

Nara City Information for Residents

July 2019 Issued by Nara City Hall (No. 1184)
(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 Reduce Food Loss

On May 24th 2019, a 'Bill for Reducing Food Loss' was passed at the House of Councilors Main Conference. Food loss means food that is thrown away even though it can be eaten. Now, we will show the current status of food loss in Nara City, the activity of *Foodbank* and things individuals can work on to prevent food loss.

1.3 Billion Tons per Year. One Third of The Food in the World is Thrown Away

1.3 billion tons of food is thrown away in the world per year. That is one third of the volume of food produced in the world. Developed countries account for a large percentage, and a large amount of food is wasted at the consumption stage.

Waste Country, Japan

In Japan, 27.59 million tons of food is thrown away each year, and of that 6.43 million tons is food loss. That is as if all the people in Japan throw away a bowl of rice every day, a high quantity compared to the world. This causes a risk of food poisoning outbreaks when food must be discarded in Japan's hot and humid climate.

The Amount of Imported Garbage Has Been Decreasing Year by Year but The Amount of Food Loss Has Been on The Rise

The amount of imported Garbage in Nara City is 89,475 tons on 2018, and of that 55,784 tons is household garbage and that has been decreasing year by year. While, estimated volume of food loss is 2,250 tons, and that has increased compared to the 2015, the start year of measurement. We can reduce food loss greatly by altering one's state of consciousness, for example, not buy unnecessary food, not throw away eatable part by devise cooking, etc.

Reducing Food Waste

Nara City established "The Third Promotion Plan for Nara City Dietary Education" this March. The purpose of this plan to learning knowledge about and gain the ability to choose food, and then have people have healthy diet. Citizens' interest and social conditions were considered, and the new item "reducing food waste" was added.

Ideas for reducing food waste!

At Home

According to the survey from the Ministry of Agriculture, Forestry and Fisheries, the amount of food waste from homes reached a total of 2.91 million tons. Points we can do at home are "buy necessary quantities" and "eat all of what we buy".

Reduce Untouched Food, Which Occupies 19 % of Food Waste.

- *Check food in the refrigerator before shopping. *Buy only portions of food you can use.
- *Choose goods displayed in the front line of shelves of shops. *Preserve food in appropriate places.
- *Put food with short expiry dates in the front and those with longer expiry dates in the back at home.
- *Prepare all together (freezing, drying, salting, etc.)

Don't Trash Edible Parts of Food.

- *Don't throw away edible stems and skins. *Use food from leftovers. *Cook portions of food, which are able to be eaten.

In Restaurants

More than 50 % of food waste are leftover. There is merit to reducing leftovers and enjoying meals if eating time has a set limits at parties. It is recommended to enjoy eating at tables for 30 minutes after the toast and 10 minutes before leaving. It is very helpful in reducing a lot of leftover food.

Class for Fathers & Children, "Let's Make and Play with An Air Rocket"

Date & Time: August 3 (Sat.) 10:00 – 12:00

Lecturer: Mr. Yoshio Nigara, a member of Yamato-Mahoroba Branch of Young Astronauts Club Japan

Capacity: 15 pairs of elementary school children and their fathers.

Those who work/study in Nara City are eligible.

Things to Bring: Milk cartons, 2 pairs of scissors, a cutter knife, oil-based pens, a ruler, writing materials.

Application: Send a return postcard to the address below with the class name, your name, address, age, and phone number no later than July 19. If you need babysitting (for preschoolers from 12 months and up), write the child's name with reading, age, and gender.

Application by city website is possible. Excess application will be decided by lottery.

Address: Danjo Kyodo Sankaku Center (Gender Equality Center), 12 Nishinosaka-cho 630-8245
Tel. 0742-81-3100 Fax. 0742-25-0600

***Wakuwaku Kagaku Asobi* (Science is Fun!)**

Date & Time: July 26 (Fri.) 13:00 – 15:00

Place: Seibu Toshokan

Contents: Making a movable toy whose mechanism you can see.

Capacity: 30 children in the 3rd and 4th grades of elementary school

Things to Bring: Scotch tape, double-faced tape, a pair of scissors, a ruler, and a bag to bring your work back home.

Application: Send a return postcard with your name with reading, address, school grade, and phone number to the address below no later than July 12. One postcard per person. Excess application will be decided by lottery. If you do not receive a reply card by July 18, please contact the library.

Address: Seibu Toshokan, 1-21 Tsurumai Nishi Machi 631-0022 Tel. 0742-45-5669

Seishonen Yagai Katsudo Center

Sakahara-cho Tel. & Fax. 0742-93-0029

Let's Study Living Creatures in Oyagyu

Date & Time: July 28 (Sun.) 10:00 – 15:00

Contents: Watching aquatic life, insects, and plants. Contents may change in case of rain.

Capacity: 50 children from kindergarten age and up. (Kindergarteners should be accompanied by their guardians. Parents can take part in this event together with their children.)

