

Notice of discontinuation or postponement of various health examinations associated with COVID-19 infection

(新型コロナウイルス感染症に伴う各種健(検)診の中止または延期のお知らせ)

Name of Examinations	Group health examination Conducted at health and welfare centers	Individual health examination Conducted at individual medical institutions
Gastric cancer examination	Scheduled to be held from November to December	
Colorectal cancer examination		
Cervical Cancer examination	All schedules canceled	From Saturday, August 1, 2020 to the end of January 2021, the program will be held at contracted medical institutions. *Please refer to the information enclosed in the questionnaire for medical institutions.
Breast Cancer examination		
Specific health checkups		
Health checkup for the elderly		
Prostate cancer examination		
Hepatitis inspection	All schedules canceled	
Lung cancer examination	Scheduled to be held from September to October.	

If you have applied in advance or have visited a doctor in the past two years, we will send you a questionnaire before implementation, so please check the enclosed information for details.

Depending on the situation of COVID-19 infection in the future, the group health examination scheduled at the present time may be canceled.

Request for individual health examination

- If you are going to have an individual health examination at a medical institution, please check whether or not you have made a medical appointment with each guide before you visit.
- Do not take a medical examination if any of the following apply:
 - Currently have fever, cold symptoms (cough, sore throat, fatigue, headache, etc.), odor and taste disorders.

- Have had fever and cold symptoms (cough, sore throat, malaise, headache, etc.) within the past two weeks.

- Within the past two weeks, have had contact with people infected with the COVID-19 and those who are suspected of being infected (cohabitants, including fever in the workplace).

- Within the past two weeks, have a travel history to an area where the infection is spreading and overseas.

- Elderly people, people with chronic diseases such as diabetes, heart disease, respiratory tract infections, etc., please consider seeing a doctor based on the situation of the infectious disease outbreak, etc.

Inquiries: Health Dept. ☎ 047-497-3495

Let's prevent food poisoning.

しよくちゆうどく ふうせ
(食中毒を防ぎましょう)

From the rainy season to the summer, during this warm and humid season, food poisoning is more likely to occur because the growth of bacteria that causes food poisoning becomes "Poisoning Prevention", which is the basis for the prevention of bacterial food poisoning and prevention of food poisoning.



Three principles for preventing food poisoning:

"No germs"

"Don't increase"

"Beat"

"No germs"

- Wash your hands carefully with soap before cooking or eating.

- Cutting boards and kitchen knives used for meat and fish are used separately from vegetables.



"Don't increase"

- Put food in the refrigerator or freezer as soon as you bring it home.

- Refrigerator is 10°C or less, the freezer is kept below -15°C, so as not to overpack.

"Beat"

- Meat and fish are fully heated. The standard of heating is heated for more than 1 minute at a temperature of 75°C. in the center.

Inquiries: Health

Department ☎047-497-3494

There will be a charge for plastic bags from July 1, 2020

れ じ ぶくろゆうりようか ねん がつ にち す た ー と
(レジ袋有料化2020年7月1日スタート)

From July 1, 2020, there will be a charge for plastic shopping bags nationwide. This is because, by paying for a plastic bag that we usually get casually, you are asked to think about whether it is really necessary, and it is an opportunity to review



your lifestyle and carry an eco-bag around triggered by the charge for plastic shopping bags.

[Contact information about the charge for plastic bags]

For consumers: ☎0570-080180

For Business Operators: ☎0570-000930

Beware!

Invasive Alien Species are also found in Shiroy

(気を付けて！白井にもいる“特定外来生物”)

【What is an alien (or exotic) species?】

Alien species are creatures that are newly brought to an area by human activities.

Among alien species, those that are severely damaging the life and body of humans, agriculture, forestry and fisheries are designated as “invasive alien species” by the Invasive Alien Species Act.

It is prohibited by law to breed, cultivate, preserve, transport, import and sell invasive alien species. It is also prohibited to release, plant or seed the species

【Snapping Turtle】

It lives in water with aquatic plants and sunk trees where it is easy for the turtle to hide. It is nocturnal and looks for foods at night and early in the morning along riverbanks and sediments in waters.

