

Nara City Information for Residents

June 2018 Issued by Nara City Hall (No.1171)

(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



LET'S GO TO PUBLIC LIBRARIES!

Nara is the place where Japan's first public library "Un-tei" was constructed. Today we have three city libraries and 80,000 users. But this is only around 20% of all the population. As the birthplace of public libraries, Nara City is promoting various measures to improve convenience for visitors by operating mobile libraries, extending the opening hours of the existing three facilities, and setting a book return box at nearby train stations.

1. Nara City Central Library, Naramachi Center Tel. 0742-26-6101

Boasts of the best location, commanding a beautiful view of historical Kofukuji Temple.

One whole floor of this two-storied facility is full of 120,000 books for kids.

2. Nara City West Library, 1-21, Tsurumai-Nishimachi Tel. 0742-45-5669

Refurbished in 2016 and 2017, it is the most popular among families with children, in particular. Take time to choose your favorite books as the parking lots have no time-limits.

3. Nara City North Library, Hokubu Hall Tel. 0742-72-2291

Only three minutes' walk from a train station. Very convenient for shoppers as it is very near to a large shopping mall.

Mobile Libraries, Good for Parents with Kids and Senior Citizens

Nara City has a service of mobile libraries, where even newcomers are able to borrow books, by showing an ID card such as a driving license. You can keep books at home for one month, as opposed to only two weeks at regular libraries.

Inquiries: Nara City Central Library Tel. 0742-26-6101

Nara Prefectural Library and Information Center

1000 Daianji-Nishi 1-chome Tel. 0742-34-2111

Has a huge collection of books, including precious records on local history, and 410 seats for visitors. This library is equipped with many computers, but you can come with your own for your research.

KOSODATE HIROBA (Childrearing Spaces)

(No application necessary)

This is a project to support parents whose children are almost 0 - 3 years old.

Parents/Guardians can exchange information each with other and get advice about childrearing.

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

Kosodate Spots (Places):

Local facilities will open up spaces to play for babies/children and their guardians once or twice a month, for 3 hours each time.

Kosodate Spots in Public Halls (Kominkan) are listed on the following page. For all places, dates and times, please see the Japanese Shimindayori, available only in Japanese.

Nara City Points (10,000 points) will be provided

----- for your third (or more) baby -----

Eligibility: Qualifying households meet all three requirements below:

- 1, The household's third (or more) baby was born between April 1, 2018 and March 31, 2019.
- 2, The baby was registered with Nara City Jumin Kihon Daicho (Basic Residents Register) when they were born.
- 3, The older children should not have turned 18 by March 31, after the third (or more) baby was born.

Period for Application: From June 1(Fri.),

Please apply within six months after the third (or more) baby was born.

Apply once for each eligible baby.

Application:

Please apply for the points when you apply for “Nyuyoji Iryo-hi Jyukyu Sikakusho (Certificates for Medical Expenses Support for Babies)” according to the Medical Expenses Support System for Children. If you have already applied for “Nyuyoji Iryo-hi Jyukyu Sikakusho”, please apply for the points with the baby’s Health Insurance Card and your ID (such as driver’s license) during the period, to Kodomo Ikusei-Ka (Child Allowance Section), Shutcho-sho (Branch Offices), or Gyosei (Administration) Center.

Inquiries: Kodomo-Seisaku-Ka (Child Policy Planning Section) Tel.0742-34-4792

About Garbage Collection

Please Be Careful When You Take Your Garbage Out.

Don’t use broken bags. While loading collection trucks, they may leak so we cannot collect them.

Be sure to leave some room at the top of your garbage bags and don’t put sharp things in them.

Don’t use dry-cleaning bags for garbage.

Garbage Collection Dates and Areas in June

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	6/20 (Wed.)
B E		
C H	Tues. & Fri.	13/27 (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 city website.

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

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

Procedures to Apply for Water Charge Deductions Will Start on June 21 (Thurs.)

Nara City will send applications to those whose water charge deduction was already confirmed. Please fill in the form and send it back. In case you do not receive an application by the end of June, please contact Okyakusama Center in the Enterprise Bureau.

Japanese or foreigners who are registered citizens of Nara City and fulfill the below-mentioned conditions will be able to get a partial water charge deduction, if applied for and duly approved. (Those who receive livelihood subsidies or livelihood assistance, such as for Japanese war orphans who returned to Japan from China, are excluded.)

