

・ COVID-19 Related Information ・

Currently, the city hall is working on staggered commuting and decentralized work in order to reduce the risk of infection among employees and maintain the administrative functions required by citizens.

COVID-19 Contact confirmation application "COCOA"

しんがたころなういるすせつしよくかくにんあぶり
(新型コロナウイルス接触確認アプリ「COCOA」)

By using the smart phone application "COCOA", which is distributed free of charge by the Ministry of Health, Labor and Welfare, you can be notified of the possibility of contact with a person who has tested positive for COVID-19.

By knowing that you have been in contact with a person who is COVID-19 positive, you can receive support from the health center such as receiving a test as soon as possible. It is expected that an increase in the number of users of the COCOA application will lead to infection prevention.

Inquiries: Ministry of Health, Labor and Welfare
telephone consultation
counter Tel: 0120-565-653
(From 9:00 am~9:00pm)



Please use this QR code to download the application.



The application will notify anyone who may have had close contact with a COVID-19 positive person within the last 14 days.

Number of infected people by age in the city

しな い ねんれいべつかんせんしゃすう
市内の年齢別感染者数 (as of February 17)

Age categories (in years)	Under 10	10-19	20s	30s	40s	50s	60s	70s	80s	Over 90	
Number of people	9	26	39	19	40	32	29	14	25	13	246
Percentage (%)	4	10	16	8	16	13	13	5	10	5	100

We have installed a "book sterilizer" to disinfect books

ほん しやうどく としよじよきんき せつち
(本を消毒する「図書除菌機」を設置しました)

As a measure against COVID-19 infectious disease in the library, we have installed a "book sterilizer" near the entrance where users can disinfect books by themselves.

The book sterilizer sterilizes books with ultraviolet rays and blows air on the books to remove dust and odors. The disinfection time is about 30 seconds, and up to 6 books can be processed at one time, so please use it when you



borrow a book.

Book sterilizers are installed only in the library, not in each center.

(Request when using)

Only library books can be disinfected. Do not insert audiovisual materials such as CDs and DVDs. Do not disinfect books or other items brought in from home as they will affect the useful life of the sterilizer.

Inquiries: Library Tel.047- 492-1122

- Prefectural and municipal systems for COVID-19 -

(COVID-19 に関する県や市の制度)

1. There is a cooperation fee for restaurants that cooperated in shortening business hours

In order to prevent the spread of the COVID-19 infection, the "Chiba Prefecture Infection Prevention Measures Cooperation Fund" will be provided to restaurants that have shortened their business hours at the request of the prefecture.

For details, please check the Chiba Prefecture homepage.

Reception period: Until Wednesday, March 10

Inquiries: Chiba Prefecture Infection Prevention Cooperation Center Tel.0570-003894 (Daily 9:00am-6:00pm)

* There are also support measures such as the Ministry of Economy, Trade and Industry's

"Temporary support money (tentative name) for businesses affected by refraining from going out due to the state of emergency", for businesses that have business dealings with restaurants that are open for shorter hours.

For details, please check the website of the Ministry of Economy, Trade and Industry.



Ministry of Economy, Trade and Industry QR code



Chiba Prefecture Infection Spread Prevention Measure Cooperation Fund QR code

2. You can get a PCR test for elderly people for 5,000 yen.

A polymerase chain reaction (PCR) test is a way of testing citizens for COVID-19.

Target: Citizens who fall under (1) or (2) below, and employees or new employees of offices in the city that provide nursing care and disability welfare services specified by the city

(1) Elderly people aged 65 years and over (2) Those with underlying diseases under 64 years of age (diseases recognized by the government as a risk factor for serious illness)

* People with underlying illnesses need to be certified by a doctor when submitting the application form (located at the Health Division window, medical institution, or city homepage).

Implemented medical institutions are as shown in the table below.

Medical institutions	Telephone Number
Shiroi Seijinkai Hospital (Direct to the Health Checkup Center)	047-491-7596 (9:00 am ~ 5:00 pm) Excluding Sundays and national holidays
Hokuso Shiroi Hospital	047-492-1001 (Medical hours)

Chiba Shiroi Hospital	047-497-6800 (9:00 am ~ 5:00 pm) Except Tuesdays and Sundays
Sakuradai Medical Clinic	047-491-6668 (9:00 am ~ 5:00 pm)
New Town Clinic	047-491-8051 (3:30 pm ~ 5:00 pm) Monday, Wednesday - Saturday

* It may be canceled or suspended due to a communication from the prefecture.