It is omnivorous and catches various creatures to eat, greatly affecting the conventional ecosystem of fish and amphibians.

Snapping turtle is rough tempered and can move quickly. In water, it runs away upon seeing the silhouette of people but when it is on shore, it is cautious with its long neck and

has a habit of biting anything approaching it

instantaneously to protect itself. Never try to touch or catch it.

If you should find it, please inform Environment Section of the city!

【Coreopsis lanceolata】

Between May and July, we see vivid yellow flowers with diameters of 5-7 cm. on the road side in the city. The Ministry of Health designated the weed as an “invasive alien species” because it may cause mal-effects on the Japanese ecosystem. It is prohibited to cultivate, transport, sell or damp the weed. If you find it in your backyard etc. please root them out carefully so as not to spread the seeds.

Don't bring back the weed or use it for your gardening even though the flower looks beautiful.



【Caution when you get rid of the weed】

Root out the weeds and put them in a garbage bag on the spot. Leave the bag for a few days till the weed dies and dispose of it as combustible trash. Please beware that the transportation of live invasive species is banned by the Invasive Alien Species Act.

It is effective to eradicate the weeds from roots before seeds are produced. If roots are left, they will grow again in the following year.

Coreopsis lanceolata is a perennial weed and it is highly possible that the weed

will grow on the same area in the following year.

Please do not burn or bury them at home.

**Inquiries:
Environment
Section ☎047-
401-5409**



Application for Exemption of National Pension Premium

こくみんねんきんほけんりょうめんじょしんせい う つ
(国民年金保険料免除申請の受け付け)

If it is difficult to pay the NHI premium due to economic reasons such as unemployment or the effect of the COVID-19 pandemic, you may be exempt or may be deferred from payment depending on the application.

Applications for exemption or deferral will be accepted by the Insurance and Pension Division from July 1st and will be examined by the Japan Pension Service.

The target period is based on July 2020. You can apply back every year up to 2 years and 1 month ago.

► Items required for application:

- ① Application form (available on city website)

- ② Identification card (driver's license, etc.)

- ③ My number or certificate with basic pension number

- ④ Documents proving unemployment issued by public institutions (such as employment insurance eligibility certificate) for unemployed people, income petition for persons affected by the COVID-19.

Inquiries: Japan Pension Service,

Funabashi Pension Office: ☎047-424-8811,

Insurance and Pension Division: ☎047-401-3942

National Health Insurance (NHI) & Latter-Stage Elderly Medical Care System (LEMC)

こくみんけんこうほけん こくほ こうきこうれいしゃいりょうせいど
(国民健康保険 (国保) と後期高齢者医療制度)

National Health Insurance

► Renewal of insurance certificates

The new insurance certificates to be used from August 1 will be sent by household basis at the end of July by registered mail.

► Renewal of NHI certificate combined with the insurance for the aged

The insurance certificate for elderly persons between 70 ~ 74 years old and the insurance certificate of NHI are combined. Percentage of out-of-pocket expenses according to income, etc. is listed in the lower right corner of your insurance card.

► You may be able to change your copayment ratio.

The copayment rate of a person (between 70 and 74 years old) who was requested to pay 30% will be reduced to 20% by application if the person satisfies any one of the following conditions.

Please confirm that the person who seems to be applicable was notified at the end of June.

- In the household, there is only one insured of NHI who is between 70 and 74 years old and the income is less than ¥ 3,830,000 a year.

- In the household, there are more than two (2) persons insured with NHI who are between 70 and 74 years old and their total income is less than ¥ 5,200,000 a year.

- In the household, there is only one insured with NHI between 70 and 74 years old. The total income of the applicant and those who moved from NHI to LEMC in the same household is less than ¥5,200,000 a year.

► We will send you the payment notice of NHI tax.

We will inform you of the tax amount from mid-late July. If you received the payment slip, please pay by July 31st.

Latter-Stage Elderly Medical Care

System (LEMC) (over 75 years old)

► Renewal of insured person's LEMC card (insurance card)

New LEMC card from August 1 will be shipped separately in late July.

