

# Nara City Information for Residents

August 2018 Issued by Nara City Hall (No.1173)

(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)



## **NARA 2021: Manifestos for a Nara like future**

An aging population combined with the diminishing number of children is not only a national issue, but also a Nara City issue. Measures and policies for residents set out on NARA 2021 are proceeding.

**“More open communication and compact municipalities”**

**“Anticipatory investment for future generations” to have better child-rearing and educational settings**

**“Welfare with sensibilities” to work in close cooperation with medical, nursing care, and welfare services**

**“Urban development and growth strategies with cooperation between Nara Prefecture and the City”**

**We will try to automate operations! [From this year]**

**City Hall operations are on the way to efficiency with RPA.**

RPA means Robotic Process Automation. Instead of people, computers will perform tasks on computers.

**So it will be effective and reduce overtime work for staff, thus giving citizens better service.**

**It will become more convenient have certificates issued! [From March in 2019]**

**We are making arrangements for convenience stores to issue certificates.**

My Number cards will allow people to get certificates without written application forms at any convenience store all over Japan.

**Certificates possible:** Copy of resident cards, family register, registered seal impressions, certificates of taxation or tax-free income

**Reception time at stores:** 6:30-23:00, except around New Year Day

**If you have a My Number card, you don't have to go to City Hall or another office. You can get certificates at convenience stores all over Japan.**

**Strategies to eliminate waiting lists for nursery schools!**

**We are making efforts to have more nurseries and increase staff.**

1. We opened a new licensed nursery school in the Fushimi area this May.
2. We will open new licensed nursery schools in the Tomio and Tomigaoka areas in Oct. of 2019
3. We will use subsidies for housing accommodations for nursery staff within this fiscal year.

**More and Better Bambi Homes! [From this year]**

Lunch services have been started during summer holidays.

In addition to extended service hours and educational programs, safe and secure lunches are supplied.

**This saves working parents time that they can use to communicate with children.**

**Lower expenses for medical fees for babies and little children! [From Aug, 2019]**

We are preparing to lower expenses at reception. (Benefit in kind system)

Payment for pre-school children will be 500 JPY at medical reception for treatment, and 1000 JPY for hospitalization. 20% payment of total fee will not be necessary.

**It will be possible to consult a doctor without temporary payment.**

**The security system for school children as they go to and return from is operating well!  
[Within this fiscal year]**

All Nara City elementary schools will behave this system.

1. In addition to protection by school staff, guardians, and communities, communications equipment will be used to make children's activity more secure.
2. Besides this new communication service, model schools will pilot a program which will not only record when children enter and leave school but also track children's locations as they walk along the route.

**You'll be able to check if children are safe even from remote places.**

## **In Response to New Welfare Problems**

**We will work on advocacy for senior citizens' rights and lives.**

The following have been carried out since April of this year;

1. Foundation of a center for supporting senior citizens' rights.

In order to protect the rights of those whose judgment is impaired due to dementia, mental disabilities, mental disorders, etc. we will provide professional support in identifying and resolving problems.

2. In order to solve troubles and problems in the region, we will promote a scheme of mutual support with a coordinator who takes the lead in daily-life support. We will support regional activities by offering information on wonderful support activities and saloon activities,

**Inquiries:** Kenri Yogo Center (City Hall Central Building 2F) Tel. 0742-34-4900

Seikatsu Shien Coordinator c/o Fukushi Seisaku-Ka Tel. 0742-34-5196

## **No-Kill Policy for Cats and Dogs**

**With cooperation from the Animal Welfare Association and pet shops, a No-Kill policy for will be implemented.**

1. By promoting restriction on the breeding of stray cats, the number captured by the Health Center will be decreased (**effective from April**).
2. To promote appropriate breeding and handover of pets to new owners, an authorized standard was set. The "Cats and Dogs Partnership System" was founded to recognize pet shops that have attained this standard (**effective from June**).

