

Countermeasures against infectious gastroenteritis and food poisoning caused by NOROVIRUS

~Pay special attention in winter~

(ノロウイルスによる感染性胃腸炎・食中毒対策)

Food poisoning is not only in summer. Food poisoning caused by norovirus occurs frequently from autumn to cold winter.

Norovirus is transmitted through the infected person's fingers and contaminated food, and symptoms such as nausea, vomiting, diarrhea, abdominal pain, and low-grade fever occur in about 24 to 48 hours. Norovirus is extremely infectious and easily causes outbreaks, so caution is required. Be especially careful with infants, the elderly, and people with weakened immunity, as symptoms can become severe.

In addition, norovirus has no effective preventive or therapeutic drugs or vaccines. Let's take preventive measures thoroughly. If you experience diarrhea or vomiting, drink plenty of fluids and see a doctor as soon as possible.

[Points of prevention]

•Thoroughly "wash your hands"

Especially before meals, after the toilet, and before and after cooking, wash your hands carefully with soap and rinse thoroughly with running water.

•Prevent "infection from food and utensils"

For foods such as bivalves (for example, oysters) that may be contaminated with norovirus, sufficient heating (center is 85 ° C to 90 ° C for 90 seconds or more) is required. Always keep your cooking utensils clean, such as washing them immediately after use. Hot water disinfection (1 minute or more at 85 ° C or higher) is effective for cutting boards, kitchen knives, tableware, towels, etc.

•Prevent "infection from humans"

It is secondarily transmitted from the stool and vomit of an infected person. When treating diarrheal stools and vomit, wear a disposable apron, mask, and gloves, and gently wipe them off with a paper towel to prevent them from splashing around. After that, wipe it off with hypochlorous acid (chlorine concentration about 200 ppm) and wipe it with water. Clothes that are soiled by vomiting are treated with boiling water (washing) or disinfected with chlorine bleach containing sodium hypochlorite. Dispose of used aprons, masks, gloves, and filth in a plastic bag.

Inquiries: Health Division Tel 047-497-3495.

Strengthen the crackdown on illegally parked bicycles.

(放置自転車取り締まり強化中)



Illegal parked bicycles interfere with safe passage and impair good scenery.

The city is currently focusing on cracking down on the area around the station, and regularly removes illegally parked bicycles. (expenses are borne by owners.).

Never illegally park your bicycle.

Transfer and storage fee: 3000 yen for bicycles, 4500 yen for motorized bicycles

Pre-application is required for restitution.

Inquiries: City Planning Division Tel 047-401-4695

"Chiba Prefecture Minimum Wage" has been revised.

(「千葉県最低賃金」が改正されました)

The Chiba Prefectural Minimum Wage, which applies to all workers and employees in Chiba Prefecture, has been revised to ¥925 (up ¥2) per hour from October 1, 2020.

Employers are not allowed to use employees at wages lower than this amount. Even if a wage lower than this amount is specified, it will be

considered invalid by law, and it will be considered to be the same amount as the minimum wage amount.

Please note that the "specific (industry-specific) minimum wage" set in addition to the "Chiba Prefecture minimum wage" may apply.

Inquiries: Chiba Labor Bureau Tel: 043-221-2328

Project sponsored by the Hokuso Line Regional Revitalization Council "44th Hokuso Walk" is being held!

(「第44回北総ウォーク」開催中！)

In order to promote railway use and revitalize the railway area, the Hokuso Railway will hold the 44th Hokuso Walk in consideration of avoiding three Cs. (The three Cs is Japan's message to the Japanese people on how to protect yourselves from COVID-19. Crowded places, Close-contact settings, Confined and enclosed spaces)

Why don't you take this opportunity to feel the charm of the cities along the Hokuso Line?

• **Date and time of the event:**

Saturday, October 17 - Sunday, November 29,

2020. You can participate on any day during the above period.

• **The place of the event:**

Starting point: Inzai-Makinohara Station - Goal point: Chiba New Town Central Station

For more information, please check the website.

(<https://www.hokuso-railway.co.jp/event/detail>)

Inquiries: Sales Division, Hokuso-Railway Co.,Ltd.

Tel 047-445-1901

Hokuso Line Regional Revitalization Council

Shiroi City Secretariat Tel 047-401-4695

Elderlies are aimed at. Beware of mail like "I'll give you money!"

(高齢者が狙われています。「お金をあげる」メールに注意)

Question: I live on the pension and life is not easy. I received an e-mail. It said, "I inherited a billion yen and want to give money to needy persons." And I believed it.