Deadline: July 21 (Sun.)

(1) Mori-no Mulle Class (Let's Play at The river.)

(2) Strovarna Class (Let's take a bath in the forest.)

(Mulle and Strovarna, developed in Sweden, are classes for children to learn about nature.)

Date & Time: July 21 (Sun.) 10:00 – 15:00

Will be held rain or shine / will be canceled in case of stormy weather.

Capacity: (1) 20 children from babies under the age of one to the senior class of kindergarten
(2) 20 elementary school children

Fee: (1) 2,000 yen per pair of child and guardian
(2) 3,000 yen per person (including insurance)

Deadline: July 14, 17:00

Application: Apply on the website of Seishonen Yagai Katsudo Center no later than each deadline.

Kurokamiyama Nature School

Play in & Learn from Nature

(1) Rafting Adventure!

(2) Eating Somen Noodles Flowing through a Bamboo Trough Will Be So Cool!

Date & Time: (1) July 20 (Sat.) – 21 (Sun.) (Stay overnight)

(2) August 25 (Sun.) 10:00 – 15:00

Place: Kurohimeyama Camp Field (Narazaka-cho)

Contents: (1) Camp fire, making a raft, cooking, etc.

(2) Building a secret base, flowing somen noodles through a bamboo trough, etc.

Lecturer: Leaders of the Boy Scouts Association and the Nara Mahoroba Nature Games Society, etc.

Capacity: 60 elementary school children for each. (For (1), 3rd graders and older.)

Fee: (1) 2,000 yen (2) 800 yen (Insurance and food expenses are included for both.)

Deadline: (1) July 11 (2) August 15

Application: Send a return postcard to the address below with “Kurohimeyama Shizen Juku”, the month of class, your name with reading, address, gender, school grade, phone number, and guardian’s name no later than each deadline.

Address: Kurohimeyama Shizen Juku, 139 Sahodai-nishi-machi 630-8106

Excess application will be decided by lottery. One postcard can be used for brothers and sisters.

Inquiries: Chiiki Kyoiku Ka (Community Education Section) Tel. 0742-34-5471

Education Center Kids Learning Floor

Class Name	Date	Time	Deadline
Planetarium “Nijiro and Summer Constellations” (July and Aug.) Capacity: 40 children in each class	Every Saturday, Sunday, and Holiday	10:30 - 10:50 11:40 - 12:10 13:40 - 14:10	Reception on the day.
Science Experiment Class “Miracle! Science! What an interesting experiment!”	July 13 (Sat.) July 28 (Sun)	11:00 - 11:30 14:20 - 14:50	Reception on the day
Talking Stories Class “Scary Story” - Part I Capacity: 40 children	July 13 (Sat.)	11:00 - 11:30	Reception on the day
Special Robot Class (High Level) Those eligible: 5th and 6th grade students only Capacity: 6 students (Must attend all four classes)	July 15 (Holiday) July 27 (Sat.) Aug. 12 (Holiday) Aug. 18 (Sun.)	09:30 - 12:30	July 5
Summer Movie Screenings “Thumbelina (<i>Oyayubihime</i>)” by Hello Kitty, and others “Three Musketeers” by Kero Kero Keroppi Capacity: 200 children each movie	July 23 (Tues.)	11:00 - 12:00 13:00 - 14:00	Reception on the day
Planetarium, Summer Projection A Space trip by the Owl Spacecraft "Ho-Ho" Capacity: 40 children each time	July 24 (Wed.) July 25 (Thurs.) Aug. 2 (Fri.) Aug. 7 (Wed.) Aug. 9 (Fri.)	10:30 - 11:00 11:40 - 12:10 13:40 - 14:10	Reception on the day
Night Planetarium “Nijiro and Summer Constellations” Capacity: 40 children. Adults may participate alone	July 26 (Fri.)	18:30 - 19:10	Reception on the day
Summer Movie Screenings “Heidi a Girl of the Alps” by Hello Kitty,	July 28 (Sun.)	11:00 - 12:00 13:00 - 14:00	Reception on the day