## **Repairing the Toilets of Schools Designated as Evacuation Shelters**

**In particular, schools' gym toilets will be prioritized for repairs.**

Multipurpose toilets will be set up in the gymnasiums of the elementary and junior high schools and senior high schools designated as evacuation facilities in disasters. They will be repaired so they can be used sanitarily and safely by anyone, including students. The toilets of 19 elementary schools, 12 junior high schools and 1 senior high school will be repaired. All of the toilets used for evacuation are to be completely repaired (**by the end of this year**)

## **To Enhance the Safety of the City**

**Learning from the earthquake in the north of Osaka, concrete-block walls of public facilities have been inspected.**

At first, 2 block-walls in 2 nursery schools, 10 block-walls in 7 elementary schools, and 12 block-walls in 5 junior high schools will be repaired (**at the earliest convenience**).

## Nara Tokae (Light Festival) August 5 (Sun.)-14 (Tues.)

**Time:** 19:00-21:45

This event may be cancelled in case of heavy rain or strong windy weather. The Nara city website shows details about this event. (The application form is only in Japanese.)

**Inquiries on the day:** NTT teledome service Tel. 0180-997-515

### One Guest One Light (Experience Lighting a Candle)

**Time:** 19:00-21:30

No candle lighting may be available in case of big crowds or bad weather.

**Place:** Ukigumo Enchi Kaijyo, Nara Kasugano International Forum IRAKA

**Fee:** 500 yen

### Light Cafe

**Time:** 18:00-21:45

**Place:** Nara Kasugano International Forum IRAKA

**Contents:** Various local dishes and delicious sweets

**Inquiries:** Nara Tokae no Kai Jimukyoku Tel. 0742-21-7515 Monday-Friday  
10:00-16:00 Fax 0742-21-7520

## Tenpyo Tanabata Festival (Star Festival) August 24 (Fri.)-26 (Sun.) 16:00-21:00 at Heijo Palace Site

### Tokae (Light Festival)

Candlelight produces a fantastic landscape.

### Tenpyo Tanabata Procession

This procession will be held in beautiful light. The theme is the reunion of Orihime (Vega) and Hikoboshi (Altair)

### Summer Night Ichi (market)

. Nara's delicious local dishes are served at Ichi (markets)

There are lot of other events on stage to the south of Suzaku-mon Gate, etc.

**Inquiries:** Heijo-kyo Tempyo-Sai Festival committee Tel. 0742-25-0707

## Counseling and Lecture for Single Parents

### Please Submit Current State Report for Child-rearing Allowances

**Period:** August 1 (Wed.) – 31 (Fri.) Except Saturdays, Sundays and holidays.

**Where to submit:** Kodomo-Ikusei-Ka (Child Rearing Section)

Tsukigase-Tsuge Gyosei Center (Tsukigase-Tsuge Administration Center)

### Counseling & Lecture for Those Who Are Asked To Submit the Current State Report

**Subjects:** Fatherless families, motherless families, and widows

**Application:** Necessary for (A), (B) and (C)

Call Ken Smile Center (Prefectural Smile Center) 9:00 – 17:00 from Monday to Saturday  
Tel. 0742-24-7624

### (A) Career Counseling by Expert Adviser from Ken Smile Center (Prefectural Smile Center)

**Date & Time:** August 2 (Thurs.), 3 (Fri.), 6 (Mon.), 10 (Fri.), 13 (Mon), 14 (Tues.), 17 (Fri.), 22 (Wed.),  
24 (Fri.), 28 (Tue.), 31 (Fri.) 10:00 – 15:00 (Approx. one hour per family)

**Place:** Counseling Room, Kosodate-Sodan-Ka (Child-Rearing Counseling Section)

**Contents:** Counseling about job seeking or career changes for single parent families, etc.

**(B) Counseling about Child-Rearing Expenses, etc.**

**Date, Time & Place:** August 14 (Tues.) & 24 (Fri.) at Ken Smile Center  
August 20 (Mon.) at Kosodate-Sodan-Ka (Child-Rearing Counseling Section)  
(1) 13:00, (2) 14:00, (3) 15:00 at the both places