I registered on a dating website as requested for contact. I bought points according to the instructions written there but I could not receive any money yet. I now know that I was deceived as my children pointed it out. I want to regain the money because my life is difficult. (Male in 70s)

Answer: Recently, there is no end to the number of victims who are involved in difficult troubles on the internet. In cases like this question, you must buy points before contacting the site owner. The

victim may have bought lots of points before realizing that he was misled. More often than not, no evidence is left on the internet and it is extremely difficult to regain the lost money.

Also, there are many scams that abuse prepaid cards sold at convenient stores etc. Many elderly people who have only a few people to consult with become the victims of such scams.

If you have any doubt, please feel free to consult with the Consumer Affairs Center. Tel. 047-492-1111 (Ext. 3202) (Monday through Friday 10:00 a.m. ~ 4:00 p.m.)

Place: City Hall, main building 2F.

How are you?

City Public Health Nurse

げんき (お元気ですか?) ほけんし (保健師です)

Did you finish influenza vaccination?

This year, infections by a previously unknown virus called new corona virus spread from the beginning of the year. New life style activities are recommended such as, wearing a mask every day, washing hands, disinfection of fingers and keeping social distance. The actions like wearing a mask and washing hands are also effective for the prevention of influenza that begins to spread around this time of the year.

This year, the city sent a vaccination medical interview sheet to each elderly person over 65 years old, and also to each person aged between 60 and 64 years with a physical disability note (grade 1) due to kidney or heart disease etc. Persons with the interview card can receive the influenza vaccination free of charge. Please get the vaccination as early as possible.

This year, the city recommends the vaccination to persons with underlining conditions like chronic illness, pregnant women, and children between 6 months old and 2nd grade of elementary school. If such persons want to take the vaccination, please do so as soon as possible.

Important points in the prevention of influenza

1. Wash hands after coming home.
2. Refrain from going out in crowds when the flu is spreading.
3. Take enough and balanced nutrition, and increase your physical strength and resistance to disease.
4. Maintain a suitable temperature and humidity using a humidifier etc.
5. Keep coughing etiquette in mind.
 - Sneezing person should wear a mask.
 - When you cough, cover your mouth and nose with tissue paper etc., turn your mouth from others and keep a distance of more than 1- 2 meters.
 - Throw away, as soon as possible, the tissue paper with runny nose etc. in a trash can.
 - Wash hands as soon as possible after covering a cough with your hand or blowing your nose.

Inquiries: Health Section Tel. 047-497-3495

Recommended recipe with plenty of vegetables

やさい (野菜たっぷりおすすめレシピ)



Chinese cabbage and sakura shrimp stir-fried lightly

Ingredients (portion for 2 people)

Chinese cabbage (200g), Long onion (1/2 piece), Sakura shrimp (2 tablespoon), Sesame oil (1 tablespoon) 【Condiment】 Cooking rice wine (1 tablespoon), Salt (2 pinch), Pepper (a little)

Recipe

1. Cut the core of cabbage into rectangular pieces. Cut the leaves of cabbage into large chunks, spray salt on the chunks and rub lightly. Wring the chunks well and drain the water. Cut the long onion into two pieces and cut each piece diagonally.
2. Melt condiments with water in a cup.
3. Pour sesame oil in a skillet and stir-fry ① over high heat. Add sakura shrimp and spray ② evenly on skillet. Continue stir-frying, cutting off the soup from cabbage.
4. Serve on a dish and spray with pepper.

A word from an adviser for the improvement of eating habits

The key point is to drain the water well after rubbing the cabbage with salt. Then, the cabbage will not be watery and you can enjoy its crispy texture. The flavor of sakura shrimp is an accent and makes the taste more elegant. It's an easy recipe that you can make in a short time with only a skillet.

Application for after-school child care center (Winter vacation, Next year)

がくどうほいくじょ しんせい ふゆやす らいねんど
(学童保育所の申請 (冬休み・来年度))

From November 2 (Mon), we will accept applications for after-school child care centers. Application forms are distributed at the same time. Targeted periods are ① winter vacation and ② the period after April next year.

