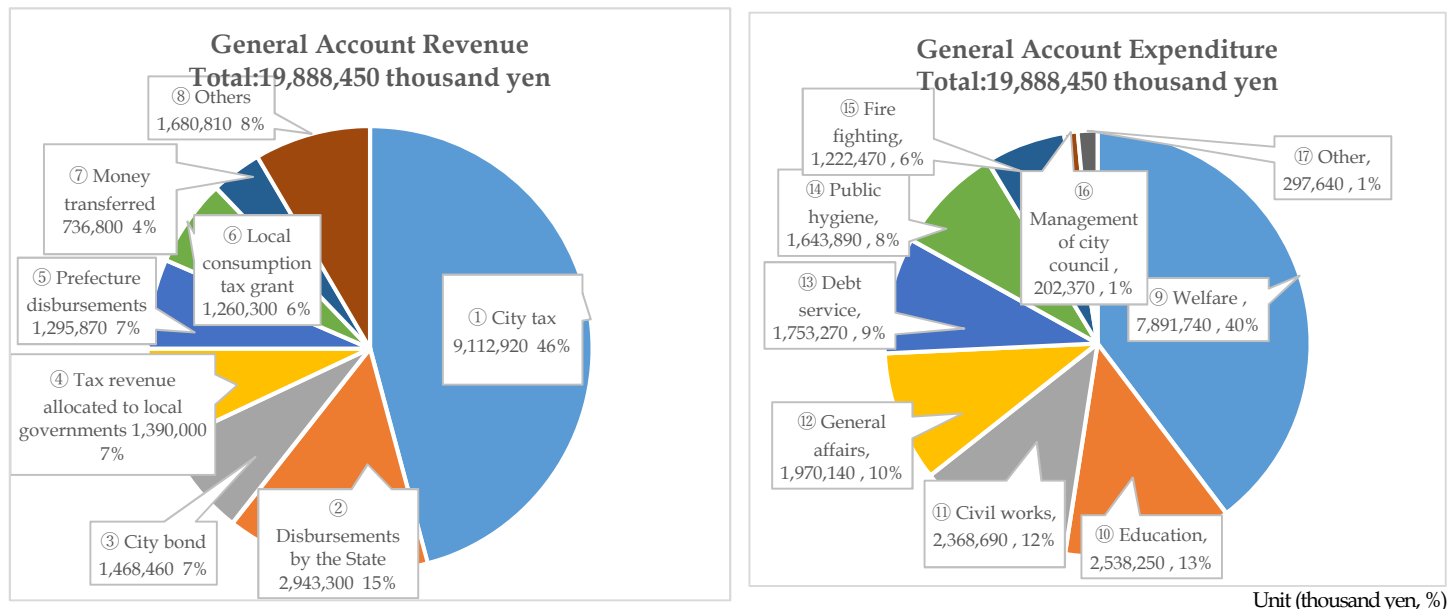


## FY 2020 General Account Budget （令和2年度白井市当初予算）



① City tax: Municipal tax, property tax etc. paid by citizens ② Disbursements by the State : Subsidy from national government etc.③ City bond: City's long term debt from the State and banks ④ Tax revenue allocated to local governments: Subsidy from the State to fill financial gap among local governments ⑤ Prefecture disbursements: Subsidy from Chiba prefecture etc. ⑥ Local consumption tax grant: Portion of local consumption tax reimbursed by Chiba pref. ⑦ Money transferred: Use of the city's savings fund ⑧ Others: Misc. revenues, fee for use, commissions, contributions etc. ⑨ Welfare:Welfare costs for elderly and children etc.⑩ Education: Costs for education in schools and social education etc. ⑪ Civil works:Costs for construction and maintenance of roads, rivers, parks etc. ⑫ General affairs: Costs for public relations, planning , clerical works for the city ⑬ Debt service: Repayment of principal and interest for city's debt ⑭ Public hygiene:Costs for health checks, disposal of waste etc. ⑮ Fire fighting:Costs for fire fighting, emrgency rescue etc. ⑯ City council:Costs for management of city council etc. ⑰ Others: Various expenses, reconstruction from disaster, reserve fund

・ **General Account and Special Account** \* Sewerage account was transferred to municipal utility account from FY 2020.