**Contents:** Counseling about child-rearing expenses associated with divorce or separation, etc.

**(C) Counseling about Legal Matters by a Lawyer**

**Date & Time:** August 18 (Sat.) (1) 13:30, (2) 14:00, (3) 14:30, (4) 15:00, (5) 15:30, (6) 16:00

**Place:** Ken Smile Center (Nishikitsuji-Cho)

**Contents:** General issues on legal matters

**(D) Lecture about Educational Expenses and How You Can Save for Them**

**Date & Time:** August 20 (Mon.) 13:30 – 15:30

**Place:** No. 21<sup>st</sup> Conference room, City Hall

**Contents:** Information about educational spending and evaluating your household budget, etc.

**Lecturer:** Yuki Fukuichi, financial planner

**Any member of a single parent family can ask for advice concerning child-rearing, life-related issues, etc. at Kosodate-Sodan-Ka (Child-Rearing Counseling Section).**

**Inquiries:** Kosodate-Sodan-Ka Tel. 0742-34-4804

### Garbage Collection

**Please Contact Us Before You Install Garbage Collection Boxes**

Some products are not suitable for proper garbage collection. Please make sure to contact us before purchasing a collection box.

The expense for installation is the responsibility of those who use the collection site.

**Please Securely Tie Garbage Bags**

Garbage bags which are not securely tied and closed or closed only with tape may not be collected as they may cause spillage of contents onto roads.

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	1, 15, 29 (Wed.)
B E		
C H	Tues. & Fri.	8, 22 (Wed.)
D G		

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

As the garbage collection dates may be different in some areas, please confirm the proper date at the Nara City website.

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

City Seibi-Kosha Tel. 0742-33-8782

**Some Services Will be Suspended at the Resident Service Center**

The computer system will be shut down between 09:00 and 17:00 on Aug. 5 (Sun.) due to a power outage. No applications for certificates for family registry system (such as family registers (koseki), certificates of personal items and other certificates related to the family register system) and applications for tax identification number card (My Number) will be accepted.

**Inquiries:** Resident Service Center (On the 5th floor of Nara Family Tel: 0742-36-5913).

## Seeking Tenants for Municipal Apartment Houses

### Available Apartment Houses

#### General Households

- The No. 3 Municipal Apartment House (Sakura-machi) : 1 house
- The No. 4 Municipal Apartment House (Hannyaji): 1 house
- The No. 5 Municipal Apartment House (Daianji): 1 house
- The No. 20 Municipal Apartment House (Shoyo-dai): 1 house
- The No. 1 Community House (in front of JR Nara Station): 1 house

#### Child-Rearing Households

- The No. 9 Municipal Apartment (Kidera): 1 house
- The No. 14 Municipal Apartment (Minami Kidera): 1 house
- The No. 20 Municipal Apartment (Shoyo-dai): 1 house

#### Senior Citizens

- The No. 9 Municipal Apartment (Kideara): 1 house

**Application:** Submit an application form by mail or by hand to the Jutaku-Ka (Housing Supply Section) no later than Aug. 15 (Wed.). Application forms will be available at the Jutaku-Ka of the City Hall, Shutcho-sho (branch offices), Gyosei Center (administration centers), or Shimin Service Center between Aug. 1 (Wed.) and Aug. 15 (Wed.).

**Public Lottery:** Aug. 22 (Wed.)

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

## Protect yourself from “Food Poisoning” !

This is Food Poisoning Season. August is Food Sanitation Month.

“Summer General Food Inspection” will be practiced up to the end of August.

### Make Sure to Cook Meat Well-done

Food poisoning from campyrobacter or enterohemorrhagic coli (O157, O111, O26) is caused by eating raw meat (such as *yukhoe*, *sashimi*) and underdone meat (such as *tataki*).

**Instructions:** 1) Be sure not to eat raw or insufficiently - heated meat.

2) Wash your hands carefully before cooking and eating.

3) Disinfect your cooking utensils such as knives and cutting board after washing.