Day & time that applications are accepted:

1. Weekdays before November 16 (Mon)
8:30 a.m. ~ 5:15 p.m.
2. Weekdays before December 25 (Fri)
8:30 a.m. ~ 5:15 p.m.
3. December 6 (Sun) 9:00 a.m. ~ 5:00 p.m.
(We are open though it is a holiday)

Target: The guardian(s) of the child who have any of the following conditions to need child care;
・ Work ・ Child birth ・ Illness, trouble ・ Relative's care/nursing ・ Others (Disaster, Parents' attending school, etc.)

You need to apply for the period after April next year even if you are currently using the care center.

Inquiries and applications: Please submit applications directly to the Nursery Section by the closing date. Tel. 047-497-3488

(You can get an application form from the city's home page, the Nursery Section and after-school child care centers.)

Reservation for the medical checkup of stomach cancer will be accepted even after the deadline

い けんしん ついかよやく うけつけ
(胃がん検診の追加予約の受付をします)

The deadline for the reservation was September 30 (Wed). But the reservation is not full yet and we will accept additional reservations by phone. Please contact the Health Section if you want to reserve a checkup for stomach cancer (first come first served basis).

For those who applied for a reservation, we sent a

notice of the day to receive the checkup around the middle of October. Please receive the medical checkup on the day and time designated on the notice.

If a person who made a reservation has not received the notice yet, please contact the Health Section.

Inquiries: Health Section Tel. 047-497-3495

Early reservation for the medical checkup of cervical and breast cancer is recommended

しきゅうけい にゅう けんしん よやく はやめ
(子宮頸がん・乳がん検診の予約はお早めに)

Only individual checkups will be carried out this year at the designated medical institutions due to the spread of COVID-19. (Group checkups are cancelled.) In some designated institutions, the number of reservations they can accept has reduced significantly. We suggest that you make a reservation at your earliest convenience.

* Please contact each medical institution for details.

Deadline for the medical checkups: Till January 30, 2021

Place: The list of designated medical institutions is enclosed in the medical questionnaire.

Others: The examination is once for every two years. The persons who received the checkup last year are not eligible this year.

Inquiries: Persons who want to receive the checkup but does not have a questionnaire should contact the Health Section Tel. 047-497-3495

Shiroi Athletic Park

しろいうんどうこうえん
(白井運動公園)

■ Ladies Doubles Tennis Match <Open Game>

れでいーすだぶるすてにすまっち おーぶんたいかい
(レディースダブルステニスマッチ<オープン大会>)

Date & time: November 11 (Wed) 9:00 a.m. ~ around 4:00 p.m. (Cancelled in case of rain)

Target: Female pairs. aged over 18 years old. 24 pairs (First come first served basis)

Content: League match and Tournament match

Fee: ¥3,000 /pair (Insurance fee included)

Application: Call or visit the counter of the athletic park by November 8 (Sun)

Tel. 047-497-0222



■ Ladies Doubles Tennis Match <C & D class level in Female Federation>

れでいーすだぶるすてにすまっち じょしれん きゅうれべる
(レディースダブルステニスマッチ<女子連C・D級 レベル>)

Date & time: November 25 (Wed) 9:00 a.m. ~ around 4:00 p.m. (Cancelled in case of rain)

Target: Female pairs aged over 18 years old. 24 pairs (First come first served basis)

Content: League match and Tournament match

Fee: ¥3,000 /pair (Insurance fee included)

Application: Call or visit the counter of the athletic park by November 22 (Sun)

Tel. 047-497-0222

■ Experience Session of Boccia (ぼっちや体験講座)

Boccia was invented for persons with disabilities. Actually, it is a simple sport that everyone, young and elderly, can enjoy with a ball.

Date & time: November 15 (Sun) 1:30 p.m. ~ 3:30 p.m.

Target: Men and women of all ages over elementary school student age
(Elementary school students should be accompanied by a guardian.)

Content: Explanation of rules and mini game.

Fee: ¥600/person (Insurance fee included)

Application: Call or visit the counter of the athletic park by November 12(Thu)

Tel. 047-497-0222



■ Nordic Walking School (のるでいっくうおーきんぐきょうしつ)

It is a walking exercise with two poles and the members of the Nordic Fitness Association will teach you. Men and women of all ages can enjoy the sport for their lifetime regardless of physical ability.
(Poles are lent there if you want.)



Date & time: November 23 (National holiday) 10:00 a.m. ~ (Cancelled in case of rain)

Target: Persons over 18 years old. If participants are less than 3, it will be cancelled.

Fee: ¥600/person (Insurance fee is included.)