Reception Time: 9:30-12:00, 13:00-16:00

Place: Okyakusama (Customer) Center in the Kigyo-Kyoku (Enterprise Bureau)

Deduction Period: From the month the application for deduction is approved until July of the next year. Application for renewal shall be made each year.

*Please apply by July 20 (Fri.) for the deduction from this August.

Eligibility: Households whose meter diameters are between 13 and 25 mm and who have a total family income as mentioned below. (Nontaxable income included.)

Size of household	Total family income in fiscal 2017
One	1,250,000 yen or under
Two	1,580,000 yen or under

*Add 330,000 yen per additional member.

Deduction Amount: An amount equal to half the basic water charge per diameter. (tax included)

Diameter	Water consumption per month	
	8 m ³ or under	over 8 m ³
13mm	394 yen	502 yen
20mm	675 yen	885 yen
25mm	950 yen	1,269 yen

How to Get the Deduction: The amount above will be deducted from your water charge each month.

For those who live in a housing complex where the water charge is paid collectively, the total deduction amount will be refunded after confirming the payment during the deduction period through submitting proper receipts.

Documents Required:

1. Residence certificates for the whole household (showing members' relationships)
2. Income certificates for all household members
3. For those who have nontaxable income (such as a bereaved-family pension, disability pension or employment insurance), papers or their copies which confirm the amount

* (1) and (2) are not needed if you were a resident of Nara City as of Jan. 1, 2018 and can sign and put your seal on a form to consent to apply for water charge deduction.

Application: Fill in the application form available from the Okyakusama Center in the Enterprise Bureau (also downloadable from the Enterprise Bureau Website), and visit the Center with your seal, required documents, and a form of identification (a driver's license or national health insurance card).

Inquiries: Okyakusama Center in the Enterprise Bureau (Tel. 0742-35-6825) which is operated by Veolia Jenets KK.

Applications for Elementary and Junior High School Expenses Assistance Assistance for Those Who Need Economical Aid

School Expenses Assistance for school supplies and school lunches for elementary and junior high school students will be provided according to the below-mentioned standards. Applicants should submit the application to Kyoiku-Somu-Ka (General Affairs Section of the Board of Education), branch offices, administration centers, or the municipal schools which your children attend between June 1 (Fri.) and June 29 (Fri.). For those who wish to continue on from the previous year, re-application is required.

Application Certificate: Households whose citizen tax income for fiscal 2018 equals the amount mentioned in the table or lower. If you are struggling to make a living for some reason, please contact us.

		Dependents between age 16 and 19 years old (*1)			
		None	1 person	2 persons	3 persons
Dependents under 16 years of age (*2)	None	0 yen	11,100 yen	22,200 yen	33,300 yen
	1 person	31,300 yen	42,400 yen	53,500 yen	64,600 yen
	2 persons	52,600 yen	63,700 yen	74,800 yen	85,900 yen
	3 persons	73,900 yen	85,000 yen	96,100 yen	107,200 yen
*1 Children born between January 2, 1999 and January 1, 2002					
*2 Children born Between January 2, 2002 and January 1, 2018					

Examples: In the case of a household with two elementary and/or junior high school student dependents, the amount of citizen income should be a maximum of 52,600 yen.

Necessary Documents: Application forms available at Kyoiku-Some-Ka (General Affairs Section of the Board of Education), downloadable from the Nara City website, and Nara municipal elementary or junior high schools; your seal, bankbook; etc.

Inquiries: Kyoiku-Somu-Ka (General Affairs Section of the Board of Education) Tel. 0742-34-5337

Submit Your Status Reports for Special Child-Care Allowances within June

Those who receive Special Child-Care Allowances are requested to fill out the Status Reports and send them back to Kodomo-Ikusei-Ka (Child Rearing Section) by June 29 (Fri.) as they will be sent from the City. If you don't submit it by the due date, you may not be able to receive the allowances after June even if you are still qualified.

*It might be necessary to submit a copy of your health insurance card, and so on.

If you don't receive the reports by mid-June, please contact the Kodomo-Ikusei-Ka (Child Rearing Section), Branch Office. Tel. 0742-34-5160

You can send the Status Reports or apply on the website.