The percentage of copayment rate according to income, etc. is listed below right of the LEMC insurance card.

► **You may be able to change your copayment ratio.**

The rate of a person who was requested to pay 30% will be reduced to 10% by application if the person satisfies any one of the following conditions.

Please confirm that the person who seems to be applicable was notified at the end of June.

- In the household, there is only one insured of LEMC who is between 70 and 74 years old and their income is less than ¥ 3,830,000 a year.
- In the household, there are more than two (2) insured of LEMC who are between 70 and 74 years old and the total income is less than ¥ 5,200,000 a year.
- The total annual income of households, including those with LEMC, is less than ¥ 5,200,000 a year.

► **We will send you the payment notice of LEMC premiums.**

We will inform you of the amount from mid-late July. If you received the payment slip, please pay by July 31.

► **You can pay insurance premiums at a convenience store.**

You can pay at any convenience stores listed on the back of the payment slip.

When high medical expenses are expected...

► **Certify the limit of medical expenses**

If you present the limit application certificate at the hospital, the medical expenses will be limited to the maximum amount according to your income.

For details, please check the information enclosed with your insurance card.

► **Renewal of certificates**

The certificate currently issued is valid on July 31.

From August 1, a new certificate must be presented. If you are a NHI subscriber and still

need certification, you will need to apply again.

If you are a LEMC subscriber and have already certified, we will send you a new certificate along with your NHI card. Please present your new certificate from August 1.

Insurance taxes and insurance

premiums will be reduced if the

following households are recognized

under the influence of the COVID-19.

► **Eligible households (one of the following)**

Full waiver

Households whose main livelihood suffered death or serious injury (about 1 month to heal) due to COVID-19 infection

Partial exemption

Households whose income (either by business, real estate, forestry, salary type) is expected to decrease by more than 30% compared to the previous year due to COVID-19.

*If any of the following applies, it will not be eligible.

- The total income of the main livelihood keepers in the previous year is ¥10,000,000 or more.
- The total amount of income other than the type expected to decrease the main livelihood keepers is ¥4,000,000 or more.

► **Insurance taxes and insurance premiums subject to exemption**

As a general rule, insurance taxes and premiums due from February 1, 2020 to March 31, 2021 are eligible.

► **How to apply**

Please submit the application form (located on the city website) by Wednesday, March 31, 2021 by mail or at the counter with the necessary documents.

Inquiries: Insurance and Pension Division

☎ **047-401-3918**

Census こくせいちょうさ (国勢調査)

The census is the most basic and important survey of the country for everyone and households living in the country.

This year, 100 years after the start, we will conduct a survey on the basis of Thursday, October 1, 2020.

You can answer by pc or smartphone, and submit a questionnaire by mail.

- Due to the spread of the new coronavirus infection, the investigation method and schedule may be changed.
- Please be careful of any "fake survey" pretending to be a census researcher

NOTICE FOR PREMIUM OF NURSING CARE INSURANCE

(PNCI) (介護保険料のお知らせ)

PNCI is a system that is made to secure the livelihood of people needing nursing care by providing financial support to those people. The revenue sources for PNCI include the premium from insured persons, public expenses from the nation, prefecture and city, and the burden of users.

Payment method of premium for PNCI

◆ The Primary Insured Person (over 65 years old)

The primary insured person is required to pay the premium to the city from the month that the day before their 65th birthday belongs to.

The class of premium is decided individually depending on the income, the situation of the household, etc. (Please refer to the table 1 below.)

Payment method:

There are two ways. 1. Automatic debit from a pension (special payment) 2. To use the statement of payment from the city (ordinary payment)

Special payment:

The nursing care insurance premium will be drawn down from your pension, if you have received any of the pensions that include the old-age (retirement), disabled and survivor's payment, and if the amount of payment from any one of them is over 180,000 yen a year.

* In April and June the same amount of premium as the previous year will be deducted. The balance of premiums between this year and the previous year is divided by four (4) and collected in August, October, December and the following February.