Number of times: Up to 1 time per person

Period: Until March 31, 2021

Cost: ¥5,000 (additional cost may be incurred)

Applications: Please make a reservation at each implementation medical institution

Inquiries: Health Division Tel.047-497-3495

COVID-19 Consultation for Foreigners

(外国人のための新型コロナ相談)

A life consultation center for foreign residents has been set up in Tokyo. The center accepts various consultations by foreign residents such as, anxieties about spreading COVID-19 and its effects on daily life.

Name of the center: Tokyo Coronavirus Support Center for Foreign Residents

Time (except Saturday, Sunday and National Holidays) 10:00 am ~ 5:00 pm
Tel. 0120-296-004

This year, 10 years after the Great East Japan Earthquake, let's think about disaster prevention once again.

(ことし ひがしにほんだいいしんさい ねん いまいちどぼうさい かんが (今年で東日本大震災から10年、今一度防災について考えよう))

Knowledge in the event of a disaster: Do not start moving unnecessarily and stay calm

In the event of a large-scale disaster, public transportation may stop and it will be difficult to return home.

If many people start returning home on foot at the same time, there is a risk of injury due to fires or falling objects from buildings along the road, and there is a risk of hindering rescue and emergency activities that should be prioritized in the event of a disaster.

"Do not start moving unexpectedly" in the event of a disaster

- First of all, ensure your own safety.
- Stay in a safe place at work or in a customer-attracting facility.
- Check the safety of your family with a disaster message service.
- Get traffic information and damage information.

Things to prepare on a daily basis

- Discuss in advance how to confirm the safety of family members and where to meet after a disaster.
- Prepare easy-to-walk-in sneakers, flashlights, gloves, mobile batteries, drinking water, etc. at work.
- Check the status of the return route on foot or by bus.
- Carry a portable radio or map with you.
- Check convenience stores and gas stations on the return route. (Water, toilets and traffic information can be provided.)

Inquiries: Crisis Management Division Tel.047-401-4650

Disaster message dial: Tel. 171

You can register your own safety by voice.

Experience is available on the 1st and 15th of every month. Experience it at home once.



If you have any problems in your life, please consult with us.

(せいけつ こま ひと そうだん (生活に困りごとのある人は相談してください。))

We will respond to consultations from people who are worried about their lives due to the spread of the COVID-19 infection. This includes:

- Income reduction due to unemployment and leave, and households are struggling ...
- Job hunting does not go well ...
- Being afraid of infection and not knowing how to live ...
- Family relationships are deteriorating due to stress ...
- There is no one you feel you can consult ...
- You want to know about life protection ...

The contents of the consultation is strictly confidentiality, so please consult with confidence.

Time: Weekdays 8:30 am to 5:15 pm

Inquiries: Shiroy City Life and Work Support Center
Tel: 497-3650

Social Welfare Division Tel: 047-497-3941

Housing security benefit (rent equivalent: with upper limit)

We will provide a rental housing equivalent to the rent (with an upper limit) for a certain period of time to those who have lost or are at risk of losing their housing due to turnover, closure, or unavoidable leave of absence due to job hunting requirements.

Target: Those who can expect employment independence and meet the following conditions:

- People who have left or finished their jobs within the past 2 years
- People who are in the same situation as leaving their jobs due to a decrease in income due to unavoidable leave as a result of the effects of COVID-19.

Asset / income requirements: There are requirements for assets and income depending on the number of households. Please contact us for details.

Inquiries: Shiroy City Living and Work Support Center Tel: 047-497-3650

March is suicide prevention strengthening month

がっ じさつたいさくきょうかげっかん
(3月は自殺対策強化月間です)

In March, social positions and living environments such as employment, job transfer, advancement, and further education are likely to change, and even if it is a happy event, it is easy to feel stressed.

If you feel trouble or suffering that you feel you can't solve on your own, or if you feel depressed for a long time, talk to someone first. Talk about your feelings to family, friends, or consulting or medical institutions.

When anxiety and depression increase due to repeated exposure to information about COVID-19, it is recommended you limit your viewing time of such information.