Seishonen Yagai Katsudo Center (Youth Outdoor Activities Center)

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

1. *Mori-no-murre* class (Nature Experience Class)

2. *Sutorobare* class (Observing Creatures Class)

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

Will be held, rain or shine. Will be canceled in case of inclement weather.

Capacity: 1. 20 children from ages one to senior kindergarteners.

2. 30 elementary school students.

Fee: 1. 2,000 yen for a pair of children and their parents. 2. 3,000 yen for each

Application: Please contact Seishonen Yagai Katsudo Center website by 16th June (website is Japanese only)

Nara Craft Museum

1-1 Azemame-cho 630-8346 Tel. 0742-27-0033

Ceramic Art Class for Children

Date & Time: July 14 (Sat.) and 15 (Sun.) 1. 10:00-12:00 2. 14:00-16:00

Capacity: 1. 25 elementary school students from the 1st to 3rd grades (must attend with their guardians).

2. 25 elementary school students from the 4th to 6th grades.

*one application for siblings will be possible for any class.

Fee: 1,000 yen

Application: Send a return postcard with the desired date and class, your name, address, age and grade, the guardian's name and phone number to Nara Craft Museum no later than June 20 (Wed.).

One person per one postcard.

A lottery may be held in case of more applicants than capacity.

***Mottainai* (Wasteful) 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.

Period and Places of Collection in June:

1. June 6 (Wed.) at Co-op Oshikuma (Oshikuma-cho)
2. June 13 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)
3. June 20 (Wed.) at Hagukumi Center (Sanjo-Honmachi)

Time: 10:00 – 13:00 (Collection will be finished at 12:30)

Inquiries: Kankyo-Seisaku-ka (Environmental Management Division) Tel. 0742-34-4591

Hagukumi Center Nigiwai Ichiba

Date & Time: June 16 (Sat.) 09:30 - 12:00

Place: Hagukumi Center (Sanjo-Honmachi)

Contents: Sales of vegetables, general merchandise, games for kids, etc.

Inquiries: Hagukumi Center Kanri-ka Tel: 0742-34-2303

Martial Arts Exercise & Zazen (Zen Meditation) Classes

Naraden Budo-jo (Horen-Sahoyama 4-chome)

Kendo (Japanese Fencing) (Basic Class for Elementary School Students)

Date & Time: Every Monday, Tuesday and Friday 17:30-18:30, starting on July 2 (Mon.)

Capacity: 30 elementary school students

Fee: 9,000 yen

Kendo (Advanced Class for Elementary School Students)

Date & Time: Every Monday, Tuesday, Thursday and Friday 17:30-19:00, starting on July 2 (Mon.)

Capacity: 20 elementary school students (level 3-kyu or higher)

Fee: 10,000 yen

Kendo Class (for Parents and Children)

Date & Time: Saturdays on July 14, 21, 28 August 18, September 8, 22, 9:30-10:30,

Capacity: 15 pairs of guardians and children 5-6 years old. Children may participate alone

Fee: 2,000 yen

Kendo Class (for Junior High School Students and Over)

Date & Time: Every Monday, Tuesday, Thursday and Friday 19:00-20:00, starting on July 2 (Mon.)

Capacity: 20 experienced junior high school students and over

Fee: 4,000 yen. 300 yen for tickets for today

Naginata (Long Handled Sword) Class

Date & Time: Every Tuesday 10:00-12:00, every Thursday 16:30-18:30 every Saturday 13:00-15:00 starting on July 3 (Tues.) Senior high school students and younger meet only on Thursday and Saturday.

Capacity: 20 people (five-years old and over)

Fee: 4,000 yen

Yari (Spear) Class (Hozoin School)

Date & Time: Every Saturday 10:00-12:00, starting on July 7 (Sat.)

Capacity: 10 senior high school students and over.

Fee: 6,000 yen

Zazen (Meditation) Class

Date & Time: Every Sunday 7:00-8:30, starting on July 1 (Sun.)

Capacity: 10 high school students and over

Fee: 2,000 yen

Naraden Daini (Annex)Budo-jo (Horen-Sahoyama 4-chome)

Judo Class (for Elementary School Students)

Date & Time: Every Tuesday and Thursday 17:00-18:30, every Saturday 13:30-15:00 starting on July 3 (Tue.)

