

# 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](http://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](http://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.



July 1, 2020

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Who can use this service?	
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## This month's topics

- \* Rest House Reopening July 1
- \* Heatstroke risk while wearing masks
- \* Nationwide plastic bag charge from July 1
- \* National Health Insurance document renewal and application
- \* Help with National Pension contributions
- \* Refunds for preschool education and childcare

## Rest House Reopening July 1

装いを新たに憩いの場オープン(P1)

The Rest House, in Peace Memorial Park, is reopening on July 1 after renovation works.

While preserving its legacy as a building surviving from the atomic bombing, its exterior has been restored to its original appearance.

### What is the Rest House?

The Rest House is the only building in Peace Memorial Park still standing from before the atomic bombing, and has been under renovation until this month.

The purposes of this have been twofold. One is to preserve and utilize the building as a place to learn about the bombing and share in Hiroshima's will for peace. The other is to improve hospitality services.

The renovation work has finally finished, just in time to mark 75 years since the atomic bombing. Check the chart to see the features of the new and improved Rest House!

3F	Visitors can learn about the history of Nakajima (present day Peace Park) through photos and other displays.
2F	<b>Coffee shop and free lounges</b> A <i>hibaku</i> piano is on display here. This piano was treasured by Kawamoto Akiko, who passed away at 19 in the atomic bombing. Although it was damaged in the atomic blast, it was restored in 2005.
1F	Tourism information and gift shop
B	At the time of the bombing, 37 people were working in the building, but only one person Nomura Eizo, survived. The basement has displays including writing and pictures by Nomura that describe that day, as well as photos of the building just after the bombing.

City Hall Tourism Policy Department  
(Kankō Seisaku Bu)

504-2676 504-2253

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International Affairs Department, International Relations and Cooperation Division

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(082) 247-9715 [golounge@pcf.city.hiroshima.jp](mailto:golounge@pcf.city.hiroshima.jp)

## Heatstroke risk while wearing masks

熱中症に注意が必要です(P2)

This will be our first summer under Japan's New Lifestyle, and we are expected to wear masks.

However, wearing a mask increases the risk of heatstroke or heat exhaustion. This year, we must be more careful than ever.

### What are heatstroke and heat exhaustion?

Heatstroke and heat exhaustion are caused by dehydration and imbalance of salts in the body.

Even if you are doing nothing indoors, you could get symptoms. This can lead to hospitalization and, in severe cases, death.

In Japan, **40% of cases happen at home**, so caution should be part of our daily lives.

### What are the risks of masks?

1. When you wear a mask, it becomes harder for your body to expel heat. Your heart rate and internal temperature increase, and this is hard on the body.
2. Water vapor stays inside the mouth, and it becomes harder to notice thirst.
3. Some people may be hesitant to take off their masks, and will rehydrate less often. Even when you wear a mask, you should frequently drink water.

If you are **outside and can stay 2 meters away from other people**, you can and should take off your mask.

### Added strain on hospitals

Between May and September 2019, 1,587 heatstroke and heat exhaustion-related ambulances trips were made in Hiroshima Prefecture.

Hospitals are already strained with COVID-19 treatment. Extra visits because of heatstroke will add even more stress on the system.

This summer, do your part to keep heatstroke and heat exhaustion to a minimum.

### What are the symptoms?

*Symptoms include:* Numbness in hands and feet, dizziness, headaches, nausea, vomiting, lethargy, fainting\*, unable to drink by themselves\*, unusual replies to questions\*

If someone has symptoms, take these first-aid measures:

- Move to a cool spot.
- Replace lost fluids and salts with a sports drink etc.
- Loosen any tight clothing.
- Cool the body down (focus on the neck, armpits, and groin).

If serious symptoms appear (such as those marked with \* above) **call an ambulance immediately**.

### How to prevent heat illness

#### No one around? Take off that mask!

- If you are outside and can keep 2 meters away from others, take off your mask.

#### Drink up!

- Keep hydrated, even if you do not feel thirsty.

#### Beat the heat!

##### When indoors:

- Use a fan or air conditioning to keep cool.
- Keep the room cool with curtains or blinds. (Balance this with opening windows to prevent the spread of COVID-19.)