4) Heat the inside of meat completely when you grill meat (yakiniku or barbecue) by yourself. Use different chopsticks for cooking and eating.

5) Heat the inside of meat completely, especially when you eat restructured meat, minced meat, striated meat, meat dipped in sauce, internal organs such as liver, etc.

### Practice the Three Important Rules for Preventing Food Poisoning !

1) Don't get germs.

Wash your hands carefully with a medicated soap.

Keep cooking utensils clean.

2) Don't let germs multiply.

Cook smoothly and quickly, and don't leave food at room temperature for hours.

3) Sterilization.

Heat the inside of food at 75 degrees Celsius or over for more than one minute.

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

## Renewals of (1) Child-Care Family Allowance (*Jido Fuyo Teate*) (2) Special Child-Care Allowance (*Tokubetsu Jido Fuyo Teate*)

The certificate of residence is not needed for the procedures.

The city government will send each allowance recipient a notice that describes the renewal process on July 31 (Mon.) for (1), and in early August for (2), so that the government can check if recipients are still qualified to receive allowances during this fiscal year. Be sure to complete your renewal process within the specified time period: August 1 (Wed.) – 31 (Fri.) for (1), and August 10 (Fri.) – September 11 (Tues.) for (2). Those who are no longer qualified to receive them should also go through the process. Recipients of (2) whose income exceeds the eligibility limits for two consecutive years do not have to go through the process. Those who have been qualified to receive (1) for five years and want to be exempted from the payment reduction starting from the 6<sup>th</sup> year should go through the necessary process during August, as notices have been sent. If it is late, the payment might be reduced in half.

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

## Seishonen Yagai Katsudo (Youth Outdoor Activities) Center

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

Held in light rain but will be cancelled in case of stormy weather.

(1) Mulle Class in the forest; Let's observe ants.

(2) *Straw valley* Class --- An expedition for finding creatures upstream

Date & Time: August 26 (Sun.) 10:00 - 15:30 for (1) and (2)

**\*Special Event of (2);** Participants can stay on the previous night, 25 (Sat.), for "Observation of bats" if you wish.

**Capacity:** (1) 20 children from one-year of age to kindergarteners  
(Please come with guardians).

(2) 30 elementary school children from the first to the sixth grade

**Fee:** 2,000 yen for one family for (1), 3,000 yen/child for (2), including the insurance fee.  
3,000 yen will be added if you stay the previous night.

**Application:** Send an e-mail with the application available on the website of the Center no later than 17:00, August 18 (Sat.).

## Bosai Center (Disaster Prevention Center)

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

### First-aid Advanced Learning Course

**Date & Time:** Sept. 6 (Thurs.) 9:00-17:00

**Contents:** How to do cardiopulmonary resuscitation, how to use the AED, how to treat the sick and the wounded, how to take care of wounds, and how to carry patients.

**Capacity:** 30 people, junior high school students and over, who work or study in Nara City.

**Application:** Call Kyukyu-ka (Emergency Section) of Fire Department between August 10 (Friday) and August 31 (Friday). Tel. 0742-35-1190

### Storm & Water-discharging Experience —Only in Summer (Free admission)

**Date & time:** August 26 (Sun.), 10:00-12:00, reception starts at 9:30

**Contents:** Storm experience, experience discharging water (from fire engines) experience. Contents may change depending on the weather, etc.

**Things to Bring:** Separated rain gear with a hood for the storm experience, rain boots, a towel

## ***Mottainai Pottery Market***

**Uncollectible Items:** items from other cities or used for business. Ceramics not for meals such as ashtrays or vases. Tableware with food on it. Unglazed pottery, earthen pots, and items made of glass, plastic, metal or wood. Items with rubber bottoms or handles (collectible if removed). All the items will be checked at the site. Wrapping or unsuitable items may be returned to you. Please come with your own bag.

