Nara City General Examination Center (Kashiwagi-cho)

Contents: Chest X-ray examination

Capacity: 15 people who are 65 years old and over

Application: Call Hoken-Yobo-Ka (Health Protection Section) between May 1 (Tues.) and 18 (Fri.)

Tel. 0742-93-8397



HIV Checkup Promotion Week from June 1 (Fri.) to June 7 (Thurs.)

A campaign to study about HIV will be held at City Hall (Connecting passage 1F) and Hagukumi Center (Welcome Hall 1F) from May 28 (Mon.) to June 1 (Fri.). You can have a checkup and consultation anonymously and free of charge at Hagukumi Center.

HIV Checkup

Date & Time: Every first, second, and third Monday, 13:30-15:00 (Reservations needed)

HIV Same-day checkup on Holidays and Night Time

Date & Time: May 28 (Mon.) 18:00-19:30

June 2 (Sat.) 10:00-11:30

Place: Hagukumi Center (Sanjo Hommachi)

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

Those who will Receive Individual Notices in May

(Notices were sent in late April)

Preliminary Examination Leaflet: Those born in March 2018.

Preliminary Examination Leaflet, *Mother's and Child's Health Handbook* and the Health Insurance Card, etc. are needed to get vaccinations. Those who don't have a Preliminary Examination Leaflet should contact us. *Fill out forms with an indelible black ballpoint pen.

Japanese Encephalitis (the second term): Those born in March 2009

Postcards with guidance will be sent. *Mother's and Child's Health Handbook* and the Health Insurance Card, etc. are needed to get vaccinations.

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

Classes for Pregnant Women & Dental Checkup

Mother's and Father's Class

A	B	Contents
June 6 (Wed.)	July 11 (Wed.)	Exchange with experienced mothers Lectures by midwives and dietitian (*Women in their first pregnancy)
June 9 (Sat.)	July 14 (Sat.)	Bathing practice and exchange between participants (*Women in their first pregnancy and their husbands)

*For those who are between the 22nd and the 32nd week of the first pregnancy. Two days for each class.

Time: 9:30-12:00

Place: Chuo Hoken (Central Health) Center

Capacity: 24 families 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 May 30 (Wed.) for A or by July 4 (Wed.) for B.
Tel. 0742-34-5129 Fax. 0742-34-3145

Maternity Happy Check (Dental Checkup for Pregnant Women)

Those Eligible: Pregnant women (approx. between 16 and 32 weeks, and in stable condition)

Date & Time: ① June 28 (Thurs.) 9:30-11:30 ② July 26 (Thurs.) 9:30-11:30

Place: Chuo Hoken Center (Central Health Center)

Contents: Dental checkup, lecture about tooth brushing, fluoride coating (only for applicants)

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

Capacity: 30 people

Application: Call or fax with the event name, your preferred date, your name, your date of birth, phone number, and expected delivery date to Kenko-Zoshin-Ka (Health Care Section) by June 21 (Thurs.) for ①, or July 19 (Thurs.) for ②.
Tel. 0742-34-5129, Fax. 0742-34-3145

Various Cancer Examinations (June)

Application: By phone, fax or on the Kenko Zoshin-Ka (Health Care Section) website.

*Those who live in Tsuge Hoken Center area, phone the Center.

Period: From May 1 (Tue.) to May 18 (Fri.) (Application by phone or fax)

By May 10 (Thurs.) for an internet application

Free of charge for those who receive public assistance or belong to residential tax exempt households.

Please notify us of such when you submit an application.

A Set of Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
1 (Fri.)	City Hall (Conference Room #3)	9:00-10:00	30
13 (Wed.)	Seibu Library	9:45-10:45	23
14 (Thurs.)	Tsuge Hoken Center	8:30-10:30	30
15 (Fri.)	Co-op Oshikuma	9:15-10:15	27
19 (Tue.)	Seibu Shogai Sports Center Club House	9:15-10:15	27
20 (Wed.)	Hagukumi Center	8:45-9:45	33
21 (Thurs.)	Toichi Chiiki Fureai Kaikan	9:15-10:15	27
22 (Fri.)	Hagukumi Center	8:45-9:45	33
25 (Mon.)	Hokubu Shutcho-sho	9:15-10:15	27
26 (Tue.)	Tomigaoka Kominkan	9:30-10:30	26

Lung Cancer Examination

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

Stomach Cancer Examination: A stomach X-ray examination (You will swallow barium on the day.)

Lung Cancer Examination: A chest X-ray examination

Fee: 1,500 yen (1,000 yen for the stomach cancer exam only, and 500 yen for the lung cancer exam only). An additional 600 yen will be charged for a sputum test based on the general checkup of the lung cancer exam. (An extra delivery charge may be needed.)

Those Eligible: 40 years old and over.