Category		FY 2020 Original Budget (thousand yen)	FY 2019 Original Budget (thousand yen)	Rate of Change (%)
General Account		19,888,450	19,702,110	0.9
Special Account	National health insurance	5,851,290	6,181,430	-5.3
	Nursing care insurance	3,896,160	3,660,420	6.4
	Latter-senior medicalcare	773,420	689,770	12.1
	Sewerage works	Transferred to municipal utility account	940,970	-100
	Sub total	10,520,870	11,472,590	-8.3
Water supply account (corporate accounting)		780,270	941,720	-17.1
Sewerage account (corporate accounting)		1,923,600	Special account	100
Total		33,113,170	32,116,420	3.1

・ **Details of city tax**

Category	FY 2020 Original Budget (thousand yen)	FY 2019 Original Budget (thousand yen)	Rate of Change (%)
Municipal tax	4,357,600	4,422,000	-1.5
Property tax	3,726,200	3,666,330	1.6
Light vehicle tax	116,130	109,650	5.9
City cigarettes tax	357,770	354,990	0.8
City planning tax	555,220	549,130	1.1

・ **Water Supply Account**

Category		FY 2020 Original Budget (thousand yen)	FY 2019 Original Budget (thousand yen)	Rate of Change (%)
Operations	Revenue	596,640	623,900	-4.4
	Expenditure	596,640	623,900	-4.4
Capital	Revenue	143,030	276,030	-48.2
	Expenditure	183,630	317,820	-42.2

\*"Revenue" means the part relating to operation and "Capital" means the part relating to construction etc. \*The deficit of capital revenue against capital expenditure amounting to 40,600

・ **Sewerage Account**

Category		FY 2020 Original Budget (thousand yen)	FY 2019 Original Budget (thousand yen)	Rate of Change (%)
Operations	Revenue	1,554,240	Special Account	100
	Expenditure	1554,240		100
Capital	Revenue	272,360		100
	Expenditure	369,360		100

\*The deficit of capital revenue against capital expenditure amountingto 97,000thousand yen will be covered by reserved fund.

## Won't you make your "my number card"?

まいなんばーカードをつく  
(マイナンバーカードを作りませんか?)

**Application for my number card is supported at the window of the city hall.**

City staff will support your application and take your picture using a tablet type note PC.

Things to bring:

- ① Notice card
- ② Your ID
- ③ Basic resident register card (if you have one)

**You can receive your my number card by mail.**

You can apply via mail or internet and receive the number card at the window of the city hall. You also can apply at the window of the city hall and receive the number card by mail.

**The number of holidays that you can apply for or receive your my number card will increase.**

From April 1, the application and receipt of my number cards will be accepted on the second Saturday each month in addition to the last Sunday.

Applications and receipt of my number card on holidays;

Second Saturday 9:00 ~12:00
Last Sunday 9:00 ~12:00

**You can save up Maina points and use them next time you shop!** まいなポイントで買い物をお得に!

From the coming September, 「Maina Point」 will start. It is a point system to correlate cashless payment and a my number card with a seal. If you buy goods and service by cashless payment (QR code or IC card etc.) or charge them, you can get points (Rate of reduction is 25 %, max 5,000 yen/person).

**How to get Maina points**

- ① Set your my key ID after getting your my number card.
- ② Apply for Maina points through the cashless payment service that you use. (Application for Maina points will be accepted from July.)
- ③ Get Maina points for buying goods or charging.

**How to set my key ID**

You can set your my key ID at home if you have anyone with a smart phone, PC, IC card reader etc.

- To set it at home
- 1) Input the necessary app and software to the terminal to use according to the table below.
- 2) Input the 4-digit password that you set at the time of application or receipt of your my number card, according to the instruction of the app or software in your terminal.
- 3) Let the terminal read the my number card.
- To set it out of home
- We will support you to set your my key ID. Please visit the window of Citizen

Section or General Affairs Section with your my number card and ID (4-digit password that you set at the time of application or receipt of the number).