Capacity: 20 elementary school students

Fee: 4,500 yen

Judo Class (for Parents and Children)

Date & Time: 2nd, 3rd, 4th Thursday 15:30-16:30, starting on July 12 (Thu.)

Capacity: 15 pairs of guardians and children 5-6 years old. Children may participate alone.

Fee: 3,000 yen

Judo Class (for Junior School Students and Over)

Date & Time: Every Tuesday and Thursday 18:00-19:30, every Saturday 14:30-16:00 starting on July 3 (Tue.)

Capacity: 20 junior high school students and over

Fee: 4,500 yen

Judo Class (for Women)

Date & Time: Every Tuesday 10:00-11:30 starting on July 3 (Tue.) Twice a month

Capacity: 20 people (18 years old and over)

Fee: 4,000 yen

Naraden Kyudojo (Horen-Sahoyama 4-chome)

Kyudo Class (for High School Students and Over)

Date & Time: Every Saturday 17:00-19:00, starting on July 7 (Sat.)

Capacity: 20 beginners (high school students and over)

Fee: 3,000 yen

Others: Fees are for 3 months. Those who work Kendo classes separately need accident insurance fee.

Application: Send a return postcard with the class name, address, your name (with furigana), age (in case of students, school name and your grade), gender and phone number to reach the Shi-Sogo Zaidan (c/o Naraden Daini Budojo, 6-3 4-chome Horen-Sahoyama 630-8108) no later than March 15 (Thurs.). Excess applications will be decided by lottery.



Inquiries: Naraden Budojo for Kendo, Naginata, Yari and Zazen Classes

Tel. 0742-26-1060

Naraden Daini Budojo for Judo and Kyudo Classes Tel. 0742-27-6163

Child-Raising Spots

No Entrance Fees

These will be open every month until next March. Please ask each Kominkan for details.

*Please refrain from using a car to visit the sites.

Tomigaoka Kominkan (4162-81 Naka-Tomigaoka 3-chome 631-0003) Tel./Fax. 0742-43-7431

Name	Date & Time (in general)	Those eligible
<i>Tomigaoka Sukusuku Salon</i>	Every 2 nd Thurs. 13:00-16:00, 4 th Wed. in even-numbered months and 4 th Thurs. in odd-numbered months 9:00-12:00	Children between around 0 and 3 years old and their guardians

Heijo-Nishi Kominkan (25 Jingu 4-chome 631-0804) Tel./Fax. 0742-71-5711

Name	Date & Time (in general)	Those eligible
<i>Heijo-Nishi Piyopiyo Hiroba</i>	Every 1 st Tues. and 3 rd Wed. 9:00-12:00	Children between 0 and 3 years old and their guardians

Tomio Minami Kominkan (501-3 Nakamachi 631-0052) Tel./Fax. 0742-48-3066

Name	Date & Time (in general)	Those eligible
<i>Tomio Minami Tottoko Hiroba</i>	Every 2 nd Fri. and 4 th Thurs. 9:00-12:00	Children between 0 and 3 years old and their guardians

Kasuga Kominkan (86-1 Minami-Kyobate-cho 1 chome 630-8141) Tel./Fax. 0742-62-2253

Name	Date & Time (in general)	Those eligible	Things to bring
<i>Kosodate Nonbiri Kukan</i>	Every 3 rd Tues. 9:30-12:30 and last Wed. 12:30-15:30	Children between 0 and 3 years old and their guardians	Your own drinks

Miato Kominkan (204-1 Gojo-cho 630-8032) Tel./Fax. 0742-34-5954

Name	Date & Time (in general)	Those eligible
<i>Miato Kosodate Salon</i>	Every 3 rd Wed. and last Tues. 9:00-12:00	Children between 0 and 3 years old and their guardians

Chubu Kominkan (23-4 Kami-Sanjo-cho 630-8228) Tel. 0742-26-6506 Fax. 0742-26-3263

Name	Date & Time (in general)	Those eligible
<i>Oyako Hiroba</i>	Every 2 nd and 4 th Tues. 10:30-14:30	Children prekindergarten age and younger, and their guardians

Mikasa Kominkan (313-3 Omiya-cho -chome 630-8115) Tel./ Fax. 0742-33-0515

Name	Date & Time (in general)	Those eligible
<i>Kosodate Mama no Hitotoki</i>	Every 1 st Sat. and 3 rd Fri. 9:30-12:30	Children prekindergartenage and younger, and their guardians