Ordinary payment:

If you meet any one of the conditions below, please pay with the statement of payment which will be sent in the middle of July;

- 1) a person who receives the pension but the annual amount from any one of the following is less than 180,000 yen; the old-age, retirement, disabled or survivor's pension.
- 2) a person who has reached 65 years of age during the fiscal year and become the primary insured person
- 3) a person who moved into Shiroy city from another municipality



- 4) a person whose premium class changed during the fiscal year

* If you meet any one of the conditions from 2) through 4) above, the ordinary payment will be applied until the special payment starts.

Places to pay:

the city office, financial institutions and convenience stores

◆ The Secondary Insured Person (40 to 64 years old)

The secondary insured person is required to pay the care insurance premium to the medical institute insurer from the month that the day before the person's 40th birthday belongs to till the person reaches 65 years of age. Please contact your medical institute insurer for details.

Early consultation:

If the premium is not paid on the due date, some restrictions will be imposed on the insurance benefits in accordance with the period of non-payment. However, there are cases that the government provides a grace period or an installment plan depending on the situation of the person. We recommend that you consult with us at an early stage if you have difficulty in payment of the premium.

Copayment expenditure:

Copayment expenses in the nursing care service are, in principle, 10%, 20% or 30% depending on a person's income and taxation situation. At the end of July, the city will mail the certification of the rate to those who hold the certificate of nursing care insurance and are eligible for the service.

The certification of the rate is valid for a year from August 1 to the end of July the following year. It is necessary to show the certification of the rate and your certificate of nursing care insurance when you use the long-term care service.

Table 1. Insurance premium per year for primary insured person (over 65 years of age)

Level	Target	Rate (after reduction)	Amount (after reduction)
1	Recipient of welfare or elderly welfare pension (Municipal tax is not levied.) Municipal tax is not levied on any of the household and the total of income and pension revenue of the person in the previous year is less than ¥800,000.	Base x 0.50 (Base x 0.3)	¥27,600 (¥16,560)
2	Municipal tax is not levied on any of the household and the total of income and pension revenue of the person in the previous year is over ¥800,000 and less than ¥1,200,000.	Base x 0.60 (Base x 0.35)	¥33,120 (¥19,320)
3	Municipal tax is not levied on any of the household and the total of income and pension revenue of the person in the previous year is over ¥1,200,000.	Base x 0.65 (Base x 0.6)	¥35,880 (¥33,120)
4	Municipal tax is not levied on the person (A member(s) in the family is levied). The total of income and pension revenue of the person in the previous year is less than ¥800,000.	Base x 0.85	¥46,920
5 (Base)	Municipal tax is not levied on the person (A member(s) in the family is levied). The total of income and pension revenue of the person in the previous year is over ¥800,000.	Base x 1.00	¥55,220 (¥4,600/month)
6	Municipal tax is levied on the person. The total of income and pension revenue of the person in the previous year is less than ¥1,200,000.	Base x 1.20	¥66,240
7	Municipal tax is levied on the person. The total of income and pension revenue of the person in the previous year is over ¥1,200,000 and less than ¥2,000,000.	Base x 1.30	¥71,760
8	Municipal tax is levied on the person. The total of income and pension revenue of the person in the previous year is over ¥2,000,000 and less than ¥3,000,000.	Base x 1.50	¥82,800
9	Municipal tax is levied on the person. The total of income and pension revenue of the person in the previous year is over ¥3,000,000 and less than ¥4,000,000.	Base x 1.70	¥93,840
10	Municipal tax is levied on the person. The total of income and pension revenue of the person in the previous year is over ¥4,000,000 and less than ¥6,000,000.	Base x 1.80	¥99,360
11	Municipal tax is levied on the person. The total of income and pension revenue of the person in the previous year is over ¥6,000,000 and less than ¥8,000,000.	Base x 1.90	¥104,880
12	Municipal tax is levied on the person. The total of income and pension revenue of the person in the previous year is over ¥8,000,000.	Base x 2.00	¥110,400

* In level 1 through level 3, the rate is reduced because part of the premium is borne by public expense as shown in the table.