Table: Necessary environments for the terminal used

android	Install 「Maina point」 app and 「Soft for JPKI user」 from Google Play.
iPhone	Install 「Maina point」 app from App Store.
PC	Prepare IC card reader writer and install 「Software for making my key ID and register preparation」

\* Please visit home page for the models of equipment to fit Maina point (In Japanese only)

[\(http://mynumbercard.point.soumu.go.jp/flow/mykey-get/\)](http://mynumbercard.point.soumu.go.jp/flow/mykey-get/)

②

It takes more than a month to issue a my number card. We are concerned that it may take more time immediately before the start of the point system due to congestion at the window. Please apply at your earliest convenience. It also will help you collect more points.

Inquiries: Citizen's Section Ext. 3141 ~ 3

## Hi, Consumer Affairs Center No. 247

しょうひせいいかつせんたー  
(はい消費生活センターです)

### Terms of contract for rental house and apartment have been stipulated in a law

ちんたいすいやく けいやくるー る めいぶんか  
(賃貸契約の契約ルールが明文化されます)

Q: ① When I left the apartment, the staff of the managing company said to me, "Thank you for using the apartment cleanly." But I received a bill for a large amount of repair works.

② I rented a condo room after entering a college. After signing the contract, I noticed a special condition saying "Regardless of the period of use, the tenant shall bear the costs of house cleaning, replacement of grass mats (tatami) and wallpaper."

A: In spring, the number of people renting a house increases according to the start of new life. The biggest trouble in rental contracts of real estate agents is "Restoration Costs" when you leave. As in this case, unreasonable special conditions and claims for a large amount of repair costs always top the number of consultations with us.

"The guideline regarding the duty of restoration" issued by Ministry of Land, Infrastructure and Transportation has helped us solve the troubles but it was not mandatory. The civil law was revised this time and the rules about restoration duty have been stipulated in the law and become compulsory.

The following three rules in the stipulation will apply to the above said case ① ;

- ① After the expiration of the contract, the tenant shall have restoration duty for the damage that occurred during the term of the contract.
- ② The tenant shall not bear the restoration duty, and costs, for natural wear and tear.
- ③ The tenant shall not bear the restoration duty, or costs, without due reason (willful misconduct or gross negligence).

It is mandatory to satisfy the following three conditions regarding "special condition" in case ② as said in the above;

- ① There is necessity and rationality for the special condition(s).
- ② Confirmation of the contents by the tenant.
- ③ The tenant is willing to bear the restoration duty and costs.

The stipulation of rules will surely help you solve troubles. It is most important however, that you carefully check the property and receive enough explanation about important matters from the owner before signing a contract.

We wish that you will start your new life with a fresh mind. Please feel free to consult us if you have any doubt or trouble.

Inquiries: Consumer Affairs Center Ext. 3202 (Monday ~ Friday, 10:00 a.m. ~ 4:00 p.m. City hall 2<sup>nd</sup> floor)

**Morning Markets in Shiroy #****Open every weekend ##**あさいち まいしゅうまつかみさいちゅう  
(しろいの朝市 毎週末開催中)

Place	Day of a week	Time
City hall parking lot	Every Saturday	May ~ Sept.: 6:00 a.m.~6:45 a.m.
Fuji Center	Every Sunday	Oct. ~ April: 7:00 a.m.~7:30 a.m.

\*Schedule may change during year end and the beginning of the year.

\*To confirm the date and time, please see the calendar on the Shiroy bulletin issued on the first day of every month.

Inquiries: Industry Promotion Section, Agriculture Group Ext. 3245

### Players Wanted for Citizen's Spring Tennis Tournament

しゅんきしゅんてにすたいかいさんかしゃぼしゅう  
(春季市民テニス大会参加者募集)

We will recruit players. Please feel free to apply.