**August Schedule:** Always from 10:00 till 13:00. Collection until 12:30.

- (1) August 1 (Wed.) at Co-op Oshikuma (Oshimuma-cho)
- (2) August 8 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)
- (3) August 15 (Wed.) at Hagukumi Center (Sanjo-Honmachi)

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

## **Naramachi Nigiwai-no-Ie**

5 Nakashin'ya-cho 630-8333 Tel. 0742-20-1917

- (1) **Nature Game: Experience Nature at a *Machiya* (Japanese Traditional House for Merchants)**

**Date & Time:** August 11 (Holiday) 10:00-12:00

**Lecturer:** Yamamoto-san (Nature Games Instructor, Nara Machizukuri Center)

**Capacity:** 12 elementary school students

- (2) **Summer Lecture on *Machiya*: *Machiya* Adventure for Kids**

**Date & Time:** August 11 (Holiday) 13:30-15:30

**Capacity:** 15 children

**Lecturer:** Yoshida-san and others (Nara Machizukuri Center)

- (3) **Summer Project: Shaved Ice Desserts and Yo-yo Fishing**

**Date & Time:** August 11 (Holiday), 13:30-15:30

**Fee:** 200 yen for shaved ice dessert, 50 yen for yo-yo fishing

- (4) **Summer Lecture on *Machiya*: Tatami-making Experience**

**Date & Time:** August 18 (Sat.) 13:00-16:00

**Lecturer:** Umeo-san, First-grade Tatami Making Skill-holder

- (5) **Traditional Kitchen Stove Experience for Families (Cooking curry with shaved ice for dessert)**

**Date & time:** August 3 (Fri.), 21 (Tues.) and 24 (Fri.), 10:00-13:00

**Capacity:** 10 people

**Fee:** 700 yen

**Application:** Contact by phone or e-mail with your preferred class number, name with furigana, address, phone number, and the size of your group, by one week before the date. Excess applications will be decided by lottery.





## Naramachi Karakuri Omocha-Kan (Namarachi Mechanical Toy Museum)

7 Inyo-cho 630-8338 Tel. 0742-26-5656

### Mid-August Event: Let's Play with Showa-era Toys

**Date:** August 11 (Holiday)- 15 (Wednesday)

### Mechanical Toy Making Class: Let's Make Cicada/Frog-Voice Making Toys

**Date & Time:** August 26 (Sun.) 10:00-12:00

**Capacity:** 24 elementary school students or older. Lower graders should come with their parents.

**Fee:** 600 yen

**Application:** send a return-postcard with your name with furigana, address, age (school grades for school children), and telephone number to the Museum no later than August 16. One postcard for up to two persons. You can also apply online.

## Naraden Field Sports Class

No.	Class Name	Date & Time	Place	Fee	Capacity
1	Walking & Stretching (60 minutes)	Every Tuesday A: 9:30, B: 10:45	Naraden Field (5-1 Horen-Sahoyama 4-chome)	800 yen per 1 time	15 people for each class
2	Effective Combination of Stretching and Muscle Training (90 minutes)	Every Friday A: 9:30, B:13:00			
3	Soft Tennis (Elementary school 3 <sup>rd</sup> graders and over)	6 times, starts from September 1 (Sat.) 9:30 – 11:45	Naraden Konoike Court (9-1 Horen-Sahoyama 4-chome)	3,500 yen for all times. (800 yen per 1 time.)	40 people
4	Tennis Class (Elementary school 3 <sup>rd</sup> graders and over)	6 times, starts from September 1 (Sat.) 9:20 – 10:20		4,800 yen for all times	8 people
5	Tennis Match Class (Those who can play a match)	6 times, starts from September 1 (Sat.) 10:30 – 12:00		5,000 yen for all times. (900 yen per 1 time.)	14 people