Those Excluded: Pregnant women; those who had stomach, lung or intestine surgery or are under medical treatment (for details, please call Kenko-Zoshin-Ka); those who have barium sensitivity or have accidentally swallowed it (the lung cancer examination is possible); and those who had an endoscope stomach cancer check by Nara City in the last fiscal year (the lung cancer examination is possible).

Others: For those who are breast feeding, please notify us of such when you apply. The examination can be taken once a year. Please note that you may be rejected depending upon your health and the results of an interview on that day.

Inquiries: Kenko-Zoshin-Ka (Health Care Section), 13-1 Sanjo-Honmachi 630-8122

Tel. 0742-34-5129 Fax. 0742-34-3145

23-Valent Pneumococcal Polysaccharide Vaccine (PPSV23) for Adults

Period of Vaccination: Until March 31, 2019

Fee: Copayment of 3,000 yen.

Those Eligible: People who are registered as Nara City residents as of the vaccination day and are of the ages below. (Those who receive public assistance require completing a necessary procedure in advance.)

How to Get The Vaccination: Make an appointment with a registered clinic (shown on the Nara City website) and bring your health insurance card and so on.

*Those who have already received PPSV23 are ineligible.

*Five-year age grouping for eligible people ends this year.

DOB of Those Who Are Eligible in Fiscal 2018

Age	Those Eligible
65 years old	Those born between April 2, 1953 and April 1, 1954
70 years old	Those born between April 2, 1948 and April 1, 1949
75 years old	Those born between April 2, 1943 and April 1, 1944
80 years old	Those born between April 2, 1938 and April 1, 1939
85 years old	Those born between April 2, 1933 and April 1, 1934
90 years old	Those born between April 2, 1928 and April 1, 1929
95 years old	Those born between April 2, 1923 and April 1, 1924
100 years old	Those born between April 2, 1918 and April 1, 1919

*Vaccinations will be given only to those who choose to receive them and take responsibility, as it is classified as a B-category disease.

*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 must get approval in advance from Hoken-Yobo-Ka (Health Protection Section).

Inquiries: Hoken-Yobo-Ka (Health Protection Section), Hagukumi Center

Tel. 0742-93-8397 Fax. 0742-34-2486

Protect Yourself from E - Coli "O - 157 and Other Pathogens!

This Is Food Poisoning Season. Pay Special Attention to Elderly People and, Babies Who Have Weak Resistance to Disease.

Nature of Infectious Diseases

As these pathogens highly infectious, people can easily be infected by contaminated food and things such as shared towels.

As its incubation period is long (3 to 8 days), it is difficult to trace the path of infection.

When it spread inside the human body, it produces strong verotoxin, and can cause serious brains and kidneys trouble.

Germs mainly live in the bowels of animals, such as cattle.

Main Infection Route

Eating raw or uncooked meat, like raw liver, etc.

It is easy to spread infect among people through baths and toilets.

Prevention

It Is Illegal to Eat Raw Beef Liver.

Try to cook liver and meat well. Germs die when cooked at exact 75degree Celsius or over for one minutes.

Be Careful About Treating Raw Meat. Wash Kitchen Utensils and Sterilize Them.

When you grill meat, use proper tongs and chopsticks, separate from individuals' chopsticks.

Wash your hands before and after cooking and using the bathroom. Wash hands carefully after you touch raw meat.

Try to Eat As Soon As Possible after Cooking.

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

It is Health Week for Teeth and Mouths from June 4 (Mon.) to 10 (Sun.)

“Enjoy Healthier Longevity by Brushing of Teeth “is 2018’s slogan

The Secret to Protecting Teeth

The function of teeth is important to spend a happy life when speaking, laughing, and eating. The number of periodontal disease patients reaches a peak in the 40's, and periodontal disease and tooth decay are main reasons for losing teeth. It is easier to live well when teeth are kept in good condition. Let's keep in good condition by taking care every day and having regular medical checkups by a dentist.

Happy Festival. *Ha means ‘tooth’ in Japanese.

Date & Time: June 10 (Sun.) 10:00-12:00

Place: 2F Hagukumi Center (Sanjo-Honmachi) *Parking spaces are limited. Please come by public transport.

Contents: A: Dental Checkup, consulting (for all ages) B: Fluoride coating (for those older than junior high school students)

Capacity: 200 each

Application: Please tell the time you wish to attend (1: 10:00-10:30, 2: 10:30-11:00 3: 11:00-11:30, 4: 11:30-12:00) and A or B by phone to Kenko-Zoshin-Ka (Health Care Section) by May 18 (Fri.). Overlapped applications are possible. In the case of excess applications, only those who lose the lottery will be told by phone.

Others: Kids can make model casts of their fingers and see a panel theater performance.

(Application is not required.)

Poster Exhibition to Protect Children’s Teeth

Date & Time: 1: June 4 (Mon.)-8 (Fri.) 2: June 9 (Sat.)-15 (Fri.) It will end at three o'clock at the last day.

Place: 1: 1F entrance of City Hall 2: Hagukumi Center

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