Date & time: May 10 (Sun), May 17 (Sun) Rain date: May 24 (Sun)

Place: Shiroy city athletic park etc.

Target: Citizens living, working or studying in the city and persons who are a member of the groups that are registered with the tennis association of the city.

Entrance fee: Persons registered with the city's tennis association (pair): 2,000 yen, unregistered persons (pair): 2,500 yen, mix of registered and unregistered person (pair): 2,250 yen.

\*Fee will not be refunded if the tournament is cancelled due

to inclement weather.

Please apply directly to West Green Tennis Club or Shiroy Tennis Club.

From April 4 (Sat) through April 18 (Sat), closing at 15:00 hours.

Inquiries: Yoshizawa Toshiji Tel 090-3229-1064

**Citizen Swimming Meet Participants Wanted**しみんすいえいたいかいさんかしゃぼしゅう  
(市民水泳大会参加者募集)

Date: May 31<sup>st</sup> (Sun)

Place: Inzai Onsui Center (Inzai city)

Category: Elementary school, Junior high school, Adults

Program: free style, butterfly, breast stroke, back style, individual medley, relay

Participants: elementary school students and older who live, work, or study in or near Shiroy city and can swim 25 meters

Entry Charge: elementary, junior high school ¥1,000, adults ¥1,500

※Free for relay (those who enter individual program)

Prize: medal for the 1<sup>st</sup> to 3<sup>rd</sup> place winners, record of participation certificate for all

Applications: Fill in the entry form and send it from March 21<sup>st</sup> (Sat) by April 24<sup>th</sup> (Fri)

Shogai Gakusyu-ka or Life-long Study Section Tel 401-8953

Inquiries: Shiroy city Swimming Association Yamanoi Tel 491-3502

For details Shiroy city Swimming Association HP

<http://siroisuijyo.web.fc2.com/>

**<Shiroy Ekimae Center>****Ekimae Children's Hall: Volunteer Circle****April ~ June 2020**えきまえじどうかん ぼらんていあさーくる  
(駅前児童館: ボランティアサークル)

Cont. Circle	Date & time	Target	Place	Content	Rep. & Contact
Fureai Cafeteras Oasis	May 22 (Fri) 11:00~13:00	Infants ~ Adults	Ekimae Children's Hall, Elementary school student room	Community café run by volunteers will be open. Cake: 100 yen Drinks are prepared.	Rep: Irie (492)2070
	June 26 (Fri) 11:00~13:00				
Baby's Wood Square, Growing up with wood	May 26 (Tue) 10:30~12:00	Parents & Children before entering kindergarten who live in the city (free entry)	Ekimae Children's Hall, Elementary school student room	Touch and be familiar with toys made of wood	Rep: Tsuruoka (491)8704
	June 30 (Tue) 10:30~12:00				
Hospital for Toys	June 14 (Sun) 13:30~15:30	Infants ~ adults * Infants and elementary school students should be accompanied by guardian.	Ekimae Children's Hall, Junior and senior high student room	Toys are repaired by the volunteer activities of Japan Toy Hospital Association. * Repair work is free. Cost of parts to be paid.	Rep: Kondo 090(8117)5321



## Discovered! Working People in Shiroyi 85

はっけんしろい しごとじん  
(発見白井の仕事人 85)

### ~ Strawberry picking where everybody can enjoy together ~ Nishishiroi Berry Field, Kawakami Strawberry Garden

This time, we introduce Nishishiroi Berry Field, Kawakami Strawberry Garden located in ward 3, Nishishiroi where you can pick strawberries.

"My grandson is awfully fond of strawberries and I want him to eat as much as he can!", thought Mr. Kawakami Ryoji, the owner of the garden and he opened the Strawberry Garden especially for strawberry picking and having good access from Tokyo. Both Mr. & Mrs. Kawakami graduated from Chiba Prefecture Agricultural College, inspected and studied strawberry farmers around the Kanto area, and found the best way to grow them on the farm in Nishishiroi.