Main consultation desks:

- Mental Health Consultation Dial
Tel: 0570-064-556
- Yorisoi Hotline
Tel: 0120-279-338 (24 hours, call free)
- Chiba Prefecture Child and Parent Support Center Tel: 0120-415-446 (24 hours free in the prefecture)



Inquiries: Health Section Tel. 047-497-3495

Vaccination of measles and rubella vaccine

ま ふう よ ぼうせつしゅ
(麻疹・風しんの予防接種)

Have you finished the vaccination of measles and rubella vaccine (MR) for children? Families that have not finished it are requested to do so early.

Deadline: Until March 31 (Tue), 2021

Target: Persons born between April 2, 2014 and April 1, 2015

Inquiries: Health Section Tel. 047-497-3495

Partial subsidy for the cost of vaccination of rubella vaccine (including MR)

ふう よ ぼうせつしゅ ひ よう いちぶじょせい
(風しん予防接種費用の一部助成)

If a pregnant woman is infected by rubella, her fetus may be impacted by deafness, heart disease, etc. So, the city will subsidize part of the vaccination cost for rubella.

Target: Citizens falling under the following conditions ① or ② and the result of an antibody test was negative or undecidable.

- ① Woman who wants to be pregnant and those who live with her.
- ② Pregnant woman and those who live with her.

Targeted vaccination: Vaccination of rubella vaccine or measles and rubella vaccine (MR) after April 1, 2020

Amount of subsidy: Half of the vaccination cost (There is an upper limit. One time only per person.)

Applications: Please apply at the window of the Health Section (Tel. 047-497-3495) by March 31, 2021 with the following documents; ① Result of the antibody test ② Receipt (original) of the cost of antibody test ③ Information of bank transfer account

Notice of discontinuation of Shiroi Bulletin

えいごばんこうほうし ほっこうしゅうりょう
(英語版広報紙Shiroi Bulletin発行終了)

Shiroi Bulletin has introduced events, announcements of the city, etc. in English for more than 20 years. During this period, people from abroad whose mother language is not English have increased and a multilingual translation system was introduced in the city's home page. So, we

are sorry to discontinue Shiroi Bulletin. This March issue will be the last one. We thank you for your continued support over the past years.

Inquiries: Planning and Policy Section
Tel. 047-401-5998

Let's get up to ¥5,000 worth of My Number Points with My Number Card!

まいなポイント じょうげん えんぶん ぽいんと もらおう
(マイナポイントで上限5000円分のポイントを貰おう)

Points that can be used for your favorite cashless payment



What you need to get **My Number Points**



+



+



1. My Number Card 2. 4-digit password(PIN) 3. Payment service ID and security code

Important Notices

The **My Number Points** system has been extended until the end of September 2021.

All of the following conditions must be met in order to receive **My Number Points**.

1. Apply for My Number Card by the end of March 2021.
2. Make reservations and applications for **My Number Points** by the end of September 2021.
3. Charge or shop with the cashless payment service of your choice by the end of September 2021. (The upper limit for points is 20,000 yen)

- * My number card is required for procedure 2.
- * You will not receive points even if you charge or shop before the procedure 2.

Notice of extension of the period covered by the **My Number Point** procedure

The initial target period for **My Number Points** was until March 31, 2021, but for those who applied for My Number Card by the end of March, some settlement companies (to be announced in the future) will extend the period to September 30. After making a reservation and application for **My Number Points** by the date, if you charge or shop, **My Number Points** will be given by the country.

It is expected that applications for My Number Card will be higher around the end of March 2021. We recommend that you apply early.

Inquiries: General Affairs Division Tel: 047-401-5974

How to apply for My Number Card.

*** We are sending the grant application by the end of March.**

The government is sending grant applications in sequence to those who have not applied for My Number Card. If you have not received the application form and are in a hurry to apply, the city can also issue it, so please contact us.

*** You can apply anytime, anywhere from your computer or smart phone.**

You can easily apply by using the QR code printed on the application form.

*** The Citizens Division will support your application.**

If you are not sure how to apply, please feel free to contact us as the Citizen's Division will support you.

Inquiries: Citizen's Division Tel. 047-401-3846

How to receive My Number Card.

*** The city will notify you as soon as the card is ready.**

We will inform you by postcard of the delivery notice. When you receive it, please bring your identity verification documents (driver's license, etc.), a postcard of the issuance notice, and if you have one, your personal number notification card.