and others "Gulliver's Travels" by Kero Kero Keroppi, and others Capacity: 200 children each time			
Summer Movie Screenings "Kaguyahime (the tale of the Princess Kaguya)" by Hello Kitty and othes "Poko-Pon no Yukaina Saiyuki (Journey to the West)"	July 30 (Tues.)	11:00 - 12:00 13:00 - 14:00	Reception on the day
Astronomy Class "Planetarium and Making Constellation Lantern" Fees: 300 yen	July 31 (Wed.)	10:30 - 12:00 13:30 - 15:00	July 12
Science Experiment Class "Let's Become Professors of Insects!" Fees: 500 yen Things to bring: Insect specimen from 1 to 5 cm in size.	Aug. 2 (Fri.)	09:30 - 11:00	July 12
Craft Class "Let's Learn Carpentry Skills" Fees: 1,500 yen	Aug. 4 (Sun.)	09:30 - 11:30	July 19
Robot Class (for beginners) "Waku-Waku (Exciting) Robotics Course" Those eligible: 3rd grade students and older who have never attended this course before (Same contents on both days)	Aug. 6 (Tues.) Aug. 7 (Wed.)	09:30 - 12:30	July 19
Science Experiment Class "Small Creatures in the Sea (<i>Chirimen</i> Monsters)" Fees: 500 yen	Aug. 6 (Tues.)	10:00 - 12:00 13:30 - 15:30	July 19
Craft Class "Let's learn how to paint in all tints of ink from an ink painter" Things to bring: Japanese Calligraphy Set	Aug. 7 (Wed.)	10:00 - 11:30	July 19
Craft Class "Let's make Leather Coasters" Fees: 300 yen	Aug. 9 (Fri.)	13:00 - 14:30 15:00 - 16:30	July 26
Programming Class "Programming Course by High School Students" Those eligible: All school-age children Capacity: 10 children each time	Aug. 10 (Sat.)	10:30 - 12:00 13:00 - 14:30	July 26
Space Class "Strange Experiment of the Air"	Aug. 11 (Holiday)	09:30 - 11:30 13:00 - 15:00	July 26
Robot Class "Let Parents and Children Learn Progammig! - Rescue Operation of an Astronaut" Those eligible: Only 4th to 6th grade students Capacity: 16 children	Aug. 11 (Holiday)	09:30 - 12:30	July 26

Craft Class Mini fans and postcards made with Kenaf pulp Fees: 300 yen	Aug. 12 (Holiday)	10:00 - 11:30 13:00 - 14:30	July 26
Robot Class (Intermediate) “Let’s make a course and navigate it with a robot!” Capacity: 10 children each time	Aug. 17 (Sat.)	10:00 - 11:30 13:30 - 15:00	Aug. 2
Robot Class (Application Course) “ <i>Waku-Waku</i> ” Robot Course” Those eligible: Only the 3rd grade students or older who have attended the Beginner’s Course	Aug. 20 (Tues.)	09:30 - 12:30	Aug. 2
Craft Class “Let’s Make Perpetual Calendars”	Aug. 21 (Wed.)	13:00 - 14:30 15:00 - 16:30	Aug. 2

Capacity: 20 children for each class (with guardians) unless stated in the table.

Application: Send a return postcard with the class name, the date, the number in parentheses, child’s name (with the reading in Kana), child’s school name and grade, the guardian’s or leader’s address and name (with the reading in Kana), and phone number to *Kyoiku* (Education) Center, (9th Floor of *Hagukumi* Center, 13-1 Sanjyo-Honmachi 630-8122 Tel. 0742-36-0401) no later than each deadline. One class per postcard. Lottery in case of excess applications. * You cannot take the robots home. Other programs will also be held. Contents and dates above might change.

Garbage Collection

Please Let Us Know in Advance if You Plan to Install a Garbage Collection Box.

Please make sure to contact us before purchasing a collection box, as some types of boxes, such as those taller than 65 cm, could hinder collection work.

The cost of installation should be shared by those who use the collection site.

How to Put Out Garbage

In order to prevent wet garbage from spattering dirty water in the summertime, please drain garbage thoroughly.

Garbage will be collected as usual on July 15 (Holiday).

Unburnable Garbage Collection Dates and Areas in July

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

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

The garbage collection dates are different in some areas, so please check the website.

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

City Seibi Kosha (Public Corp.) Tel. 0742-33-878

Information about National Health Insurance

Renewal of Health Insurance Card, from August

New cards for all family members will be sent to householders by the end of July by registered mail.

(Except for those who are covered by late-stage elderly insurance.) If you have an ABSENCE

COMMUNICATIN SLIP (a notice about an undelivered letter), ask the post office about it. Please confirm the contents as soon as you receive it.

Cards valid for a short term or certificates of status might be issued when you are delinquent in insurance payments without special reasons. In that case, you should temporarily pay the full amount when you get medical treatments using these cards or certificates.

Certificate of Eligibility for Ceiling-Amount Application

The present certificate will expire at the end of July. You need to apply to the Kokuho-Nenkin-Ka (National

Health Insurance and Pension Section) if you want one again from August.

Due Date of National Health Insurance Charge

July 15 (Holiday) – 31 (Wed.) is the term for paying your National Insurance charges for July (second term).

Payment can also be paid at convenience stores.

Inquiries: Kokuho-Nenkin-Ka (National Health Insurance and Pension Section) Tel. 0742-34-4991

Cancer Examinations (August)

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

Period: From July 1 (Mon.) to 19 (Fri.). Internet applications will be accepted until July 10 (Wed.).

Free of charge for households on social welfare and/or receiving residence tax exemption.

Please notify us of such when you apply.

Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
1 (Thurs.)	Hagukumi Center	8:45-9:45	33
2 (Fri.)	Nara City Hall (Conference Room No. 3)	9:00-10:00	30
5 (Mon.)	Tsuge Hoken Center	8:30-10:00	30
6 (Tues.)	Tsuge Hoken Center	8:30-10:00	30
7 (Wed.)	Tsuge Hoken Center	8:30-10:00	30
8 (Thurs.)	Hagukumi Center	8:45-9:45	33
19 (Mon.)	Hokubu Shutchosho	9:15-10:15	27
23 (Fri.)	Hagukumi Center	8:45-9:45	33
26 (Mon.)	Hokubu Shutchosho	9:15-10:15	27
27 (Tues.)	Tomigaoka Kominkan	9:30-10:30	26
29 (Thurs.)	Hagukumi Center	8:45-9:45	33
30 (Fri.)	Tomioinami Kominkan	9:15-10:15	27

Lung Cancer Examination

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

Stomach Cancer Examination: X-Ray (including drinking barium on that day)

Lung Cancer Examination: Chest X-Ray

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

600 yen as an additional fee for sputum test based on a general check-up for lung cancer (Postage might need to be paid by applicant)

Those Eligible: 40 years old and/or over. Pregnant women; those who had stomach, lung or intestine surgery or are in treatment; those who have barium sensitivity or had aspiration (lung cancer examination is possible); and those who had an endoscope stomach cancer check by Nara City in the last fiscal year (lung cancer examination is possible) are excluded.

Others: For those who are breast feeding, please notify us of such when you apply. The examination interval is once a year. You may not be able to take the examination depending on your health or questionnaire on that day.

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

Tsuge Hoken Center Tel. 0743-82-0341

Special Allowance for Severely Challenged or Elderly Foreigners / Ex-foreigners **Special Allowance for Severely Challenged Foreigners / Ex-foreigners (20,000 yen/month)**

An allowance for severely challenged foreigners / ex-foreigners who are not entitled to the disability basic pension.

Those Eligible: Foreigners or ex-foreigners who, as of January 1, 1982 had registered their residence in Japan, had already been determined to be severely mentally or physically challenged*(1), and had already reached 20 years of age; however, those who fit into the following categories are excluded: 1) Those who are on public welfare, or receive chugoku zanryu hojin tou shien kyufu - kin (support benefits for Japanese nationals left behind in China), 2) Those who live in social institutions, 3) Those who have been receiving public benefits of 240,000 yen or more annually*(2), and 4) Those who earned more than the limit for the disability basic pension (annual sum) in 2018.

Special Allowance for Elderly Foreigners / Ex-foreigners (20,000 yen/month)

An allowance for elderly foreigners / ex-foreigners who are not entitled to the national pension.

Those Eligible: Foreigners or ex-foreigners who were born before April 1, 1926, and had registered their residence in Japan as of January 1, 1982; however, those who fit into the following categories are excluded: 1) Those who are on public welfare, or receive support benefits for Japanese nationals left behind in China (chugoku zanryu hojin tou shien kyufu - kin), 2) Those who live in social institutions, 3) Those who have been receiving public benefits of 240,000 yen or more annually*(2), 4) Those who earned more than the limit for senior welfare pensions (annual sum) in 2018, and 5) Those who receive a special allowance for severely challenged foreigners / ex-foreigners.

Notes: *(1) Shintai shogaisha techo (Physical Disability Certificate) holders (1 to 3 degrees) or Ryoiku techo (Mental Retardation Certificate) holders (degree A)

*(2) For those who have been receiving public benefits of less than 240,000 yen annually, the amount of the benefits will be subtracted from the special allowance to be paid.

Application

Shogai-Fukushi-Ka (Welfare Section for the Disabled) (Tel.0742-34-4593) for special allowance for severely challenged foreigners / ex-foreigners

Choju-Fukushi-Ka (Welfare Section of the Aged) (Tel. 0742-34-5439) for special allowance for elderly foreigners/ ex-foreigners

Apply to the Section by July 31 (Wed.) with an application form (available at respective sections). The application form should be accompanied by (1) A copy of the residence certificate and (2) Documents that certify the 2018 incomes of you, your spouse and the family member who is responsible for supporting you. Bring your seal with you when applying. Those who have already been receiving this allowance are required to reapply with the required documents including renewal application forms, which will be sent to you.

Those Who Plan to Go Abroad -- Be Careful of Infectious Diseases --

Please check information about infections in the area you will travel to on the website of the Ministry of Foreign Affairs, the Ministry of Health, Labors and Welfare, and Quarantine Stations before your trip.

Consult doctors about possible protective vaccinations well in advance.

Preventive Measures

Main Infectious Diseases Cased by Mosquitoes (malaria, yellow fever, dengue, zika virus, etc.)

Don't expose your skin outside and use mosquito repellent so as not to be bitten by mosquitoes.

Main Infectious Diseases caused by Food and Water (typhoid fever, dysentery, cholera, hepatitis A, etc.)