The first thing they made was hydroponic facilities at a high position. These facilities make it possible to work standing up and reduce the burden on the body. The size of the vinyl house for the strawberry plants is about 1,400 m<sup>2</sup>. Its structure is strong and withstood the rough winds of the typhoon last year. They use seedlings grown in Komagane, Nagano prefecture located in Central Alps. The seedlings grown in marked temperature swings bear very sweet and large fruit, I heard. They also take great care with fertilizers. They gather and study information to make their fertilizer. It is dissolved in water and given slowly at a constant speed like an intravenous drip, so as not to produce waste water.

The strawberry garden is open only on weekends. So, Mr. & Mrs. Kawakami can take time to finish works during the week at their own pace and offer lots of red and ripe strawberries. Labor saving equipment is installed, and the temperature and watering are controlled automatically.



Two strawberry varieties, Benihoppe and Akihime, are produced. The strawberries are planted in alternating rows and guests can compare the tastes when picking them.



Currently, the most important research they are working on is how to produce a white strawberry. They have not completed the

study yet but want to make the white strawberry a special product in Shiroyi, named after the city. You may be able to enjoy white(shiroyi) strawberry picking in the near future.

The strawberry shelf is made so that guests from children to seniors can enjoy picking strawberries together. The space is wide enough for guests to enter in a wheel chair. People in nursing homes and users of day care enjoyed the strawberry garden recently.

The garden is open on Saturday and Sunday from early December till late May from 10:00 a.m. They don't sell strawberries on the spot but you can buy the strawberries that you picked and pay for them based on the weight. A parking lot is available. Please come and enjoy strawberry picking you're your family.

Inquiries: Nishishiroi Berry Field, Kawakami Strawberry Garden Tel. 080-5408-1307 or Industry Promotion Section (Agriculture Group) Ext. 3247

## Occurrence of crime and traffic accidents etc. in Shiroyi (January, '20)

しろいしはんざい こうつうじ こうつうはっせいじょうきょう がつちゅう  
(白井市犯罪・交通事故等発生状況 (1月中))

	Number this month	Total
Crimes	27	27
Telephone fraud	2	2
Amount of damage from telephone fraud	Abt. 4,000,000 yen	Abt. 4,000,000 yen
Personal Injuries by traffic accidents	14	14
Deaths by traffic accidents	0	0
Bicycle accidents	2	2

## Monthly Statistics for the Occurrence of Fire etc. (As of Jan. 31, 2020)

つきべつかさいなどはっせいけんすうとうけい れいわねん がつ にちげんざい  
(月別火災等発生件数統計 令和2年1月31日現在)

### Inzai City

Fire		FirstAid		Rescue	
Number in January	Cumulative for this Year	Number in January	Cumulative for this Year	Number In January	Cumulative for this Year
4	4	354	354	4	4

### Shiroyi City

Fire		FirstAid		Rescue	
Number in January	Cumulative for this Year	Number in January	Cumulative for this Year	Number in January	Cumulative for this Year
2	2	244	244	3	3

## National Pension premium will change from April

がつ こくみんねんきんほけんりょう のうふがく へんこう  
(4月から国民年金保険料の納付額が変更になります)

National pension premium from April to March 2021 is 16,540 yen per month. You can pay the premium at financial institutions, post offices, convenient stores by the payment slip sent from Japan Pension Service. You can also pay by credit card or account transfer.

If the payment is difficult because of low income, there is a system of grace and exemption. For more details please inquire Japan Pension Service Funabashi Pension Office or city Insurance Pension Section.

Inquiries: Japan Pension Service Funabashi Pension Office  
047-424-8811 Insurance Pension Section ext. 3174・3181

## National Pension Premium Exemption System for Students' payment

こくみんねんきんほけんりょうがくせい のうふとく れいせいど  
(国民年金保険料学生納付特例制度)

All people who live in Japan and who are more than 20 years old are supposed to join the National Pension and pay its premium. With consideration of students generally having a small income, there is an exemption system for students' payment.