Keisei Kominkan (3-43-2 Rokujo-Nishi 1-chome 630-8044) Tel./Fax. 0742-44-2669

Name	Date & Time (in general)	Those eligible
<i>Puyopuyo-no-Kai</i>	Every 2 nd and 4 th Wed. 9:00-12:00	Children between 0 and 3 years old and their guardians

Koto Kominkan (3633 Oyagyū-cho 630-1242) Tel. /Fax. 0742-93-0400

Name	Date & Time (in general)	Those eligible
<i>Nakayoshi Club</i>	Every 1 st and 3 rd Tues. 9:00-12:00	Children prekindergarten age and younger, and their guardians.

Heijo Kominkan (1468 Akishino-cho 631-0811) Tel. /Fax. 0742-48-3578

Name	Date & Time (in general)	Those eligible
<i>Oyako Fureai Hiroba</i>	Every 2 nd and 4 th Tues. 9:00-12:00	Children prekindergarten age and younger, and their guardians.

Nimyo Kominkan (3684 Gakuen-Akamatsu-cho 631-0027) Tel. /Fax. 0742-46-9113

Name	Date & Time (in general)	Those eligible
<i>Nimyo Sukesuku Suiyobi</i>	Every 1 st and 3 rd Wed. 9:30-12:30	Children prekindergarten age and younger, and their guardians

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 your *Mother’s and Child’s Health Handbook*. The questionnaire will be sent to you by the middle of June. People who moved to Nara City after June 1 and have not received the questionnaire by the checkup day should come to the place directly on the day. In case of the checkup for 4-month-old babies and 10-month-old babies, please contact Kenko-Zoshin-Ka (Health Care Section). Tel. 0742-34-5129

Name	Date	Place
Checkup for 4-month- old babies (Born in March 2018)	Within one month after 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in Sept. 2017)	Within one month after 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in Nov. 2016)	July 5, 12, 19, 26 (Thursdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed at 12:45	Central Health Center

Checkup for 3 & 1/2-year-old children (Born in Dec. 2014)	July 3, 10, 24, 31 (Tuesdays) Reception: 13:15 -14:15 Waiting numbers will be distributed at 12:45	Central Health Center
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* Central Health Center exists inside Hagukumi Center

Various Classes for Babies

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

Those Eligible: First babies born in Feb. 2018 and their guardians

Date & Time: July 11 (Wed.) and 25 (Wed.) 10:00 - 11:30

Contents: Lecture about baby food by a dietitian and lecture about child rearing by a health nurse

Things to Bring: *Mother's and Child's Health Handbook* and the leaflet on baby food included in the questionnaire for the checkup for 4-month old babies, etc.

Capacity: 40 families per day

One-year-Old Baby Ha-Pika Class (Tooth Decay Prevention Class for Babies)

Those Eligible: First babies born in July. 2017 and their guardians

Date & Time: July 10 (Tues.), 24 (Tues.) 10:00 - 11:00

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

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

Capacity: 30 families per day

Place: Hagukumi Center

Application: Please call or fax with the class name, address, child's name, the date of birth, guardian's name, phone number and the date you want to come, to Kenko-Zoshin-Ka (Health Care Section). Tel. 0742-34-5129 Fax. 0742-34-3145

Excess applications will be accepted for another day.

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in July. 2016 (Until age 28 months as of the month of coating)

Date & Time: July 20 (Fri.) 9:30 - 11:30

Place: Central Health Center

Contents: Dental checkup, fluoride application, brushing guidance

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

Application: Phone, fax or apply through the website with the class name, child's name, the date of birth and phone number to Kenko-Zoshin-Ka (Health Care Section) by June 29 (Fri.)

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

Japanese Encephalitis Vaccinations Will Start for Those Born in June 2015

All three times (the first, the second and the booster) of the first term vaccination can be gotten. (Confirm with 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.

Application: Make an appointment at a registered clinic (see the City HP). Those who are not registered residents of Nara City on the day of vaccination are not eligible.

Things to Bring: The Preliminary Examination Leaflet

(Use an indelible black ballpoint pen to fill it out.)

Mother's and Child's Health Handbook and your child's ID, such as a Health Insurance Card, etc.