* The total income shown in level 1 through 5 means the income after deduction of miscellaneous income related to pension etc.

* Regarding transfer income such as land, the income after special deduction is the base for the calculation of premium

If you are affected by the COVID-19 infection, the premium for the nursing care insurance may be reduced or exempted.

If you are affected by the COVID-19 infection and it is difficult to pay the premium for the insurance, the premium may be reduced or exempted. Please apply if you satisfy the following conditions. Please contact us for necessary forms and details.

◆ Conditions for the reduction or exemption of the premium

1. The main person who financially supported the family is dead or became seriously ill due to the COVID-19 infection.
2. The income of the main person who financially supported the family is reduced significantly due to the influences of the COVID-19 infection and the following conditions are met:
 - I. Income of main person from any one of the following sources is reduced by more than 30% compared to the previous year; business operation, real estate, forestry, salary.
 - II. Total income of the previous year other than the items listed in I is less than ¥ 4,000,000.

◆ Calculation of the amount of reduction and exemption

In case ①, all of the amount of the premium is exempted.

In case ②, the following amount is reduced;

Premium is subject to reduction $(A \times B/C) \times \text{rate of reduction (D)}$ in the table 2 below.

Table 2.

A	Premium of primary insured person	
B	Income of the main financial supporter in the previous year that relates to the reduced income(s) in this year.	
C	Total income of the main financial supporter in the previous year.	
D	The main financial supporter closed his or her business or lost employment.	100%
	C in the above is less than ¥2,000,000	100%
	C in the above is over ¥2,000,000	80%

◆ Target of premium to be reduced or exempted

Premium for FY 2019 and 2020 that should be paid between February.1, 2020 and March 31, 2021 by special or ordinary payment.

Inquiries: Elderly Welfare Section: ☎ 047-497-3473

Subsidy system for children's medical expenses

(子ども医療費助成制度)

The current "Child Medical Expenses Subsidy Ticket" is valid until July 31. New vouchers from August 1st will be sent in late July.

If you have not declared your income during 2019, we have sent you an announcement related to procedures.

Those who have not registered for the children's medical expense subsidy must apply. We have sent an application form to unregistered people, so please bring it directly to the Child Care Support Division or apply by mail.

What you need to apply for registration

- Shiroy City Child Medical Expenses Subsidy Registration Application (Sent to families who have not applied) *The application form is also on the homepage.
- Seal (inkan)
- What can be understood financial institution account in the name of the guardian
- Parents' My Number
- Children's insurance card

Inquiries: Childcare Support Division
☎ 047-497-3487

Why don't you make friends with "Tsudoi no Hiroba"?

(Gathering Square) (“つどいのひろば” で仲間づくりをしませんか？)

"Tsudoi no Hiroba" is a place where parents and children (generally 0 years old to preschool children and their parents) gather to exchange information about child-rearing, consult about child-rearing concerns, and make friends. We also offer courses to help you raise your children.

There is a monthly plaza in the following table in the city. For details of the activities, please contact each facility or please refer to the following URL of the city homepage.

<http://www.city.shiroi.chiba.jp/kyoiku/kosodate/k07/1518140748481.html>

Tsudoi no Hiroba (Gathering Square)

Name	Location (address)	Opening date and time	Inquiries
Himawari Room*	Himawari Nursery School (Oritate 618-10)	Mon., Wed., Fri. 9 : 30 ~ 12 : 00 13 : 00 ~ 15 : 30	☎ 047-491-8384
Dream Pocket	Hanabusa Nursery School (Oyamaguchi 2-2-4)	Tue., Thu., Fri. 9 : 00 ~ 12 : 00 13 : 00 ~ 15 : 00	☎ 047-497-7872
Izumi	Shiroi Fuji Nursery School (fuji 239-1)	Mon., Wed., Fri. 9 : 00 ~ 12 : 00 13 : 00 ~ 15 : 00	☎ 047-402-2500
Kozakura Kids	Kozakura Nursery School (Ne 1832-1)	Mon., Wed., Fri. 9 : 30 ~ 12 : 00 13 : 00 ~ 15 : 30	☎ 047-401-1181

*The Himawari Room was newly opened on July 1, 2020.