According to School Education Laws, students studying at university, graduate school, junior college, high school, advanced special school, vocational school, various schools (more than one year course of study), or a part of Japanese branch school of foreign university, if their income in the previous year was less than {1,180,000 yen + (the number of dependent × 380,000 yen)}.

Exemption of students' payment period is from April to March of the following year, and you need to apply for an exemption every year.

If you were exempt from payment in the previous year and will continue to study in 2020, you will receive a post card with an application form for exemption of students' payment.

When you apply, a student ID card, a student registration certificate that proves you study at the school in 2020, is necessary. When someone else applies, bring the family seal (*Inkan*).

※ If a student wants to pay the premium not using the exemption of students' payment in 2020, please contact *Funabashi Nenkin Jimusho*, *Nihon Nenkin Kiko* or Funabashi Branch Office, Japan Pension Organization. They will send a payment form.

For Inquiries Contact: Funabashi Nenkin Jimusho, Nihon Nenkin Kiko or Funabashi Branch Office, Japan Pension  
047-424-8811 The City Hoken Nenkin-ka or Insurance and Pension Section ext.3174・3181

## Pension・labor consultation available

ねんきん ろうどうそうだん  
(年金、労働相談)

Free consultation by a labor and social security attorney about pension and employment is available in Shiroi city. There is no need to make a reservation beforehand.

Consultations:

Pension consultation about pension system, how to apply,  
Labor consultation about no payment, dismissal, working hours and employment  
Date: The 2<sup>nd</sup> Monday every month 10:00am ~ 12:00pm, 1:00 ~ 3:00 pm

※ When the Monday is a national holiday, held on Tuesday

Place: City office 1<sup>st</sup> floor consultation room

Inquiries: Hoken Nenkin-ka (Insurance Pension Section) ext. 3174, 3181 Sangyo Sinko-ka (Industry Promotion Section) ext. 3241

## Notice from National Health Insurance Society (Kyokai Kenpo)

ぜんこくけんこうほけんきょうかい  
(全国健康保険協会からのお知らせ)

### ① The premium in FY2020

The premium rate of Chiba branch of National Health Insurance Society will be brought down from the present 9.81% to 9.75% from March this year (April payment). On the other hand, the nursing care insurance premium rate will be raised from 1.73% to 1.79%.

Inquiries: Kyokai Kenpo Chiba branch Tel 043-308-0522

### ② Specific Health checkups for dependents

Specific Health checkups are available to the dependents of the policyholders. A part of the expenses of the checkups is supported by the Society, so take the opportunity to check your health.

The checkup ticket will be sent to the address of a policyholder in early April.

Inquiries: Kyokai Kenpo Chiba branch Tel 043-308-0525

(Health checkups exclusive dial)

## Subsidy for Thyroid Echocardiography

こうじょうせん けんさ いちぶじょせい  
(甲状腺エコー検査の一部助成)

In order to reduce anxiety about citizen's health with regard to the initial radiation near Power Plant accident, Shiroi City will subsidize a part of the payment for thyroid echocardiography from the Fukushima Daiichi Nuclear Power Plant.

[Target] People who were born between April 2, 1992 and April 1, 2011, and who are a registered Shiroi citizen on the day of the accident and examination.

[Subsidy Amount] half amount of examination expense (maximum of 3,000 yen), households receiving livelihood protection in full (up to 6,000 yen)

subsidy frequency: once a year

The application deadline will be within one year from the date you paid the expenses.

Inquiries: Health Section Tel 497-3495



## Why not give a wig to the children who suffer from child cancer?

しょうに こどもたちへ「ウィッグ (かつら)」を贈りませんか  
(小児がんの子どもたちへ「ウィッグ (かつら)」を贈りませんか)

Do you know the activity of hair donation? This is the activity of presenting wigs for free to children who lost their hair because of diseases like child cancer or an accident, by making medical wig by donated hair.

It is necessary to use 20 ~ 30 persons' hair of certain length to make one wig.

Why don't you try to make someone smile through hair donation? Just send your hair (completely dried and 31cm and longer) at the beauty salon or barbershop to the group of hair donation. For more details and where to send, please see the website.

