

City Office Notices

City Office Notices contains selected information from the City of Hiroshima newsletter *Hiroshima Shimin to Shisei* (available on the City of Hiroshima website: www.city.hiroshima.lg.jp)

It is published twice a month and can be found at the International Exchange Lounge and on our website: h-ircd.jp/en/guide/hiroclubnews-en.html

Unless stated otherwise, services and websites etc. are likely to be provided only in Japanese.

For the latest English information on COVID-19 in Hiroshima City, including case numbers and social welfare, there is a dedicated [area](#) of the City of Hiroshima website.



June 15, 2020

Icons	
Who can use this service?	
Cost	How to apply
Venue	Time (24-hour format)
Date	Inquiries

This month's topics

- * Are you living the New Lifestyle?
- * Subsidies available for international exchange and cooperation activities
- * Summer vacation childcare
- * Protect your children: Vaccinate them!
- * Adopt a dog or cat
- * Don't forget to file municipal and prefectural resident taxes by June 30

Are you living the New Lifestyle?

「新しい生活様式」を心がけましょう(P1)

To help fight COVID-19, we must adapt the way we live our lives.

The New Lifestyle is a set of long-term guidelines from the government's COVID-19 taskforce on as a long-term measure.

The 3 principles of avoiding infection

1 Keep physical distance

- Keep 1 – 2 meters away from other people.
- Avoid the three Cs.
- Stay outdoors for leisure.
- Don't face people directly in conversation

2 Wear a mask

- Wear a mask when going out and talking to people.

Important: As the weather gets hotter, be very careful not to get **heatstroke or heat exhaustion** when wearing a mask (e.g. thoroughly rehydrate).

3 Wash your hands

- As soon as you get home, wash your hands and face and change your clothes.
- Wash your hands for around 30 seconds with soap (or sanitizer).

If you are going to meet a high-risk person (e.g. an older person, a pregnant person, someone with a pre-existing condition), be especially aware of any symptoms you may have.

What is the New Lifestyle?

Everyday life

- Follow the 3 principles (see above).
- Be hygienic when coughing and sneezing
- Keep rooms well-ventilated.
- Check for symptoms every morning. If you have a fever or cold-like symptoms, stay home and recover. If you have any concerns, contact a medical professional.

Meals

- Avoid sharing from plates.
- Sit side-by-side.
- Do not share drinks.
- Make use of takeout or delivery.

Transport

- Speak in a quiet voice.
- Avoid busy times.
- Walk or ride a bike where possible.

Travel

- Avoid going to areas with high infection rates.
- Keep record of who you meet, in case you get infected.
- Keep up-to-date on infection rates in your area.

Shopping

- Go alone or in a small group at a less busy time.
- Write a list and finish as quickly as possible.
- Keep physical distance when in line for the register.
- Use cashless payment methods.

Work

- Work from home if possible.
- Have your team work on rotation.
- Work on staggered hours.
- Have meetings online.
- If you must have a meeting in person, keep the room well-ventilated and wear masks.

Leisure and sport

- Train at home using videos.
- Jog alone or in a small group.
- Go to parks during less busy hours.
- If singing or cheering, keep plenty of distance or do it online.



City Hall Health Promotion Division
(Kenkō Suishin Ka)

☎ 504-2622 🖨 504-2258

Subsidies for international exchange and cooperation activities

国際交流・協力活動の助成対象事業を募集(P7)

These two subsidies are available for projects etc. run between October and March by citizens' groups in Hiroshima City that are related to international exchange and cooperation.

International Exchange and Cooperation Activities Promotion Subsidy (Kokusai Kōryu Kyōryoku Katsudō Shinkō Hojokin)



Maximum subsidy

A group with at least 2 years of activities

(A) Project in Hiroshima City: 150,000 yen

(B) Project outside Japan: 400,000 yen

(C) Project in one of Hiroshima's sister/friendship cities: 400,000 yen

Note: You can only apply for one of (A), (B), or (C).

International Exchange and Cooperation Activity Fostering Subsidy (Kokusai Kōryu Kyōryoku Katsudō Ikusei Hojokin)



Maximum subsidy

A group with less than 2 years of activities

100,000 yen



1. Discuss your application with the Peace Culture Foundation's International Relations and Cooperation Division (IRCD).
2. Submit a completed application form to the IRCD. You can get the form at the IRCD or download it from the IRCD website. 📅 The IRCD must get your

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International Affairs Department, International Relations and Cooperation Division

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☎ (082) 242-8879 🖨 (082) 242-7452 internat@pcf.city.hiroshima.jp

International Exchange Lounge

☎ (082) 247-9715 golounge@pcf.city.hiroshima.jp

application within the month of July.

3. Recipients will be selected from the pool of applications.



**Peace Culture Foundation's
International Relations and Cooperation
Division** (*Heiwa Bunka Sentā Kokusai
Kōryū Kyōryoku Ka*)

☎ 242-8879 🖨 242-7452

Summer vacation childcare

夏休み中の放課後児童クラブの利用申し込みを
受け付けます(P7)

Hōkago Jidō Clubs (the After-School
Childcare Program) are for elementary school
students whose parents need childcare after
school hours and meet certain conditions.

You can also apply to use a Hōkago Jidō Club
in the summer vacation.

The clubs will accept applications as long as
a) the maximum number of children is not
reached and b) there is no disruption to the
normal running of the club.

You can find details on the City website,
including a list of available on the City website



1. Contact a Children's Community Center
or Hōkago Jidō Club to discuss your
application.
2. Submit a completed application form
directly to them.