Application: Call or visit the counter of the athletic park by November 20 (Fri)

Tel. 047-497-0222

SHIROI COMMUNITY CULTURE CENTER: November 2020

ぶんかせんたー がつよてい
(文化センター11月予定)

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

ITEMS	CONTENTS	DAY & TIME	ADMISSION
Kids show: Roy Hour (Full-length commentary, about 45 minutes)	Live commentary of the seasonal constellations and "Roy and everyone's Universe, Shimashima Star and Donut Star"	Until Sunday, 15th Saturdays and Sundays 11:30	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)
	Children's Christmas Hour 2020	From Saturday, 21st Saturday and Sunday 11:30	
Projection for the general public (Introducing the topics of seasonal constellations and astronomy. Full-length commentary about 45 minutes)	This evening's starry sky walk	Sunday 1st and Tuesday 3rd, 15:00	
	Star of Bethlehem	From Saturday, 7th Saturday and Sunday 15:00 On Saturday 21st, there will be another projection	
Platinum Hour (For senior citizens)	Along with the familiar songs, this time we will talk about "Radio Telescope". (About 45 minutes)	Thursday, 5th, 11:00	
Deep sleep planetarium	A program for everyone who is tired from daily work to have a pleasant time on Labor Thanksgiving Day. (About 45 minutes)	Saturday, 21st 15:00	
Astronomical classroom for adults who want to know a little about astronomy (5th time)	The theme is "Let's enjoy the planet", we talk about it in five installments. This story is "Star of Bethlehem"	Thursday, 12th 11:00~12:00	Shiroi citizen adults: ¥ 280 Non Shiroi citizens adults: ¥350 outside the city Reservations must be made at least one day in advance (Capacity: 30 people)
Star viewing meeting	After the starry sky commentary at the dome, you can see Mars, Jupiter, Saturn, etc. in the actual starry sky.(about 60 min.) Target: Elementary school students and above Only the explanation in the dome (about 45 minutes) will be held in case of rain and cloudy weather.	Saturday, 7th 17:30	Adults: ¥200 Free for high-school students and younger Telephone reservation required. Reservations will be accepted from 9:00 a.m., Sunday, 1st. (Capacity: 30 people)

Autumn of reading. Let's go to the library!

どくしょ あき としょかん い
(読書の秋、図書館へ行こう!)

Library (図書館) Tel. 047-492-1122

The Shiroy City Library has a total of about 560,000 books, and you can conveniently borrow books by searching and making reservations not only at the counter but also on your home computer or smartphone.

For those who ask, "What kind of books should I read?", we also exhibit recommended books selected by the staff.

Whether you use the library on a regular basis or not, why don't you visit the library this fall in search of a wonderful book?

Opening days of the library: Tuesday 9:30 a.m. to 7:00 p.m. Wednesdays - Sundays and public holidays 9:30 a.m. to 5:00 p.m.

Inquiries: Library Tel 047-492-1122

The 20th "Shayujin" Photo Exhibition

だい かい しゃゆうじん しゃしんでん
(第20回「写遊人」写真展)

Place and Date & time:

- **Shiroy Station Concourse;** November 7 (Sat) ~ November 16 (Mon)
- **Nishishiroy Station Concourse;** November 16 (Mon) ~ November 25 (Wed)
- **Oyamaguchi 2-chome Meeting Place;** November 27 (Fri) ~ December 1 (Tue)
(Opening of the first day: 1:00 p.m. Closing of the last day: 3:00 p.m.)

Inquiries: Suzaki Tel. 047-492-0687

Statistics of Monthly Fire Disasters, etc. (月別火災等発生件数統計)

	Number of cases in October	Cumulative this year	Comparison with last year
FIRE	5	15	-7
EMERGENCY	246	1,689	-167
RESCUE	4	17	-7

Occurrence of crimes and traffic accidents in Shiroy

(for the month of August '20) (白井市犯罪・交通事故発生状況(8月中))

Total number of crimes	This month	21	Telephone fraud	This month	1	This month	¥2,200,000	
	Cumulative number	194		Cumulative number	8	Cumulative number	¥16,785,000	
Number of injuries in traffic accidents	This month	6	Number of Deaths	This month	0	Number of bicycle accidents	This month	6
	Cumulative number	66		Cumulative number	0		Cumulative	13

Japanese Class for Foreign Residents

がいにくじん 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 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, Shiroi-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.

Shiroi City Advisory Service for Foreign Residents

しろいしがいに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.

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

Language: English (Other languages could be available)

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

Published by Shiroi City,

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