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

Tuberculosis Examinations for Citizens

Date & Time: June 16 (Sat.) 9:30 – 10:30

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

Contents: Chest X-ray examination

Capacity: 15 people, 65 years old and over

Application: Call Hoken-Yobo-Ka (Health Protection Section) between June 1 (Thurs.) and 15 (Fri.)
Tel. 0742-93-8397

Those who will Receive Individual Notices in June

(Notices were sent in late May)

Preliminary Examination Leaflet: Those Born in April 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 April 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

Be Careful about Infectious Diseases Spread by Mosquitoes

These include dengue fever, zika virus, etc. Refer to the City website concerning prevalent are and prevention, etc.

Prevention Points

- 1) **To Prevent Breeding of Mosquitoes:** Frequent cleaning and getting rid of standing water in order not to grow mosquito larva.
- 2) **Don't Get Bitten by Mosquitoes:** Wear long sleeved shirts and full-length pants for outside activities. Use mosquito repellent.

If you go abroad, collect infection information on the area you will travel to.

If you have a fever, headache, joint pain, a rash, etc. after returning home from the areas where dengue fever, zika virus or other infectious diseases are prevalent, please consult a doctor.

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



Cancer Examinations in July

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

(Those who belong to Tsuge Hoken Center, please apply by phone to the Center.)

*Applications will be accepted from June 1 (Fri.) to June 20 (Wed.), and online applications by June 10 (Sun.).

*Free of charge for those who are on social welfare or households exempt from residential tax. Please notify us of such when you apply.

Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
6 (Fri.)	Seibu Shogai Sports Center Club House	9:15 - 10:15	27
9 (Mon.)	Hokubu Shutcho-sho	9:15 - 10:15	27
11 (Wed.)	Hagukumi Center	8:45 - 9:45	33
12 (Thurs.)	Tsuge Hoken Center	8:30 - 10:30	30
17 (Tues.)	Seibu Library	9:45 - 10:45	23
18 (Wed.)	Tomio-Minami Kominkan	9:15 - 10:15	27
19 (Thurs.)	Co-op Oshikuma	9:15 - 10:15	27
23 (Mon.)	Hagukumi Center	8:45 - 9:45	33
24 (Tues.)	Nara City Hall (Conference Room No. 3)	9:00 - 10:00	30
25 (Wed.)	Tomio Kominkan	9:15 - 10:15	27
27 (Fri.)	Heijo Kominkan	9:15 - 10:15	27
31 (Tues.)	Hagukumi Center	8:45 - 9:45	33

Lung Cancer Examination

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

Stomach Examination: Stomach X-ray (Have barium on the day)

Lung Examination: Lung X-ray

Fee: 1,500 yen (1,000 yen for stomach examination only, 500 yen for lung examination only).

600 yen as additional fee for a sputum test based on a general check-up for lung cancer.

(Postage might need to be paid.)

Those Eligible: 40 years old and over, except those who are pregnant; had stomach, lung or bowel surgery in the past or those organs are currently being treated (for further details, contact Kenko Zoshin-Ka); have barium sensitivity or have accidentally swallowed it (for those, the lung cancer exam is possible); or had the Nara City stomach cancer examination with an endoscope in FY 2017 (for those, the lung cancer exam is possible).

Others: If you are breastfeeding a baby, please notify us of such when you apply. The interval for examinations is once a year. You might not be able to have an examination depending on your physical condition or the results of the general check-up on the day.

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

Assistance for Those Who Need Help Evacuating

As part of the Disaster Countermeasures Basic Act amended in June 2013, a list of residents who need assistance in disaster evacuation (elderly citizens, people with disabilities, infants and people who need special care at a disaster-prevention facility) has been established.

Nara City created the list of residents who need assistance in 2015.

Who Are People Who Need Assistance in Disaster Evacuation in Nara City?

Those who would have difficulty evacuating by themselves in a disaster, and those who need assistance to evacuate smoothly and speedily.

Those Who Need Assistance in Evacuation

Those who live at their home and fall into any of the categories below

1. Those who have the Physical Disability Certificate 1 degree or 2 based on the Physically Disabled Persons Welfare Act
2. Those who have the Rehabilitation Certificate A1 or A2 based on the Prefectural Implementation Guidance for the Certificate
3. Those who have the Mental Disability Certificate 1 degree or 2 based on the laws concerning mental health and welfare for the mentally disabled
4. Among recipients of the former Specified Diseases Treatment Research Project, those who have been certified as severely diseased or equivalent
5. Those who have been certified as needing level 3 of care or over based on the Long Term Care Insurance Act
6. Those whom Nara's Mayor has approved as recipients of special assistance. (Those who need special care, but do not fall into categories 1 to 5 above, and will have difficulty evacuating by themselves.)