Don't eat raw or half-raw fish or meat. Be careful of raw water, ice and cut fruits.

Main Infectious Diseases Caused by Other Causes

Rabies: Don't approach animals excessively. A rabies vaccine in advance is effective.

Go to a medical institution immediately if you get bitten.

- **Middle East Respiratory Syndrome (MERS):** It's dangerous to ride on camels, to eat camel meat, to drink camel milk, and to approach camels.

Bird Flu: Don't touch chickens and ducks. Don't go to markets where chickens are sold or to chicken

farms. Wash your hands.

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

Tuberculosis Examinations for Citizens

Date & Time: July 20 (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) July 1 (Mon.) through 19 (Fri.)

Tel. 0742-93-8397

Maternal and Infant Health Care Consultation

Consultation by Visiting Public Health Nurse

Date	Place
July	19 (Fri.) Heijo-Higashi Kominkan *
	24 (Wed.) Keisei Kominkan
	30 (Tues.) Miato Kominkan

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

*Consultation over the phone or at the Boshi Hoken-Ka (Mother and Child Health Section) is available 8:30-17:15 on weekdays.

Consultation by Midwives or Public Health Nurses

Seibu-Kaikan Consultaion room (2F) (Consultation at the room)

Time: 10:00-14:00 on weekdays (acceptable until 13:30)

Boshi-Hoken-Ka (Mother and Child Health Section) (Consultation over phone or at the room)

Time: 9:00-15:00 on weekdays

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

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

Consultation by Visiting Public Health Nurses of Tsuge Health Center

Time: July 16 (Tues.) 10:30-12:00

Place: Dongogaoka Community Ground (former Tahara Nursery School)

*Consultation is available over the phone or at the room of Tsuge Health Center and Tsukigase Health Consultation Center (8:30-17:15 on weekdays)

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

Inquiry: Tsuge Health Center Tel. 0743-82-0341

Japanese Encephalitis Vaccinations will start (For Those Born in July 2016)

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 7 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.

Things to Bring: Preliminary Examination Leaflet, *the Mother's and Child's Health Handbook*, and an ID card such as the Health Insurance Card.

*Please fill in the Preliminary Examination Leaflet with an indelible black ink pen.

This vaccination is available only for children who are registered in Nara City.

Application: Please make an appointment with a registered clinic listed on the Nara City website.

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

Fluoride Application to Prevent Cavities

Those Eligible: Children born in August 2017 (until age 28 months as of the month of coating)

Date & Time: August 23 (Fri.) 9:30-11:30

Place: Central Health Center (Sanjo-Honmachi)

Contents: Tooth check, application of fluoride, tooth brushing instruction

Things to Bring: *Mother's and Child's Health Handbook*, tooth brush, towel

Application: Phone, fax or apply through the City website with the class name, child's name, the date of birth and phone number to Boshi-Hoken-Ka by July 31(Wed.)

Tel. 0742-34-1978 Fax. 0742-34-5155

Classes for Babies

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

Those Eligible: First-born babies born in March 2019 and their guardians

Date & Time: August 7 (Wed.) and 21 (Wed.) 10:00-11:30

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: 32 babies per day

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

Those Eligible: First born babies born in August 2018 and their guardians

Date & Time: August 6 (Tues.) 10:00-11:00

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

Place: Hagukumi Center (Sanjo-Honmachi)

Application: Contact Boshi-Hoken-Ka (Mother-and-Child Health Section) by phone or fax with the class name, address, baby's name, the date of baby's birth, guardian's name, phone number, and date you prefer to come. Excess applications will be accepted for another day. Tel. 0742-34-1978 Fax. 0742-34-5155

Physical Checkups for Babies and Infants

Things to Bring: The questionnaire and *Mother's and Child's Health Handbook*. The questionnaire will be sent by the middle of July. People who moved to Nara City after July 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 Boshi-Hoken-Ka (Mother and Child Health Section). **Inquiries:** Boshi-Hoken-Ka (Mother and Child Health Section) Tel. 0742-34-1978

Type of Checkup (Eligibility)	Date	Place
Checkup for 4-month-old babies born in April 2019	Within one month after 4-month birthday	Designated Medical Facilities in Nara City
Checkup for 10-month-old babies born in October 2018	Within one month after 10-month birthday	Designated Medical Facilities in Nara City
Checkup for 19-month-old children born in December 2017	August 1, 8, 22, 29 (Thursdays) Reception: 13:15 - 14:15 Waiting number cards will be distributed from 12:45	Chuo Hoken Center (Central Health Center)
Checkup for 3 1/2-year-old children born in January 2016	August 6, 20, 27, September 3 (Tuesdays) Reception: 13:15 - 14:15 Waiting number cards will be distributed from 12:45	Chuo Hoken Center (Central Health Center)

Those Who Will Receive Individual Notifications in June

(Notifications were sent in late June)

Booklets of Pre-Examination Sheets for Those Who Were Born in May 2019:

Vaccinations are available when you bring your child's pre-examination booklet, "*Mother's and Child's Health Handbook*", and health insurance card. Refer to Kenko-Zoshin-Ka if you have no pre-examination booklets because of recently moving in Nara.