*** Please come to the counter of the Citizen's Division of the city hall.**

In principle, it will be handed to you at the Citizen's Division counter from 8:30 am to 5:15 pm on weekdays, the second Saturday of every month, or the last Sunday (9:00 am to 12:00 pm).

Inquiries: Citizen's Division Tel. 047-401-3846

My Number Card is safe.

*** There is no personal information on the card.**

It does not contain highly private information such as tax amount or deposit balance.

*** Since it has a facial identification photo, it cannot be used by anyone else.**

【End】 Partial subsidy for the cost of thyroid ultrasonic scan

こうじょうせん え こ ー けん さ ひ よう いち ぶじょせい しゅうりょう
(甲状腺エコー検査費用の一部助成の終了について)

The city will partially subsidize the cost of thyroid ultrasonic scans to mitigate citizens' concern about the initial exposure to radioactive materials at the time of the Fukushima No. 1 power plant accident. The subsidy will end on March 31, 2021 (The cost of ultrasonic scan on the day will be subsidized). Please be careful that your application for a subsidy is good for a year after the date of payment.

(Contents of subsidy)

Target: Persons who were born between April 2, 1992 and April 1, 2011, and who were registered as a resident in Shiroy city at the time of the accident and

ultrasonic scan. Persons who are currently receiving treatment for thyroid disease are not eligible.

Target of subsidy: The co-payment paid for the ultrasonic scan before March 31, 2021.

Amount of subsidy: Half of the cost for the scan (Max. 3,000 yen) Full cost (Max. 6,000 yen) for persons who receive livelihood protection expenses.

Number of times of subsidy: Once per year

Applications: Within one year after the payment of the cost of the scan.

Inquiries: Health Section Tel. 047-497-3495

Recommended recipe with plenty of vegetables



(やさいたっぷりおすすめレシピ)

2. Put the salad oil in a skillet and heat it. Put in beaten eggs and heat with medium heat. Take out the egg when it is soft-boiled.
3. Put the sesame oil in the same skillet as used in 2. and heat it. Stir-fry the bean sprouts and shimeji mushrooms.
4. Put condiments and Chinese chives in 3. and stir-fry.
5. When Chinese chives become soft, put 2. in and continue stir-frying.



Stir-fry of Chinese chive and bean sprout with fluffy egg

たまご にら もやし いため
(ふわふわ卵のニラもやし炒め)

Ingredients: (for 2 people)

Eggs: 2, Chinese chives: 1 bunch, Bean sprouts: 1 bag, Shimeji mushroom: 1/2 bag, Salad oil: 1 tablespoon, Sesame oil: 1 tablespoon

Condiments: Oyster sauce: 1 teaspoon, Chicken broth mix: 1 teaspoon, Sugar: a little

Recipe:

1. Cut Chinese chives into 4 cm pieces. Separate mushrooms of shimeji mushroom after cutting off the stem.

A word from the staff for the promotion of improved eating habits

The flavor of sesame oil and deep taste of oyster sauce enhance the original taste of the vegetables. So, the dish stirs up your appetite. Tips for making the eggs fluffy are 1) heat the skillet enough, 2) Don't heat too much after returning the soft-boiled egg into the vegetables. Please try at your home.

For 1 person: 230 kcal, Salt equivalent: 1.3 g
Volume of vegetables: 215 g (350 g is the target volume of vegetables per day)

Cooking time: 15 min

(Registered dietitian, working for Health Section)

