

FUKUROI

NEWSLETTER

2020 July



<INFORMATION・お知らせ>



Nationwide Plastic Bag Fee

プラスチック製買物袋(レジ袋)の有料化が始まりました



Details	A nationwide fee on plastic bags has been implemented from July 1 . Let's all take this as an opportunity to make important lifestyle changes like carrying a reusable bag with us and using plastic more wisely whenever possible!
Contact Details	Consultation Hotline Numbers: For consumers: ☎ 0570-080180 For business owners: ☎ 0570-000930 Operated by the Ministry of Economy, Trade and Industry (Keizai Sangyo Sho)



Please Donate Your Unused Food Items

家庭に眠っている食品を寄贈してください



Location	Reception Windows of: Fukuroi City Hall 1F Shiawase- Welfare Promotion Division, Asaba Branch Office 1F Citizen Service Division, Fukuroi Hatofuru Plaza 1F, City Social Welfare Council (Shi Shakai Fukushi Kyougikai)
Details	<p>Due to the effect of the novel coronavirus (COVID19), the number of those needing support has increased. Good quality food items, which would otherwise be discarded are being gathered as donations for a "Food Drive". Donations will be given to the nonprofit foodbank corporation "Fujinokuni." Please donate food items to support the foodbank if you are able.</p> <p>Food Drive Project - Food items that are still within their expiration date but that would otherwise be disposed of by individuals or businesses are currently being taken as donations to be given to those without food.</p> <p>Acceptable food items include:</p> <ol style="list-style-type: none">1. Preserved food (canned or bottled etc). Instant food items/seasonings that can be stored at room temperature2. Food items with a clearly written expiration date3. Food items with 2 or more months remaining before their expiration date4. Unopened packages5. Undamaged food items <p>※Foods or beverages with alcohol in them cannot be accepted. Please contact us directly for more details regarding food donation.</p>
Contact Details	Shiawase- Welfare Promotion Division, Social Welfare Section (Shiawase Suishin-ka, Shakai Fukushi-kakari) ☎ 0538-44-3121

2020 Renewal of National Health Insurance Cards




令和2年度国民健康保険証が新しくなります

Details	<ul style="list-style-type: none"> The current greenish-brown coloured health insurance cards will expire on Friday July 31. The new cream coloured cards will be mailed to the insured person by the middle of July. Please use the new cream coloured cards from Saturday August 1. <p>Integration of National Health Insurance Cards and Recipient Cards for Seniors</p> <ul style="list-style-type: none"> From August 1, national health insurance cards and recipient cards for those aged 70-74 will be combined into one card. (There is no need to renew your recipient card for seniors.) When visiting a medical facility, please only present your insurance card. If you are due to turn 70, you will receive a new combined card in the month of your birthday by post. This new card is to be used from the month following your birth month.
Contact Details	<p>Citizen Division, National Health Insurance and Pension Section (<i>Shimin-ka Kokuho Nenkin-kakari</i>) ☎ 44-3113</p> <p>Citizen Division, Insurance Services Section (<i>Shimin-ka Hoken Sabisu-kakari</i>) ☎ 44-3191</p> <p>Community Service Division, Community Service Section (<i>Shimin Sabisu-ka, Shimin Sabisu-kakari</i>) ☎ 23-9211</p>



Confirm Your Single-Parent Child Allowance Payments

ひとり親家庭(母子家庭・父子家庭)などを対象とした児童扶養手当の振り込みをご確認ください

Details	<p>July is a payment month for single-parent child allowances. Payments for the period of May 2020 – June 2020 will be transferred to the beneficiaries' designated bank accounts. The payment amount is detailed in your child allowance documentation that you received in April (with your allowance payments updated beginning with the April payment as reported in your allowance documentation. Please note that the actual amount that you will receive may differ from what is reported in your child allowance documentation). For those who have applied for benefits to begin from April, your payment amount is detailed on your child allowance documentation. If you are newly eligible to receive child allowance payments, please apply.</p>
Payment Date	<p>Friday 10 July</p> 
Contact Details	<p>Welfare Promotion Division, Family Welfare Section (<i>Shiawase Suishin-ka Katei Fukushi-kakari</i>) ☎ 0538-44-3184</p>



Temporary Suspension of Certificate Printing Services at Convenience Stores

証明書コンビニ交付サービス臨時休止

Date and Time	<p>(National Holiday) Thursday 23 July – Sunday 26 July 6:30 am – 11:00 pm</p>
Details	<p>All national official certification printing services at convenience stores will be temporarily unavailable due to My Number Card system maintenance. We apologize for the inconvenience, thank you for your cooperation and understanding.</p>
Contact Details	<p>Citizen Division, Citizen Service Section (<i>Shimin-ka, Shimin Sabisu-kakari</i>) ☎ 0538-44-3112</p>