**Things to bring:** Training clothes, towels, drinks.

**Application:** Call Naraden Field Tel. 0742-22-0001

## Sports Class

**Naraden Arena** (Horen-Sahoyama 4-chome)

### Soft Tennis Class

**Date & Time:** Every Tuesday from September 4, 9:30 – 11:30, 10 times

**Capacity:** 60 people    **Fee:** 4,800 yen

### **Badminton Class (Daytime)**

**Date & Time:** Every Tuesday from September 4, 13:30 – 15:30, 10 times

**Capacity:** 60 people   **Fee:** 4,000 yen

### **Badminton Class (Elementary School Students)**

**Date & Time:** Every Tuesday from September 4, 16:30 – 18:00, 10 times

**Capacity:** 60 people (3<sup>rd</sup> to 6<sup>th</sup> graders)   **Fee:** 3,900 yen

### **Badminton (Nighttime)**

**Date & Time:** Every Tuesday from September 4, 18:30 – 20:30, 10 times

**Capacity:** 25 people   **Fee:** 6,500 yen



## **Naraden Arena Annex**

### **Healthy Physical Exercise Class**

**Date & Time:** Every Tuesday from September 4, 10:00 – 11:30, 10 times

**Contents:** Rhythmic exercise with music

**Capacity:** 30 women   **Fee:** 3,100 yen

### **Table Tennis Class**

**Date & Time:** Every Thursday from September 6, 9:30 – 11:30, 10 times

**Capacity:** 50 people   **Fee:** 4,000 yen

### **Basketball School**

**Date & Time:** Every Wednesday until the end of next March (The plan might be changed.)

Advanced Class (Junior high school students), 18:45-20:45

**Contents:** School will be held in cooperation with professional basketball team *Bambitious Nara*.

**Capacity:** 30 students   **Fee:** 7,560 yen per month

\*Separately, ball charge and accident insurance fee is necessary.

**Application:** Send a return postcard (124 yen) with the class name, your name with furigana, address, age (grade, birthday and guardian's name are required for elementary school students), gender and phone number to Naraden Arena (1-3 Horen-Sahoyama 4-chome 630-8108, Tel. 0742-24-1501) no later than August 16 (Thursday). Excess application will be decided by lottery.

\*Wear sports shoes in the gymnasium. Bring any sports equipment you have.

Follow your instructors' advice in the gym.

## **Autumn Citizen Tennis School**

**Date & Time:** September 2 (Sun.), 9 (Sun.), 16 (Sun.)   9:00 – 12:00

**Place:** Kashiwagi Tennis Court (Kashiwagi-cho)

**Capacity:** 120 people, elementary school 4<sup>th</sup> graders and up. Open to both students and workers in Nara City. No experience required.

**Fee:** 3,000 yen per person and 2,000 yen for students from elementary to high school

**Application:** Send a return postcard (124 yen) with your address, name, age, phone number, number of years of tennis experience, and club you belong to, to Mr. Seiichi Yanagisawa of the City Tennis Society (8-4 Hiramatsu 2-chome 631-0846, Tel.:090-3629-7181) no later than August 17 (Fri.). One card per person.

## ***Basara* FESTIVAL 2018**

**Date & Time:** August 25 (Sat.), 26 (Sun.)

**Place:** Nara Park Nobori-ohji Enchi, Todaiji Temple, Kasuga Taisha Shrine approach, JR Nara Station front Square

**Entry Teams:** 40 teams mainly active in the Kansai area

For details please refer to the official website.

**Inquiries:** *Basara Shu* (people) Secretariat 090-9046-1999

### ***Uneme* Festival Seek *Ochigo-san* (child) Participants**

**Date & Time:** Sept. 24 (Holiday) 16:30 – 18:00

**Place:** starting in front of JR Nara Station – to Sarusawa Pond

**Eligible:** from 3 year-olds to elementary school 3rd graders

**Fee:** Necessary

**Deadline:** Sept. 14 (Fri.)

**Inquiries:** Nara City Tourist Information Center Tel. 0742-22-3900

## **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 2<sup>nd</sup> Floor, Hagukumi Center Building.**

### **Japanese Encephalitis Vaccinations will start**

**(For Those Born in August 2015)**

**Please receive the first term (the first, the second and the additional vaccination)!**

**(Please confirm your child’s Preliminary Examination Leaflet.)**

**Period:** from 3 years old to one day before turning seven and a half years old

**How to receive:** Normally the second vaccination is given from one to four weeks after the first one.

The additional vaccination is given one year after the second one.