Inquiries: Childcare Support Division ☎047-497-3487

Occurrences of crimes and traffic in Shiroi for the month of April

(犯罪、交通事故発生状況)

Occurrence	Crimes			Traffic Accidents		
	Total number of crimes	Telephone fraud	Amount of damage from telephone fraud	Number of injuries	Number of deaths	Number of bicycle accidents
Number of cases	17	4	¥ 8,074,000	5	0	1
Total	81	6	¥ 12,085,000	40	0	6

Recommended recipe with plenty of vegetables

(やさいたっぷりおすすめレシピ)

Recipe for Goya Champloo with canned mackerel

Ingredients (for 2 portions):

Water simmered mackerel (canned): 1pc.
Bean custard (cotton) or firm tofu: 100 gr.

Goya (bitter melon or bitter gourd): 1/2 pc.
Cabbage: 1 leaf, Carrot: 1/4 pc.
Salt: 1/2 teaspoon, Sugar: 2 teaspoons, Salad oil: 1 tablespoon,
Salt and pepper: a little, Soy sauce: 1 teaspoon

Preparation:

1. Wrap tofu in kitchen paper (paper towel). Heat it for a minute in the microwave (600w).
2. Sprinkle salt and sugar on goya, roll it on a cutting board and then wash it quickly. Cut it vertically into two halves, take out the seeds, clean the inside with a spoon, and cut it into half circle slices of 2 mm thickness. Cut cabbage into large pieces and carrot into strips.
3. Put half of the salad oil into a skillet and heat it. Crumble and stir fry the tofu until the surface gets burned. Remove the tofu from the skillet and place in a bowl.



4. Put the remaining salad oil into the same skillet and heat it. Put goya, cabbage and carrot in and stir. Sprinkle with salt and pepper and stir fry. Add the canned mackerel after removing the water and continue to stir fry. Put the

tofu back into the skillet and continue to stir fry for a very short time. Finally, season it with soy sauce.

Nutritional value / person: 289 kilo calories,
Equivalent to salt: 1.4 gr, Vegetable: 108 gr
(Desirable intake of vegetables/day is 350 gr.)

Cooking time: 15 minutes

[A word from nutritionist]

Canned mackerel contains a lot of fatty acids that maintain blood and blood vessel health, such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). It is also rich in nutrition. The “umami” in canned mackerel and



sweetness in vegetables match well, making it easy for infants to eat if they dislike goya. The bitterness of goya is softened by rolling it on a cutting board after sprinkling it with sugar.

News from Shiroi Sports Park

Women's Tennis Doubles Match

(女子テニス大会 (ダブルス))

- ▶ Recruiting participants for doubles hands-on games.
(Women's Tennis Federation C/D class level)

◎ Date and time: Wednesday, July 29, 2020, 9:00 a.m. to 4:00 p.m. (rain cancellation)

◎ Eligibility: 24 pairs of women over 18 years old (in order of application)

◎ Match format: League and tournament matches

◎ Participation fee: 3,000 yen per pair (including insurance)

◎ Application: By phone or at the Sports Park counter by Sunday, July 26, 2020

Inquiries: Shiroi Sports Park Management Office: ☎047-497-0222 (9:00-17:00)



How are you?

City Public Health Nurse

(お元気ですか? 保健師です)

We started the “Shiroyi Child Rearing Channel”

We are concerned about the increase in number of rookie parents who are anxious about child rearing because they cannot attend the parents school after the COVID-19 pandemic. So, the Health Section started video distribution of child-raising to support such parents, utilizing internet services. Of course, child rearing is complex and it is difficult to convey everything by video distribution. Please feel free to consult with us by telephone.