Use the SIPOS Radar to Check for Disaster Information

サイボス レーダー ぼうさいじょうほう
SIPOS RADARで防災情報をチェック



Details	As part of prevention measures against disasters such as floods and landslides, the prefecture measures rainfall and water levels and checks videos from river cameras using the SIPOS Radar. This service is available to the public, so please use it to check evacuation sites and evacuation routes in advance to avoid delays in the event of heavy rain.
Contact Details	Shizuoka Prefectural Public Works Disaster Prevention Division (Shizuoka-ken, Doshiboku Bosai-ka) ☎054-221-3033



Be Careful of Fallen Power Lines

き切れた電線にご注意ください



Details	During this time of the year, lightning storms and typhoons are very common and power lines are often knocked down by lightning or debris from strong winds. If you see a fallen power line, for your own safety, please do not touch it and call the Chubu Electric Power Company immediately at the number below. ● Power Outage Alert App To receive information on power outages, please download the Chubu Electric Power Company's free app 停電情報お知らせサービス (Teiden Joho Oshirase Sabisu).
Contact Details	Chubu Electric Power Company, Kakegawa Branch Office (Chubu Denryoku Powa Guriddo, Kakegawa Eigyo-sho) ☎0120-977-230

Message from Fukuroi City- by CIR Rachael

Only One Year to Go!

とうきょう 東京オリンピック・パラリンピックまであと一年です！



It's only one year to go until Fukuroi City hosts the Irish Olympic team for their pre-games training camp ahead of the Tokyo 2020 Olympic Games! In the past two years, we have hosted the Irish relay, swimming, diving and judo teams here in our city for training camps. We have also held various Irish cultural events, like the "Ireland Festival in Fukuroi" and the "Irish Night". We hope that you will continue to look forward to cheering on the Irish team next year!



After Hours and Holiday Emergency Care Roster

15 JULY – 15 AUGUST

やかんきゅうじつきゅうきゅうどうばんいひょう れいわ ねん がつ にち がつ にち

夜間・休日救急当番医表 令和2年7月15日～8月15日

Date		Clinic Name	Address	Medical Practice	TEL (0538)
7/15	WED	Shimura Naika lin	Kuno 1973-3	Internal medicine, pulmonology, pediatrics	44-1159
16	THU	Tokunaga lin	Nishidori 149-1	Internal medicine, paediatrics, dermatology, rehabilitation	23-2017
17	FRI	Kawano Naika lin	Hojo 3-7-9	Internal medicine	42-2277
18	SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
19	SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
20	MON	Kidokoro lin	Hirooka 1463-2	Internal medicine, gastroenterology	44-2323
21	TUE	Yamana Shinryojo	Haruoka 588-1	Internal medicine, rheumatology, cardiology, gastroenterology	49-1331
22	WED	Hiro Clinic	Kamiyamanash i 2070	Internal medicine	48-5200
23	THU	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
24	FRI	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
25	SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
26	SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
27	MON	Tanaka Jyunkanki Naika Clinic	Takao 1766-1	Internal medicine, cardiology	41-0810
28	TUE	Genma Naika/Kokyuki Naika Clinic	Toyosawa 1289-41	Internal medicine, pulmonology, allergology, infectious diseases	41-0055
29	WED	Mizoguchi Family Clinic	Asaoka 45-1	Internal medicine, paediatrics	23-8300
30	THU	Ishizuka Shonika/Naika Clinic	Kamiyamanash i 3-14-2	Paediatrics, internal medicine	49-2099
31	FRI	Aoba Kodomo Clinic	Takao 1780	Paediatrics, allergology	41-0852
8/1	SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
2	SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
3	MON	Shimura Naika lin	Kuno1973-3	Internal medicine, pulmonology, pediatrics	44-1159
4	TUE	Uesugi Naika Clinic	Kakenoue 19-2	Internal medicine, cardiology	41-3000
5	WED	Yamana Shinryojo	Haruoka 588-1	Internal medicine, rheumatology, cardiology, gastroenterology	49-1331
6	THU	Miki Shonika lin	Izumi-cho 1-7-5	Paediatrics	43-3797
7	FRI	Shiraki Naika Junkanki Clinic	Takao 259-2	Internal medicine, cardiology	43-9555
8	SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			
9	SUN	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
10	MON	Fukuroi-shi Kyujitsu Kyukan Shinryo-Shitsu	Kuno 2515-1	Internal medicine, paediatrics, surgery	84-9131
11	TUE	Tokunaga lin	Nishidori 149-1	Internal medicine, paediatrics, dermatology, rehabilitation	23-2017
12	WED	Hiro Clinic	Kamiyamanash i 2070	Internal medicine	48-5200
13	THU	Tanaka Jyunkanki Naika Clinic	Takao 1766-1	Internal medicine, cardiology	41-0810
14	FRI	Aoba Kodomo Clinic	Takao 1780	Paediatrics, allergology	41-0852
15	SAT	Seek treatment at clinics during standard treatment hours, or go to Chutoen General Medical Center			