**Application:** Please make an appointment with a registered clinic listed on the Nara City website and bring the *Mother’s and Child’s Health Handbook*, Preliminary Examination Leaflet, and an ID Card such as the Health Insurance Card identifying the child as a Nara citizen on that day. Please make sure that your child is registered in Nara City by that day.

\*Please fill in the Preliminary Examination Leaflet with an indelible black ball-point pen.

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

## Tuberculosis Examinations for Citizens

Tuberculosis is not disease of the past. You should have a chest-X-ray examination at least once a year for yourself and those around you.

**Date & Time:** August 18 (Sat.) 9:30-10:30

**Place:** 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 August 1 (Wed.) and 17 (Fri.).  
Tel. 0742-93-8397

### Those who will receive individual notices in August (delivered in late July)

**Preliminary Examination Leaflet: (Those born in June 2018)** The Preliminary Examination Leaflet, the *Mother's and Child's Health Handbook*, and the Health Insurance Card are needed to get vaccinations. Those who have no Preliminary Examination Leaflet because of recently moving into Nara City, etc. should contact Hoken-Yobo-Ka (Health Protection Section). Tel. 0742-93-8397

\*Please fill in with an indelible black ball-point pen.

**Japanese Encephalitis (the second term):** Those born in June 2009. \*A guidance postcard should have been sent. The *Mother's and Child's Health Handbook*, the Health Insurance Card, etc. are needed to get vaccinations.

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

## Physical Checkups for Babies and Infants

**Things to Bring:** The questionnaire and *Mother's and Child's Health Handbook*. The questionnaire will be sent to you by the middle of August. People who moved to Nara City after August 1 and haven't received the questionnaire by the checkup day can 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 (eligibility)	Date	Place
Checkup for 4-month-old babies born in May 2018	Within one month after 4-month birthday	Designated Medical Facilities in Nara City
Checkup for 10-month-old babies born in Nov. 2017	Within one month after 10-month birthday	Designated Medical Facilities in Nara City
Checkup for 19-month-old children born in Jan. 2017	Sept. 6, 13, 20, 27 (Thursdays) Reception: 13:15-14:15 Waiting number cards will be distributed from 12:45	Central Health Center
Checkup for 3 1/2-year-old children born in Feb. 2015	Sept. 4, 11, 18, 25 (Tuesdays) Reception: 13:15-14:15 Waiting number cards will be distributed from 12:45	Central Health Center

## Classes for Babies and Infants

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

**Those Eligible:** First-born babies born in April 2018 and their guardians

**Date & Time:** Sept. 12 (Wed.) and 26 (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 with the questionnaires for the 4-month-old baby's physical checkup, etc.

**Capacity:** 40 babies per day

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

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

**Date & Time:** Sept. 11 (Tues.) and 25 (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 babies 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 Sept. 2016 (Until age 2 1/3-years old as of the month of coating)

**Date & Time:** Sept. 21 (Fri.) 9:30-11:30

**Place:** 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 Aug. 31 (Fri.). Application may also be made via the website. Tel. 0742-34-5129 Fax. 0742-34-3145

## Maternal and Infant Healthcare Consultation

### Consultation by Visiting Public Health Nurses

Date		Place
Aug.	6 (Mon.)	Fushimi Kominkan Ayameike Bunkan
	7 (Tues.)	Tomio Kominkan
	8 (Wed.)	Keisei Kominkan Hiramatsu Bunkan
	23 (Wed.)	Tomio-Minami Kominkan
	28 (Thurs.)	Heijo Kominkan
	29 (Wed.)	Heijo-Nishi Kominkan
Sept.	4 (Tues.)	Koutou Kominkan*
	5 (Wed.)	Fushimi Kominkan

**Time:** 9:30-11:30 (\*11:00 -12:00)

Consultation over the phone or at the office is held on weekdays in Kenko-Zoshin-Ka (Health Care Section) during 8:30-17:15