Followings are the examples of consultation on the phone; “My baby disgorges milk. Is there any problem?”, “Baby is always crying. Isn’t breast milk enough?”, “Elder sister began to act more like a baby. How should I take care of children equally?”, “Baby does not sleep well at night because we cannot go out”, “Vocabulary of baby does not increase”, “Slow progress in toilet training”

The content of consultation varies but we always feel the enthusiasm and thought of mothers that are placed on the baby. Doubts and anxieties like “Is this OK?” arise because parents think a lot about the baby. It is our impression that so many parents are raising babies carefully, observing and understanding the feeling of babies. Still, each baby has individuality and childcare books cannot be applied to all the babies. Please feel free to consult us for matters where you may think “Can I consult about such a tiny matter?” or “Does it make sense to consult about such matters?”. The staff in Health Section wish for the safe and sound growth of babies together with parents and want to be of any help for that.

It needs courage to consult with a person whose face you can’t see. We would be happy if the distributed video can make a chance to connect rookie moms and papas with our staff.

When we ask “What kind of person do you want for the baby to be when grown up?” many mothers reply “An adult that will not bother others.” What does a person who does not bother others mean? A person who can do everything alone? A person who does not ask for help from others? It is of course necessary to make efforts to be able to do things independently as much as possible but is there any person who does not expect help of others?

For example, it is necessary to try not to forget things, but it is also important to borrow from a friend

or consult teachers if you forget to take something inadvertently. It is sometimes necessary to consult, seek advice or ask help of others rather than being in trouble, and saying “I should not rely on others.” Asking help from others may be a trigger for communication and you may get better results with such help. I suggest that it is sometimes necessary to change our idea a little.

Let’s Take a Break and Cool Yourself Down to Prevent Heat Stroke

With a flag to show the place, the city has set up a “Cool Down Spot” in the lobbies of the city hall and its local branches until September 30. After walking a long time or when tired, we are more susceptible to heat stroke. So, let’s take a rest and cool ourselves down from time to time.

◆Heat stroke

It develops when the balance of water and salt (sodium) in the body is lost and the body is unable to adjust to a high temperature environment. It is important to know preventive measures and first aid because a stroke may result in death unless appropriate measures are taken.

◆How to prevent heat stroke

- It is important to drink water frequently before being thirsty.
- When the room temperature exceeds 28 degrees C, use an air conditioner or fan.
- Wear cool clothes and use an umbrella or a hat when going out.
- Get enough sleep
- Don’t skip meals
- * Special caution is necessary on days that the temperature rises sharply. Elderly people, infants and people with underlying health condition(s) are prone to heat stroke and need special caution.

◆Common symptoms of heat stroke

Mild – dizziness, muscle pain and excessive sweating
Moderate – headache, nausea and that the body feels heavy (malaise)

Severe – fainting, convulsion, strange answers to questions and difficulties in walking straight

◆Things to do when you have any symptom of heat stroke

- Drink enough water (Sports drinks etc.)
- Move to a cooler place
- Loosen clothes to cool the body (neck, armpits, etc.)
- If symptoms persist, call an ambulance.
- * The degree of heat stroke changes as time passes by. Be mindful of the condition even if it is mild heat stroke and request an ambulance if the symptoms persist or get worse.

Inquiries: Health Section: ☎047-497-3494



SHIROI COMMUNITY CULTURE CENTER— July 2020

しろいしぶんかいかん がつよてい
(白井市文化会館 7月予定)

Planetarium 047-492-1125 (プラネタリウム)