*Fill in the pre-examination sheets with an indelible black pen.

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

Class for Pregnant Women & Dental Checkup

Mother's & Father's Class

Schedule A	Schedule B	Contents (Eligibility)
August 7 (Wed.)	September 4 (Wed.)	Lecture and talk with experienced mothers (Women in their first pregnancy)
August 10 (Sat.)	September 7 (Sat.)	Bathing practice and lecture (Women in their first pregnancy and their husbands)

*Eligibility: Those who are in the 22nd to 31st week of pregnancy. Each class has a two-day program.

Time: 9:30 – 12:00

Place: Central Health Center (Sanjo-Honmachi)

Capacity: 24 expectant parents for each class

Application: Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone by July 31 (Wed.) for schedule A and August 28 (Wed.) for schedule B. Tel: 0742-34-1978

You may also apply through the city website.

Maternity “Happy” Check (Dental Checkup for Pregnant Women)

Those Eligible: Pregnant women in stable condition, in the approx. 16th to 31st week of pregnancy

Date & Time: (1) August 22 (Thurs.), (2) September 26 (Thurs.) 9:30 - 11:30

Place: Central Health Center (Sanjo-Honmachi)

Contents: Dental checkup, effective tooth brushing, fluoride coating (only for those who want it)

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

Capacity: 30 women

Application: Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone or fax with the class name, date you want to attend, your name, date of birth, phone number, and expected delivery date by August 15 (Thurs.) for schedule (1), or September 19 (Thurs.) for schedule (2).

Tel. 0742-34-1978 Fax 0742-34-5155

Renewal of Qualification Certificates for Medical Expenses Support for Single-parent Families

This qualification certificate will be renewed and a new certificate will be issued due to expiration at the end of July. Those eligible are requested to fill out and return the form which will be sent at the beginning of July. A new certificate will be sent later.

Please apply if you don't have one despite being eligible.

Those Eligible: Single-parent families or those in an equivalent situation living in Nara City, who support a child/children younger than 18 years old, until March 31, 2019 for those who reached 18 this year, and who have health insurance, but not those households receiving welfare benefits.

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

Mottainai Pottery Market

Ceramic tableware which is not used at home can be collected or taken for free.

Items that cannot be collected

Tableware from other cities or which was used for business; ashtrays and flower vases which are not tableware; tableware with food, etc. stuck to it; unglazed pottery and earthen pots; tableware made of glass, plastic, metal or wood; tableware with rubber bottoms and handles (unless removed).

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

Period and Place of Collection in July:

- 1, July 3 (Wed.) at Co - op Oshikuma (Oshikuma - cho)
- 2, July 10 (Wed.) at Co - op Shichijo (Shichijo Nishi-machi)
- 3, July 17 (Wed.) at Hagukumi Center (Sanjo - Honmachi)
- 4, Aug. 7 (Wed.) at Co - op Oshikuma (Oshikuma - cho)

Time: 10:00 - 13:00 Collection is until 12:30

Please bring a reusable bag, etc. for bringing items home.

Bosai Center (Disaster Prevention Center)

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

Ordinary Lifesaving Course

(1) Course of Treatment for Adults (Ordinary Lifesaving Course I)

(2) Course of Treatment for Infants (Ordinary Lifesaving Course III)

Date & Time: July 10 (Wed.), 28 (Sun.), Aug. 14 (Wed.), 25 (Sun.), all 13:00-16:00, for (1)
July 18 (Thurs.), 9:30-12:30 for (2)

Contents: Instructions in cardiopulmonary resuscitation, how to use Automated External defibrillator (AED), etc.

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

Application: Call the Center by the day before each class Tel. 0742-35-1106

First Aid Extension Staff Course

Date & Time: Aug. 7 (Wed.), 8 (Thurs.), and 9 (Fri.), all 9:00-17:00. Must come for all three days.

Contents: Instruction in cardiopulmonary resuscitation, how to use Automated External Defibrillator (AED), hemorrhage suppression, carrying injured persons, etc. Those who complete this course can give ordinary lifesaving courses at workplaces or disaster prevention organizations, as First Aid Extension Staff members.

Capacity: About 30 people, junior high school age or over

Application: Call the Shobo-Kyoku, Kyukyu-Ka, (Emergency Section, Fire Agency) between July 1 and 26 Tel. 0742-35-1190

Weather Fair & Storm Experience

Date & Time: Aug. 3 (Sat.), 9:30-15:30

Contents: Experiencing disasters, making disaster prevention goods, etc.