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

## Consultation by Midwives or Public Health Nurses

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

**Date & Time:** Weekdays 10:00-14:00 (Reception closes at 13:30)

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

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

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

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

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

## Various Cancer Examinations (September)

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

**Period:** From August 1 (Wed.) to August 20 (Mon.). By August 10 (Fri.) 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
3 (Mon.)	Hokubu Shutcho-sho	9:15-10:15	27
4 (Tues.)	Bosai Center	9:15-10:15	27
5 (Wed.)	Tomio-minami Kominkan	9:15-10:15	27
7 (Fri.)	Hagukumi Center	8:45-9:45	33
13 (Thurs.)	Co-op Oshikuma	9:15-10:15	27
18 (Tues.)	Hagukumi Center	8:45-9:45	33
19 (Wed.)	City Hall (Conference Room #3)	9:00-10:00	30
20 (Thurs.)	Seibu Library	9:45-10:45	23
25 (Tues.)	Tomigaoka Kominkan	9:30-10:30	26
27 (Thurs.)	Hagukumi Center	8:45-9:45	33

## Lung Cancer Examination

Date	Place	Reception Time	Capacity
3 (Mon.)	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, excluding pregnant women, those who had stomach, lung or intestine surgery or are under medical treatment, 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) Tel. 0742-34-5129

## Regular Vaccination Schedule in 2018 (for your reference)

Vaccination Name		Babies										Infants					School Children						
		Age Kind	2	3	4	5	6	7	8	9	10	11	1	1+ 1/2	2	3	4	5	6	7	8	9	10+
Average Age of Vac.			month old										years old										
Hib (inoculable between 2-month and 4 years old=I)		Inactivated	(1)	(2)	(3)									(4)									See below A
Childhood Pneumococcus Infection (CPI)(=I)		Inactivated	(1)	(2)	(3)									(4)									See below A
Hepatitis B (inoculable by one day before the 1st birthday=II)		Inactivated	(1)	(2)					(3)														
Tuberculosis (BCG)(=II)		Live					(1)																
Diphtheria, Whooping Cough (pertussis), Tetanus, and Polio	1st Term DPT-IPV (Have the 1st shot when turning 3-month old)	Inactivated		(1)	(2)	(3)								(4)									Until 7+1/2 yrs. old
	2nd Term DT (for those born between April 2, 2005 and April 1, 2006)	Inactivated																					(5) from 11 and before 13 years old
Measles and Rubella (MR) (2nd term for those born between April 2, 2011 and April 2, 2012)		Live												(1)							(2)		
Chickenpox		Live												(1)	(2)								
Japanese Encephalitis (JE) (average age for 1st term: 3 years and by 7+ 1/2 years. Average age for 2nd term 4th grader, from 9 years and before 13 years))		Inactivated														(1)	(2)	(3)					(4)
Human Papilloma Virus		Inactivated	See below B																				

A: Vaccination times depend on when they are started. For details, please contact Nara City

B: Nara City stopped actively recommending from June 14, 2013.

Average age: junior high school 1<sup>st</sup> graders, between grade 6 and high school 1<sup>st</sup> grade

### Those eligible for Japanese Encephalitis special measures

- (1) Those born between April 2, 1995 and April 1, 2007 who have not completed four JE shots are eligible to get the vaccination for free until the day before their 20th birthdays.
- (2) Those born between April 2, 2007 and April 1, 2009 who received the second term shots between ages 9 and 13, but haven't completed the first term shots are eligible to catch up on the missed shots.

\* Another dose may be taken after 27 days for live vaccines, and after 6 days for inactivated vaccines. If you will get the same vaccines, make sure to keep to the prescribed intervals.

\* Please check your child's *Mother's and Child's Health Handbook* and make an early appointment at a medical institution registered with the city (listed on the Nara City website) because of the limited period.

\* The actual schedule is subject to change. Please ask your doctor or Hoken-Yobo-Ka to check it.

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