Planetarium (ぶらねたりうむかん (プラネタリウム館) Tel. 047-492-1125

Item	Program	Date	Charge
Kids show: Roy Hour	Live commentary of the seasonal constellations and "Our space travel" (about 45 minutes)	Saturday and Sunday Wed. ~ Sun. (During spring vacation): 11:30 am	Shiroi citizen adults: ¥280 High school students and younger: ¥110 Non Shiroi citizens Adults: ¥350 High school students and younger: ¥160 Tickets are sold 30 minutes before the show. (Capacity: 30 people each time)
Projection for the general public	Life in space (about 45 minutes) (Introducing the topics of seasonal constellations and astronomy. Full length commentary)	Saturday and Sunday Wed. ~ Sun. (During spring vacation): 3:00 pm Content on 6 th (Sat) is different	
Platinum hour	Storytelling about "Calendar" with good familiar music (about 45 minutes)	4 th (Thu) 11:00 am	
Special projection (for adults) "With starry sky, farther than a star"	This work will keep the memory of the starry sky at the time of disaster, let us feel the power of stars and the starry sky, and encourage us with their power. Work of Sendai City Astronomical Observatory (45 minutes)	With starry sky 11 th (Thu) 2:30 pm Farther than a star 6 th (Sat) 3:00 pm 11 th (Thu) 4:00 pm	Free Numbered tickets will be distributed from 30 minutes before the show time (30 people each time)
Star viewing meeting	After the starry sky commentary at the dome, you can see Orion Nebula, Praesepe (Beehive) Star Cluster, etc. (about 60 minutes) Target: Elementary school students and above Only the explanation in the dome (about 45 minutes) will be held in the case of rain or cloudy weather.	13 th (Sat) 6:30 pm	Adults: ¥200 Free for high school students and younger Telephone reservation is required. Reservations will be accepted from 2 nd (Tue), 9:00 am (Capacity: 30 people)

* Projection during spring vacation: March 24 (Wed) ~ April 4 (Sun)

Museum of Hometown History (きょうどしりょうかん (郷土資料館) Tel. 047-492-1124

Program	Contents	Date	Admission
Permanent Exhibition "History of Shiroi"	Introduction of Shiroi from primitive and ancient era to modern times	Tues. ~ Sun. 9:00 am ~ 5:00 pm	Free
Repaired old documents exhibition	Introduction of the movement of people and money in Kiyoto		
The 3 rd Lecture on Local History "New facts about Dr. Matsuda Chutei who lived in Kiyoto"	How Dr. Matsuda lived in Kiyoto villages as a medical doctor in the Edo period	18 th (Thu) 1:30 pm ~ 2:30 pm 30 people (reservation required) * Venue: Kaori Hall, 2 nd floor	

Opening hours:

Tuesday: 9:30 a.m. ~ 7:00 p.m.

Wed. ~ Sun and National Holidays:

9:30 a.m. ~ 5:00 p.m.

* The museum will be closed on Thursday 25th for the arrangement of books, etc.

* "Ohanashi-kai" and Parent-Child Ohanashi-kai" will be cancelled for the time being.

Library Exhibition Corner (February ~ March)

As of March 11th, 10 years have passed since the great earthquake that caused extensive damage.

We will convey the memories and lessons learned from the disaster to future generations, prepare for future disasters and think about what we can do now.

* In the exhibition corner near the library counter, books are displayed by each season and current event.

Japanese Class for Foreign Residents

がいこくじん にほんごきょうしつ
(外国人のための日本語教室)

Participants: Foreign residents or those working in Shiroi City

Lesson fee: 1,000 yen (Not including texts)

Instructor: International Friendship Association of Shiroi

《Daytime Class》

Time and Date: Every Friday
from 10:00am till noon

Place: 1st and 3rd Friday –
Shiroy Ekimae Center (1-2-2,
Horigome, Shiroy-City)

2nd, 4th and 5th Friday – Nishishiroi Fukugo
Center (1-2-1, Shimizuguchi, Shiroy-City)

Inquiries and applications:

Mr. Yoshida Tel. 047-491-0791



《Nighttime Class》

Time and Date:

Every Wednesday

from 7:20pm till 8:50pm

Place: Nishishiroi Fukugo Center
(1-2-1, Shimizuguchi, Shiroy-City)

Inquiries and applications:

Mr. Soda Tel. 047-442-2380



Helpline for Foreigners

(よりそいホットライン)

Yoriso Hotline (Helpline for Foreigners) is open 24 hours a day to find ways to solve various issues for foreigners living in Japan, such as life, health, status of residence and work.

Supported languages

: English, Chinese, Korean, Vietnamese,
Tagalog, Portuguese, Nepali, Indonesian, Thai,
Spanish

Toll-free number: 0120-279-338

*Please call this toll-free number and press 2 after the guidance in Japanese.

Shiroy City Advisory Service for Foreign Residents

しろいしがいこくじんそうだんまどぐち
(白井市外国人相談窓口)

Shiroy City operates an advisory service to help foreign residents living within Shiroy City solve questions and obtain information related to daily life, city administration, facilities etc.

Reservation by telephone is necessary.

Tel. 047-492-1111 (ext.3355)

Language: English (Other languages could be available)

Date and Time: Will be decided when you reserve by telephone.

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