Things to Bring: for the storm experience, bring separate-type rain gear with a hood, rain boots, and towels

Music Care (Therapy) “Melody Alisa”

Date & Time: (1) July 30 (Tues.) and (2) Aug. 23 (Fri.) 10:30 – 11:30

Place: Naraden Budojo (Horen-Sahoyama 4-chome)

Eligibility: 20 pairs of babies age 0- 4 approximately and their guardians

Instructors: from “Melody Alisa”

Contents: Rhythmic exercise

Application: Send a return postcard to *Naraden Arena with the date (1) or (2) you will come (you can come both days if you want), address, your baby’s name (with *furigana*), age, gender, guardian’s name and phone number no later than July 15 (Mon.). Excess applications will be decided by lottery.

You can bring the return postcard for application directly.

*Naraden Arena: 1-3, Horen Sahoyama 4-chome 630-8108 Tel. 0742-24-1501

Art Experience Class For Children and Parents

-----The First Step Experience of Architecture Design for Children -----

Date & Time: August 4 (Sun.) 13:30 – 16:30

Place: Chubu Kominkan (Kami-Sanjo-cho) Tel.0742-26-6506

Contents: Try to design your favorite architecture and build a paper model (One model per family)

An instructor: Mr. Hiroshi Kuramoto (A member of City Artist Association)

Capacity: 15 families

Children’s age: From fourth graders in elementary school to senior high school students

Elementary school children should be accompanied by their guardians.

Fee: 1,000 yen/ family, 500 yen for material cost

Application: Send a return postcard with the class name, address, your name and children's names, ages, school grade and phone number to Chubu Kominkan (23-4 Kami-Sanjo- cho 630-8228) by July 26 (Fri.).

One class per postcard Excess applications will be decided by lottery.

HEALTH CHECKUPS for FISCAL 2019 (Reiwa Year 1st)

Get to know the state of your body, reflect on your lifestyle, and have a health checkup for early detection of diseases to prevent severe cases.

Specific or Medical Checkups: Please refer to the sample, the green dotted part of the Health Checkups Passport in the Japanese Shimin Dayori (Nara City Information).

For Those Covered by Medical Insurance for the Elderly aged 75 or over

Inquiries: Fukushi-Iryo-Ka (Welfare and Medical Affairs Section) Tel. 0742-34-4754

Items: Period & Those eligible	Contents Fee: 500 yen	Things to Bring	Application	Place
1. Physical Exams: July 1 through the end of Jan. 2020	Inquiry, physical measurements, blood/urine exams, blood pressure check, anemia, ECG(EKG), eye fundus (only for those eligible)	*Checkup Passport *Questionnaire *Health Insurance Certificate	Notices will be sent to those eligible in late June *1	Medical institutes or clinics registered in Nara Prefecture (MNP)

*1 : Those who were insured on April 1 or later will receive the card for physical checkups in July or later.

For Those Covered by National Health Insurance (40 years or over)

Inquiries: Kokuho-Nenkin-Ka (National Health Insurance and National Pension Section) Tel. 0742-34-4736

Items: Period & Those Eligible	Contents: Fee	Things to Bring	Application	Place
2. Specific Physical Exams: July 1 through the end of January, 2020 Those covered by Nara City NHI (40 - 74 years old) as of April 1, 2018. For those who were insured after April 2 and want to receive this exam, please contact the section in charge. *2	Inquiry, physical measurement, blood/urine exams, blood pressure check, anemia, ECG(EKG) for free, Eye fundus (only for those eligible)	*Checkup Passport *Questionnaire *Health Insurance Certificate	Notices will be sent to those eligible in late June.	Medical institutes or clinics registered in Nara Prefecture (MNP)
3. Head MRI Exam: July 1 through the end of March, 2020 Those covered by NHI and accept 2. Special Physical Exam in this fiscal year, and those who have no	Head MRI Exam: 8,100 yen	*Health Insurance Certificate *Results of the specific physical exam *Certificate for	Contact the Kokuho-Nenkin-Ka: July through the end of January, 2020	Nara City General Medical Examination Center (Kashiwagi-cho)

unpaid premiums. Capacity: up to 800 persons in order of application.		Reception		
*2 Those who will become 75 years old by the end of August will receive the card only for physical checkups in July or later.				

*For those covered by insurance other than the above-mentioned two, please ask that insurance company.

*Those who have not joined health insurance (such as welfare recipients) will get the card free of charge.

For those who became welfare recipients on May 22 or later, please contact the

Kenko-Zoshin-Ka (Health Promotion Section) Tel. 0742-34-5129

*For those who are in institutions, Nara City will send notifications only to those who applied. Please contact Fukushi-Iryo-Ka or Kokuho-Nenkin-Ka by phone. * The results of a medical exam will be sent to the person himself from Nara City by mail later. Medical exam passports, which health checkup sheets and forms for various cancer consultations were sent in late of June. They clearly show what kind of medical exams are available for this year. Please see the enclosed list of medical institutions which can provide them and try to take them.