Items	Contents	Day & Time	Admission
Kids show: Roy Hour (Introduction of the season constellations with full-length commentary)	"The Lost Tricera-boy" (about 45 minutes)	Saturday and Sunday, During the summer vacation period: From Wednesday to Sunday 11:30	Shiroi citizen adults: ¥ 280 High school students and younger: ¥110 Non Shiroi citizens adults: ¥350 High school students and younger: ¥160
Projection to the general public (Introduction of seasonal constellations and astronomical topics. Full-length commentary)	This evening's starry sky walk (about 45 minutes)	Saturday and Sunday During the summer vacation period: From Wednesday to Sunday 15:00	* Tickets are sold 30 minutes before the show. (Capacity 30 people each time)
Adult astronomy class for those who want to know a little bit about Astronomy. (2nd)	On the theme of "Let's enjoy the planet", we talk about it in five installments. The story is " Jupiter and Saturn, The Origins of the Solar System".	16th (Thur.) 11:00 - 12:00	Shiroi citizens: ¥280 Non Shiroi citizens: ¥350 Reservations must be made at least one day in advance (Capacity: 30 people)
Star watching event	After the lecture of stars in the dome, go out to observe the moon, Jupiter and Saturn. (about 60 minutes) Target: Elementary school students and above. In case of bad weather, only the lecture in the dome will be given. (about 45 minutes)	23rd (Thur. / National holiday) 19:30	Adults 200 yen Free for high school students and younger Telephone reservation required 1st (Wed) 9:00 a.m. (Capacity: 30 people)

Program	Contents	Opening days	Admission
Permanent Exhibition "History of Shiroy"	Introducing Shiroy from primitive and ancient era to modern times. In addition, newly donated and collected materials and works of Gaboku Ogawa are on display.	Tue. ~ Sun. 9:00~17:00	Free
Old Document Repair Bulletin Exhibition	Introducing the movement of people in Kiyoto village and the flow of money		
Chiba Prefectural Museum of Art exhibition Panel Traveling Exhibition "The Olympic and Paralympic Games" and the History of Sports in Chiba	Introducing the history of modern sports in Chiba Prefecture and the Olympic and Paralympic Games, focusing on people associated with Chiba Prefecture	Wednesday, 22 ~ Sunday, August 16 Tue-Sun 9:00 a.m. to 5:00 p.m. *Until 15:00 on the last day	

Beware of Malicious Business and fraud that make a bad use of COVID-19!

(しんがたころなういゐるす びんじょう あくしつしょうほう きぎ ちゅうい
新型コロナウイルスに便乗した悪質商法や詐欺に注意)

Questions:

1. I found a site on SNS where I could buy face masks and placed an order. I paid in advance at a convenience store. The goods did not arrive after the expected day. I called the seller and found that the telephone number was not used. (Female in 40s)
2. A "city staff member" called me and said "We will transfer the special benefits to you. Please let us know your my-number, bank account and family members." But I doubt it. (Male in 70s)

Answers:

1. It is still difficult to get face masks but don't jump at advertisements. Let's be sure to confirm information about the seller first.
Never use a website where they ask you for advance payment from a convenience store using a number that they give you.
There is another case where "I found face masks in my mail box that were enclosed in an envelope. I have no idea of placing an order." There are many similar cases to this. Please don't be upset and don't contact the seller. Consult the Consumer Affairs Center in such cases. Please first note the name of the sender and reject the receipt of goods that you

- did not order and any payment on delivery if asked.
2. Regarding any special flat-rate benefits, the government and municipalities will never ask for your private information by phone, such as the details of members in your household or your bank account. Also please ignore any advice such as 「You can apply by ATM」. Please confirm application methods and timing of payment etc. on the city's home page and bulletin or with the call center for special flat-rate benefits with the Ministry of Internal Affairs and Communications (Tel. 0120-260-020). Beware of the frauds that abuse the system of the benefits.

There are many other cases of malicious business methods, such as calls for medical checks of COVID-19 or door-to-door sales of 「sterilization of tap water」. They try to cash in on the anxiety of people.

Don't jump at such false persuasion and collect the right information first. It will help you if you consult with the people around you or the Consumer Affairs Center.

Inquiries: Consumer Affairs Center:

☎ 047-401-8793 (Monday ~ Friday, 10:00 a.m. ~ 4:00 p.m. City Hall 2nd floor)

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

Inquiries and applications:

Mr. Yoshida ☎ 047-491-0791

《Nighttime Class》

Time and Date:
Every Wednesday
from 7:20pm till 8:50pm
Place: Nishishiroi Fukugo Center
(1-2-1, Shimizuguchi, Shiroi-City)

Inquiries and applications:

Mr. Soda ☎ 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.

Shiroi 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)

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

**Reservation by telephone is
necessary.**

☎ 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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