

City Office Notices

City Office Notices contains selected information from the Hiroshima City Newsletter, ひろしま市民と市政 (*Hiroshima Shimin to Shisei*). *City Office Notices* is published twice a month and available in print at the International Exchange Lounge, and online at our website <http://www.pcf.city.hiroshima.jp/ircd/english/hiroclubnews>

Hiroshima Shimin to Shisei is posted on the Hiroshima City Hall website (<http://www.city.hiroshima.lg.jp/>), which has built-in machine translation services for English, Chinese, and Korean.

March 15, 2020

Topics

- * Garbage collection on March 20 (national holiday)
- * National Pension premium to change from April 1
- * Left your job recently? Join the National Pension and get health insurance
- * Hygiene practices to fight COVID-19

Garbage collection on March 20 (national holiday)

3月20日(祝・金)の家庭ごみの収集(P6)

Friday, March 20, is a national holiday.

No collection: Combustible Waste, PET Bottles, Recyclable Plastics

Collected as usual: Recyclable Garbage, Harmful Waste, Other Plastics, Incombustible Waste

ENQUIRIES: City Hall Environmental Bureau, Operation Division I

(*Kankyō Kyoku Gyōmu Dai-ichi Ka*)
Telephone: 504-2220 Fax: 504-2229

National Pension premium to change from April 1

国民年金保険料が4月から変わります(P6)

From April 2020 to March 2021, the monthly premium you pay towards your National Pension will be 16,540 yen/month (an increase of 130 yen). To pay by bank transfer or card, you must apply in advance.

ENQUIRIES: Any Japanese Pension Service (JPS) Branch Office (*Nenkin Jimusho*)

Hiroshima Higashi JPS Branch Office Telephone: 228-3131 Fax: 221-3042

Hiroshima Nishi JPS Branch Office Telephone: 535-1505 Fax: 535-1506

Hiroshima Minami JPS Branch Office Telephone: 253-7710 Fax: 505-5122

Edited and published by the Hiroshima Peace Culture Foundation
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Website: <http://www.pcf.city.hiroshima.jp/ircd/english/>

編集・発行 公益財団法人広島平和文化センター国際部国際交流・協力課

Left your job recently? Join the National Pension and get health insurance

会社などを退職した人へ 国民年金の届け出や医療保険への加入などをお忘れなく(P6)

≡ The National Pension

If you are aged 20 to 59 and have withdrawn from Employees' Pension Insurance (*Kōsei Nenkin Hoken*) because you have left your job, you must join the National Pension System (*Kokumin Nenkin*).

To ensure access to benefits like your old-age pension, do not forget to join the National Pension System.

If your spouse is aged 20 to 59 and they are your dependent, they must also be enrolled in the National Pension.

ENQUIRIES: National Insurance & Pension Division (*Hoken Nenkin Ka*) of your ward office

Ward	Telephone	Fax	Ward	Telephone	Fax
Naka	504-2556	541-3835	Asaminami	831-4931	877-2299
Higashi	568-7712	262-6986	Asakita	819-3910	815-3906
Minami	250-8944	252-7179	Aki	821-4910	822-8069
Nishi	532-0935	232-9783	Saeki	943-9713	923-5098

≡ Health Insurance

By law, all residents of Japan must have health insurance.

If you do not have insurance any more because you have left your job, you must enroll in a new health insurance plan.

In general, you have three options in this case:

- (1) Keep your previous insurance (for a maximum of two extra years).
- (2) Join a family member's health insurance as a dependent family member. This cannot be done with National Health Insurance (*Kokumin Kenkō Hoken*).
- (3) Enroll in National Health Insurance.

How to apply depends on what type of insurance you apply for.

Before you leave your job, if you choose (1) or (2), talk to your employer. If you choose (3), talk to the National Insurance & Pension Division (*Hoken Nenkin Ka*) of your ward office (below).

ENQUIRIES: National Insurance & Pension Division (*Hoken Nenkin Ka*) of your ward office

Ward	Telephone	Fax	Ward	Telephone	Fax
Naka	504-2555	541-3835	Asaminami	831-4929	877-2299
Higashi	568-7711	262-6986	Asakita	819-3909	815-3906
Minami	250-8941	252-7179	Aki	821-4910	822-8069
Nishi	532-0933	232-9783	Saeki	943-9712	923-5098

Hygiene practices to fight COVID-19

手洗いや咳エチケットの徹底を(P2)

Proper hand washing and hygienic coughing are extremely important to fight the spread of COVID-19. Also, if you have symptoms such as fever, avoid going outside unless you need to.

How to wash your hands properly

Before washing, a) keep your nails cut short and b) remove your watch and any rings.

①



Get your hands wet and rub soap between the palms of your hands.

②



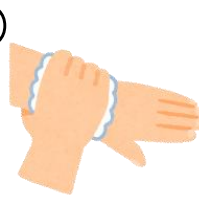
Rub the backs of your hands.

③



Clean in between your fingers and thumbs.

④



Remember to wash your wrists!

Clean your thumbs in a twisting motion using the opposite hand.

When finished, rinse your hands and dry them thoroughly with a clean towel or paper towel.

How to cough hygienically

If you have no mask:

If you cough suddenly:



Wear a mask to cover your mouth and nose.



Cover your mouth and nose in a tissue or handkerchief.



Cover your mouth and nose with the crook of your elbow.

- You can get the latest information on the City of Hiroshima website.
- If you have a prolonged fever and are worried you might have COVID-19, telephone the help desk set up by your ward's Health Center (*Hoken Sentā*)

Health Centers

Ward	Telephone	Ward	Telephone	Ward	Telephone	Ward	Telephone
Naka	504-2528	Minami	250-4108	Asaminami	831-4942	Aki	821-2809
Higashi	568-7729	Nishi	294-6235	Asakita	819-0586	Saeki	943-9731

Health Centers are open 8:30 am to 5:00 pm. When Health Centers are not open, dial 241-4566 for a helpline.

ENQUIRIES: City Hall Health Promotion Division (*Kenkō Suishin Ka*)
Telephone: 504-2622 Fax: 504-2258

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編集・発行 公益財団法人広島平和文化センター国際部国際交流・協力課