Cancer Exams, etc.

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

Items <Period> Those Eligible *3	Contents <Fee>	Things to Bring	Apply to	Place
(4) Stomach Cancer Exam <May to end of March 2020> Those 40 years old and over.	Interview, stomach x-ray exam (barium exam) <1,000 yen>	Jushin-hyo (Consultation form)	Kenko-Zoshin-Ka	Group exam (exam cars will stop at 18 places in Nara City)
(5) Lung Cancer Exam <May to end of March 2020> Those 40 years old and over.	Interview, chest x-ray exam <500 yen>, sputum test (only if necessary, extra600yen)			
(6) Stomach Cancer Endoscopic Exam (July to end of Feb. 2020) Those aged 50, 52, 54, 56, 58, and 60.	Interview, stomach endoscopic exam (4,000 yen)	Jushin-hyo (Medical Exam Passport)	Notices will be sent to those eligible (in late June)	MNC (Medical institutions or clinics registered in Nara City)
(7) Bowel Cancer Exam (July to end of Feb. 2020) Those 40 years old and over	Interview, fecal occult blood test (1,000 yen)			
(8) Uterine Cancer Exam (July to end of Feb. 2020) Women 20 years old and over who are even-numbered ages (Those with odd-numbered ages who did not have the exam last year, please apply).	Interview, ocular inspection, cyto-diagnosis (2,000 yen) *Those who are 20 years old as of April 1, 2019 can use free tickets.			

(9) Breast Cancer Exam 〈July to end of Feb. 2020〉 Women 40 years old and over who are even-numbered ages (Those with odd-numbered ages who did not have the exam last year, please apply.).	Interview, breast x-ray exam (mammography) 〈2,000 yen〉 *Those who are 20 years old as of April 1, 2019 can use free tickets.			MNC
(10) Osteoporosis Exam (July to end of Feb.2020) Women aged 40,45 45, 50, 55, 60, 65, and 70.	Interview, bone mineral testing (DXA) (1,200 yen)			
(11) Periodontal Diseases Exam (July to end of Feb. 2020) Those aged 40, 50, 60, and 70.	Interview, periodontal tissue testing (1,000 yen)			MNC (dentists)
(12) Hepatitis Exam (July to end of Feb. 2020) • Those 40 years old. • Those 41 years old and over who have never had the hepatitis virus exam.	Hepatitis Virus C Exam (HCV antibody test), Hepatitis Virus B Exam (HBs antigen test). Selectable, 〈Free of charge〉 Those not eligible but who have concerns about hepatitis virus B/C can apply for B & C exams regardless of the period. Call Hoken-Yobo-Ka (Tel 0742-93-8397)	Those aged 40: Bring <i>Jushin-hyo</i> (Medical Exam Passport). Those aged 41and over: Bring Hepatitis Virus Medical Exam Sheet	Notices will be sent to those aged 41 and over; apply to Kenko-Zoshin-Ka (Health Promotion Section)	
(13) Stomach Cancer Risk Exam 〈July to end of Feb. 2020〉 Those aged 40, 45, 50.	Interview, blood exam 〈Fee: Depending on each institute. Nara City points given, up to 3,000 yen as exam fee.〉	Stomach Cancer Risk Medical Exam Sheet	Kenko-Zoshin-Ka (Health Promotion Section)	MNC
(14) Lung Cancer Low Dose CT Exam 〈July to end of Feb. 2020〉 Those aged 50 and 60.	Interview, chest low dose CT scan 〈6,000 yen. 5,000 yen for those who had Stomach Endoscopic Exam in the same year.〉	Lung Cancer Low Dose CT Exam Sheet		

*3 : Age as of March 31, 2020 * 4 : Those who are 65 years old or over may get exams for tuberculosis.

Please contact Hoken-Yobo-Ka Tel. 0742-93-8397

Exemptions for Various Cancer Exams:

Exams (4) to (11) are free for those who apply as city-tax exemption, etc. as of 10 days beforehand.

(Submission online is possible.) Those who submit the application from will be sent the Medical Exam Passport with Free Exemption. No refunds are available. Please refer to the Japanese Nara City Information for Residents for a sample of the examination passport.

In All Precincts of Nara City Hall Smoking Will Be Prohibited

Let's Aim to Be Society Without Passive Smoking!

A revised Health Promotion Method will be enforced from July 1st, 2019, which will ban smoking within schools, hospitals and government offices etc. in order to prevent undesirable passive smoking.

Accordingly, the main building of City Hall will prohibit smoking on the entire site from July 1st, 2019. Passive smoking is detrimental to the health of not only children but also adults who visit City Hall. We ask for your understanding and cooperation.

Inquiries: About nonsmoking at City Hall; Somu-Ka (General Affairs Section) Tel. 0742-34-4999

About nonsmoking at other municipal offices; Control Section at each office

About the Revised Health Promotion Method law (Measures against passive smoking);

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