Holiday Emergency Dental Care Roster 15 MONTH – 15 MONTH

(9:00 am – midday)

きゅうじつきゅうしかしんりょうどうばんいひょう れいわ ねん がつ がつ

休日救急歯科診療当番医表 令和2年7月～8月

Date	Day	Clinic Name	Address	TEL (0538)
7/19	SUN	Iwata Byoin Shika Koku Geka	Iwata-shi Okubo 512-3	38-5000
26	SUN	Dental services are not available on the last Sunday of every month		
8/2	SUN	Ogura Shika lin	Iwata-shi Ikeda 1043-3	34-5552

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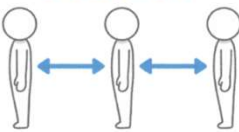
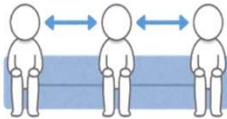
Fukuroi City Hall
International Affairs Division
TEL(0538)44-3158

Useful Phrases to Prevent the Spread of COVID-19 !



These phrases are often found on signs in different places (especially *supermarkets* and *convenience stores*) to help prevent the spread of COVID-19 infections.



<p>こちらで お待ち下さい</p> 	<p><u>Reading:</u></p> <p><i>"Kochirade Omachi kudasai"</i></p> <p><u>English meaning:</u></p> <p>Please wait here</p> 	<p>間隔を空けて ご利用下さい</p> 	<p><u>Reading :</u></p> <p><i>"Kankaku wo akete goriyō kudasai"</i></p> <p><u>English meaning :</u></p> <p>Please leave some space between you and others while using this space</p>
<p>間隔を空けて お並び下さい</p> 	<p><u>Reading :</u></p> <p><i>"Kankaku wo akete onarabi kudasai"</i></p> <p><u>English meaning:</u></p> <p>Please leave some space between you and others while lining up</p>	<p>間隔を空けて お座り下さい</p> 	<p><u>Reading:</u></p> <p><i>"Kankaku wo akete osuwari kudasai"</i></p> <p><u>English meaning:</u></p> <p>Please leave some space between you and others while sitting</p>

	Tips for Preventing Heatstroke as part of the New Lifestyle due to Novel Coronavirus (COVID-19) <small>あたらしい生活様式における熱中症予防行動のポイント</small>	
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With the advent of the new coronavirus (COVID-19), a new lifestyle is needed.

Please follow these 3 basic principles to prevent infection.

(1) Ensure physical distance between yourself and others

(2) Wear masks,

(3) Wash your hands, and

Avoid the 3 C's.- *C*losed environments with reduced air ventilation, *c*rowded places with groups of people and *c*lose-contact situations.



Here are some tips to prevent **heatstroke** as part of this new lifestyle:

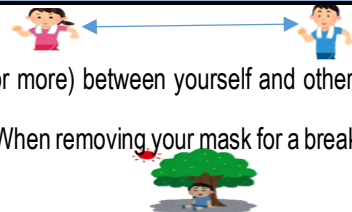
1 Avoid the heat

- Adjust the room temperature by using air conditioners, air circulators, etc.
- To avoid infection, consistently adjust the air temperature while ensuring ventilation through air vents and windows
- Don't over-exert yourself in the heat of the day
- Wear light, cool clothing
- Be especially careful on suddenly hot days



2 Remove masks as needed and as appropriate

- Be careful when wearing masks in hot and humid settings
- If possible, remove masks while keeping a sufficient distance (2 meters or more) between yourself and others outdoors
- When wearing a mask, do not perform intense physical work or movement. When removing your mask for a break, keep sufficient distance from the people around you



3 Keep hydrated

- Hydrate before you start feeling thirsty
- Try to drink about 1.2 liters of water per day
- If you sweat a lot, don't forget to replace the minerals and salts you have lost



4 Monitor your health

- Check your temperature and monitor your health daily
- When feeling unwell, don't over exert yourself and rest at home instead



5 Help your body become accustomed to the heat

- When it starts to become warmer, exercise moderately
- Don't forget to hydrate
- Exercise for about 30 minutes, in a slightly warm environment without too much exertion



Source: Ministry of the Environment (Kankyo Sho) and Ministry of Health, Labor and Welfare of Japan (Koseirodo Sho)