## 2020 Periodic Pneumococcal Vaccination of the Elderly

れいわ ねんど こうれいしゃ はいえんきゅうきんかんせんしやうていきよぼうせつしゅ  
(令和2年度 高齢者の肺炎球菌感染症定期予防接種)

### Target:

- ① Persons who reach 65, 70, 75, 80, 85, 90, 95 and 100 years old of age in FY 2020 (ending March 31, 2021).
- \* Notice will be sent individually to citizens who do not have a record of receiving the vaccination.
- \* Persons who have received the vaccination will not be eligible.
- ② Persons who are over 60 years old and under 65 years old, and have heart, kidney, or respiratory problems or hold the Physically Handicapped Personal Handbook grade 1 due to impairment of immune functions by the human immunodeficiency virus.
- \* If you want to get the vaccination, please contact Health Section. We will send a notice individually.



**Period:** Until March 31, 2021

**Inquiries:** Health Section Tel. 497-3495

## Vegetable rich recipe recommend

やさい たっぷり おすすめ レシピ  
(野菜たっぷりおすすめレシピ)

### Celery sweet vinegar pickles

Ingredients for 2 persons: a celery, 5 mini-tomatoes

[Seasoning] 2 large spoons of vinegar 1 and a half large spoons of sugar, a pinch of salt

How to make

- ① Peel celery and cut into slices diagonally. Cut tomatoes into four equal arch-shaped parts
- ② Put ① into a plastic bag and add seasoning. Close the mouth of the plastic bag and heat it in the microwave (600w) for one minute.

[A word from the dietitian]

Quick cook sweet vinegar pickles with low salt. The celery aroma and tomato is delicious with sweet vinegar and you can feel spring colors. Celery contains a good balance of vitamins that is essential to keep your physical condition.

For one person 48 kcal

Salt 0.2g

Vegetable, mushroom amount 100 g (350g per day is the target to eat vegetable)

Cooking time 5 minutes

## Subsidy for the expense of comprehensive medical checkups and brain checkups

にんげん のう ひょう じょせい  
(人間ドック、脳ドック費用を助成します)

From this year when you have the checkups at the city contract medical facilities, you don't have to apply for receiving the subsidy. If you have the checkups at other medical facilities, you will have the refund the same as before.

Those who want to get the subsidy, please apply before you have the checkups at Hoken Nenkin-ka (Insurance, Pension Section).

Those who have the subsidy cannot take the specific health checkup and latter-stage elderly health checkups in the fiscal year.

[Application・inquiries]

After making a reservation for the checkup at the medical facility, come to Hoken Nenkin-ka with your medical insurance card and family seal by one week before the checkup. Ext. 3181

When you have the checkup at the contract medical facility, take note of the checkup course and option.

### Contract medical institutions that can take examinations

Contract medical facility	Checkups		Address	Telephone
	Comprehensive medical checkup	Brain checkup		
Shida internal clinic	○	—	Shiroi city Ne 1970-2	047-498-3715
Shiroi Seijinkai hospital	○	○	Shiroi city Sasazuka 3-25-2	047-491-7596
Hokuso Shiroi hospital	○	○	Shiroi city Ne 325-2-1	047-492-1001
Kasiwa Kenshin clinic	○	○	Kashiwa city Kashiwa4-5-22	04-7167-9990
Kamagaya Sogo hospital	○	○	Kamagaya city Hatsutomi 929-6	047-498-8125
Toho Kamagaya hospital	○	○	Kamagaya city Awano 594	047-445-6411
Secomedic hospital	○	○	Funabashi city Toyotomi cho 696-1	047-457-9900



## To protect your health, give your time

(あなたの健康を守るために少しでも時間をください)

Health checkups are an important occasion to know your health conditions. City health checkups will be available by application.

Application period • method

- at each center

Application period is from March 13 (Fri) to April 5 (Sun). Fill in the form and post it in the collection box.