📅 The facility must get your application
between July 1 (Wed.) and July 15
(Wed.).

3. Recipients will be selected from the pool
of applications.



**Hiroshima City Board of Education
After-School Care Division** (*Kyōiku linkai
Hōkago Taisaku Ka*)

☎ 242-2014 🖨 242-2018

Protect your children: Vaccinate them!

予防接種を受けましょう(5月15日号 P1)

Your child's vaccination schedule (at what age
they can be vaccinated and how often) is set
by Japanese law and other regulations.

You can vaccinate your child once they are 2
months old. Consult with your regular doctor
pediatrician etc. and come up with a plan.

Protect your children

If infectious diseases get worse, they can
cause death or leave children with serious
conditions.

However, if children are properly vaccinated,
they are less likely to become infected.

Even if they become
infected, their symptoms
are less likely to become
serious.



As babies grow, they
come into contact more
with other people, and the
risk of infection grows.

Once they are old enough, get your child
vaccinated as soon as possible.

If there are any changes in how vaccinations
are done, they will be posted on the City of
Hiroshima website.

Free vaccinations

Vaccinations are free within a certain time
period, so check the vaccination history part of
your **Maternal and Child Health Handbook**
(*Boshi Kenkō Techō*).

If there are any vaccinations your child has
not yet received, discuss this with your regular
doctor/clinic/hospital and ensure that your
child is vaccinated.

For more information, please refer to the City
of Hiroshima website.

What to bring to the doctor/clinic/hospital

- ❖ Maternal and Child Health Handbook
- ❖ Your health insurance card

Use your name seals!

The City sends **name seals** to parents and guardians.

You can stick them onto vaccination tickets to make the process quicker and reduce errors. You just need to write your address by hand.

なまえ
Name seal: 名前シール *namae shiiru*

Vaccines and how they help

These are the main vaccinations that children should receive before elementary school.

Hepatitis B vaccine

がたかんえん
B型肝炎ワクチン
bii gata kan'en wakuchin

Available at: 2 – 8 months

Can prevent: hepatitis, liver cirrhosis, liver cancer, and others

Hib and pediatric pneumococcal vaccines

しょうようはいえんきゅうきん
ヒブ、小児用肺炎球菌ワクチン
hibu, shōn yō haien kyūkin wakuchin

Available at: 2 – 6 months

Can prevent: Septic meningitis, sepsis, pneumonia, and others

Chickenpox vaccine

すいとう みず
水痘 / 水ぼうそうワクチン
suitō/mizubōsō wakuchin

Available at: 12 – 14 months

Can prevent: Chickenpox

BCG Vaccine

BCG ワクチン
bii shii jii wakuchin

Available at: 5 – 7 months

Can prevent: Tuberculosis

Measles and rubella vaccine

ましん・ふう
麻疹・風疹ワクチン
Mashin fūshin wakuchin

Available at: 12 – 23 months

Can prevent: Measles and rubella

Japanese encephalitis vaccine

にほんのうえん
日本脳炎ワクチン
Nihon nōen wakuchin

Available at: 6 – 89 months

Can prevent: Japanese encephalitis

DPT-IPV quadruple vaccine

よんしゅこんごう
四種混合ワクチン
yonshu kongō wakuchin

Available at: 3 – 11 months

Can prevent: Diphtheria, whooping cough (pertussis), tetanus, polio



Your ward office's **Health Center**
Communal Mutual Support Division
(Hoken Sentā, Chiiki Sasaeai Ka)

Ward		
Naka	504-2528	504-2175
Higashi	568-7729	568-7781
Minami	250-4108	254-9184
Nishi	294-6235	294-6311
Asaminami	831-4942	870-2255
Asakita	819-0586	819-0602
Aki	821-2809	821-2832
Saeki	943-9731	923-1611

Adopt a dog or cat

犬猫の譲渡会 (P6)

The Animal Care Center is looking for new owners for the dogs and cats in its care.

Note: There might not be any cats.



Sunday, June 21



10:00 – 14:00



Animal Care Center

(Address: Naka-ku, Fujimi-cho 11-27)

Note: There are no parking spaces



Animal Care Center (*Dōbutsu Kanri Sentā*)



243-6058



243-6276

**Don't forget to file
municipal and prefectural
residents taxes by June 30**

納期をお忘れなく市・県民税第1期

納期限(6月30日(火)) (P6)

Payments for municipal residents tax and prefectural residents tax for this quarter (first quarter) are due by the end of Tuesday, June 30, 2020.

Note: If you are having trouble making the resident tax payments because of COVID-19, you can have your payments deferred.



See the City of Hiroshima website (scan the QR code) for more information.

**Beware of cash benefit-related scams!**

給付金の詐欺に注意! (P7)

Don't give away your personal information.

- ✕ PIN number ✕ account number
- ✕ Individual Number (My Number)
- ✕ bankbook ✕ bank card.

The government, local authorities, etc. **will never ask you** to do any of the following:

- ✕ Use an ATM
- ✕ Transfer handling fees to get your benefit
- ✕ Click a URL in an email

If you think someone is trying to scam you, talk to one of the following:

❖ **Consumer Hotline** (*Shōhisha Hottorain*)

188

❖ **Consumer Hotline on Cash Benefit Programs for COVID-19**

(*Shingata Korona Uirusu Kyūfukin Kanren Shōhisha Hottorain*) 0120-213-188

❖ Your local police station

❖ **Designated Police Consultation Phone Number**

(*Keisatsu Sōdan Senyō Denwa*) #9110

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