* Those who need special care and have difficulty in evacuating by themselves are asked to consult with people in charge, and submit an application form together with their advisory opinion. Proxy applications will be accepted.

What Is in The List

1. Name, 2. Date of birth, 3. Gender, 4. Address or whereabouts, 5. Phone number and other contact number, 6. Why evacuation support is necessary, 7. Name of the neighborhood community association, 8. Whether you agree with providing personal information to people in charge, 9. Other items which the Mayor approves of as necessary (Emergency contact number, level of care needed and physical location of disabilities)

We Would Like to Ask You to Agree with Providing Personal Information

About the list established by Nara City, for those who did not reply by the end of last year and those who have newly become protectable in evacuation, we are asking your agreement in providing personal information.

Those eligible people will receive a letter asking for agreement from December. Information about those who have agreed will be used for watching over daily life, assistance in evacuation, safety confirmation and rescue.

*People in charge: Disaster related sections at City Hall, fire stations, police stations, the social welfare council, neighborhood community associations, volunteer fire companies, autonomous disaster and crime prevention organizations, local welfare workers, children's social workers, and other community supporters.

Points of Attention

If you do not inform us of any changes about personal information, your agreement will be automatically renewed, and you do not have to submit the agreement again. When you do not confirm your agreement or if there are some changes in contents (for example, entering a welfare facility or moving to another house), please be sure to contact us.

*Evacuation assistance in disasters will be provided as part of community activities when it is possible. There is no legal responsibility or duty to carry out in such activities.

In the event of disaster or threat of disaster, protecting the lives of evacuees who need assistance is the priority. Also personal information will be provided to people in charge if necessary within the extent necessary.

Inquiries: Kiki-Kanri-Ka (Crisis Management Section), Fukushi-Seisaku-Ka (Welfare Policy Section)

Tel. 0742-34-1111 (Main phone number)

E-mail: kikikanri@city.nara.lg.jp fukushiseisaku@city.nara.lg.jp

Information for Disaster Prevention Will Be Provided by Nara City via Yahoo! Disaster Prevention News Flush (Smartphone app)

In order to deliver information more speedily and correctly in disasters, local municipalities have started providing emergency information by using "Yahoo! Disaster Prevention News Flush", Yahoo! JAPAN's notification app. We will use it to deliver information such as opening/closure of evacuation centers, etc. from now on.

Be Careful of Floods Disaster During the Rainy Season

In recent years unexpected localized torrential rain has caused damage throughout Japan. Everyone has to be cautious about rain damage and landslides as well. In order to keep the damage to a minimum, each person must always be cautious and prepared.

Always:

- Pay special attention to Disaster Prevention Information published by the local meteorological office and use it to avoid damage
- Prepare an emergency food supply and kits in advance in case of electric power outages, water supply stoppages, and evacuation.
- Check around your house. If you find anything abnormal about roof, rain gutters, shutters, windows, exterior walls, etc., make sure to repair and reinforce that area.

When Sudden Torrential Rain Starts:

- Be aware of signs of landslide such as, cracks and distortion on the slope, stoppage of underground or spring water flow, unusual sounds and smells, and overflow of turbid water.
- On evacuation, wear comfortable clothes and try to act in a group with at least two people. (If it is dark outside and flooding has already started, do not risk going outside, but to remain in places such as rooms on the 2nd floor or elevated areas which can be secured safely.)
- During evacuation, avoid river banks, cliffside roads, and underground paths.
- Be very careful because side ditch covers and maintenance hatches may be out of place.

Please Contact the Following Sections, If You Find Damage or Need a Consultation:

- Kiki-kanri-ka (Crisis Management Dept.) Weekdays 8:00 - 17:15 Tel: 0742-34-4930
- Somu-ka Chosha-kanri-gakari (City Hall Administration Section)
Sat., Sun., Holidays, and outside working hours on weekdays Tel: 0742-34-1111
- Fire Department: 24 hours Tel: 119 or 0742-35-1191