The form and collection box is at Health and Welfare Center, Nishi-shiroi Fukugo Center, Fuji Center, Sakuradai Center, Komin Center, Shiroy Ekimae Center, Shiroy Community Center, Nishi-shiroy Community Plaza.

- “Chiba Electronic-Application Service”

Application period is until November 13 (Fri). By PC, mobile phone, tablet apply on the city website “Chiba Electronic-application service”

Notice for applications

As Shiroy city has checkup records for FY2018 and 2019, if you want to take the same checkup items in 2020, you don't need to apply. However, when you would like different checkups from the previous ones, you are requested to apply for the new checkups.

Persons corresponding to the following conditions are not able to take a checkup.

- Persons who are under treatment or have subjective symptoms corresponding to the above items

- Persons who are to take a thorough medical checkup or similar checkup at their workplace in FY2020
- Persons who are or are expecting to be pregnant.

Exemption of checkup fees

Persons who correspond to one of the conditions below will be exempt from checkup expenses.

- ① Persons who belong to a livelihood assistance family
- ② Persons who belong to a resident's tax exempted family
- ③ Holders of a senior citizens' medical certificate (65~69 years old)
- ④ Persons who are 70 years and older

※ Persons who correspond to ① or ② above and desire an exemption must apply to Kenko-ka (Health Section).

For more information, contact Kenko-ka.

Checkups on holidays and child care during a checkup will support you to take checkups

All group checkups are open on Saturdays and Sundays. There will be child care on the days of cervical and breast cancer checkups at the same time. (a prior application is necessary for the child care)

Mammography of the breast cancer group checkup will be done only by a woman X-ray engineer.

Changes in 2020 of citizen health checkups

- Reception time for stomach and colon cancer will be 10:30 am changed from 8:30 am.
- Prostate cancer checkups is for men 55 years and over (not only even-numbered ages)

Inquiries: Health Section Tel 497-3495

### FY2020 Citizen health checkups • Latter-senior health checkups (Age is based on March 31<sup>st</sup>, 2021)

Checkup	Age • sex	Examination	Charge	Date	Way
Stomach cancer	Men and women 40 years and over	Stomach X-ray checkup	¥ 700	May, June, November	Group (Health and Welfare Center, each center)
Colon cancer		Fecal occult blood test	¥ 300		
Lung cancer tuberculosis		Breast X-ray checkup	Free	June, July September, October	
Hepatitis virus	Men and women, 40 years and over, not tested before	Blood checkup			
Latter-stage elderly health checkups	Men and women of latter- stage elderly medical insurance	Physical measurement, blood pressure, blood, urine checkups		July ~ January 2021	
Periodontal disease	40, 50, 60 70 year old men and women	Periodontal tissue examination	¥ 500		July ~November
Prostate cancer (every other year)	Men 50 years and over	Blood checkup	¥ 1,000	July ~ 2021 January	Individual (contract medical institution)
Cervical cancer (every other year)	Woman 20 years and over	Inspection, pelvic examination, cervical cytology	¥ 500	July, October	Group (Health and Welfare Center, each center)
			¥ 1,000	July~2021 January	Individual (contract medical institution)
Breast cancer (every other year)	Women from 30 to 39 years old	Ultrasonography test		July October	Individual (contract medical institution)
	Women 40 years and over	Mammography test			Group(Health and Welfare Center, each center)
					July ~ 2021 January

- Please see the Citizen Health Checkups schedule at each center or city website for details of date and place.

## 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 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)

どんなひとの、  
どんな悩みにも  
よりそって

一緒に  
解決する方法を  
探します。

フリーダイヤル つなぐ ささえる  
**0120-279-338**  
**よりそいホットライン**  
24時間 通話料無料 ※電話番号をお確かめのうえ、おかけください

Yorisoi Hotline (Helpline for Foreigners) is open 24 hours a day to find ways to solve various issues of 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

しろいしか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. (Phone: 401-5998)**

Language: English (Other languages could be available)

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



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e-mail: [kikaku-seisaku@city.shiroi.chiba.jp](mailto:kikaku-seisaku@city.shiroi.chiba.jp)

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