##### When outdoors:

- Shade yourself with a parasol or hat etc.
- Be careful to take breaks in the shade
- Be mindful of when you go out, avoiding hot days and hot times of day.

#### Stay healthy!

- Check your temperature every day.
- Train your body's heat tolerance.
  - An appropriate amount of exercise can train your body to better tolerate heat.
  - Get the body moving for 30 minutes every day—but don't overdo it, and remember to rehydrate!



**City Hall Health Promotion Division**  
(Kenkō Suishin Ka)

504-2290 504-2258

## Nationwide plastic bag charge from July 1

レジ袋有料化が始まります(P3)

As of this month, plastic shopping bags are no longer free in Japan.

This is a good opportunity to rethink what we can do to protect the environment, such as carrying reusable bags.

### For what bags is there a charge?

Plastic bags with handles for carrying shopping

### Reducing plastic

This new move is one measure to help tackle various environmental issues such as plastic polluting the ocean and climate change.

Through this charge, we as consumers are expected to start to rethink our lifestyles and reduce our plastic use.

So, next time you go shopping, stop and think: "Do I really need a bag?"

### Ban on free bags

Under the new law, all retailers must charge at least 1 yen per each disposable plastic bag that fits the criteria under **What bags will the charge cover?** above.

Retailers decide for themselves the exact price, and how they use the income from selling bags.

### ? For more details:

- Dedicated helplines (Open 9:00 – 18:15, Monday to Friday except holidays)

**For consumers:** ☎ 0570-080180

**For businesses:** ☎ 0570-000930

- Dedicated area of Ministry of Economy, Trade and Industry (METI) website



### For inquiries about this article:

**City Hall Operations Division I**  
(Gyōmu Daiichi Ka)

☎ 504-2748 🖨 504-2229

## National Health Insurance documents: renewal and applications

国民健康保険の保険証などの交付・更新 (P5)

### National Health Insurance cards (Kokumin Kenkō Hoken Shō)

Current National Health Insurance Cards will become invalid on July 31 (Fri.).

The City will mail new cards to residents beginning July 20 (Mon.).

### Payment limit certificate (Gendogaku Tekiyō Nintei Shō)

Payment limit certificates are available to people with National Health Insurance.

If you show your certificate to hospitals and clinics when your medical fees are high, you can pay less.

For more information, contact your ward office's National Insurance and Pension Division (details below).

### ✎ Certificates will expire on July 31 (Fri.).

If you want to renew yours, reapply **by the end of August**.

You might have to report your municipal residence tax etc.

Bring your insurance card, your seal (*inkan*), your MyNumber and some I.D.

### ? Your ward office's **National Insurance and Pension Division** (Hoken Nenkin Ka)

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


## Help with National Pension contributions

国民年金保険料には  
納付の免除、猶予制度があります(P4)

Are you struggling with National Pension contributions for financial reasons?


If so, you can apply for **exemption** from some or all of the contributions, or for **deferral**.

**Note:** If you do nothing about not paying your contributions, you might not be able to receive your basic pension or other benefits when you are older.

 Apply at your local ward office's **National Insurance and Pension Division** (Details below) or at your branch office.

Bring your pension handbook, seal (*inkan*) and other documents.

(Students should also bring student I.D.)


 Your ward office's **National Insurance and Pension Division** (*Hoken Nenkin Ka*)

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

## Refunds for preschool education and childcare

幼児教育・保育の無償化による  
利用費の請求を受け付けます(P5)

Because preschool education and childcare became partially free last October, some parents and guardians can ask for refunds.


 Parents or guardians whose children use anything listed under **Eligible facilities and services** below, and who have received the following permission:

*Shisetsu Tō Riyō Kyūfu Nintei* (2 or 3)

しせつとうりょうきゅうふにんてい にごう さんごう  
施設等利用給付認定 (2号、3号)

### Eligible facilities and services


- Unauthorized daycare facilities (*ninkagai hoiku shisetsu*) **Note:** Not including business-led daycare facilities
- Temporary out-of-hours childcare (*ichiji azukari*)
- Childcare for sick children (*byōji hoiku*)
- Family Support Centers
- Out-of-hours childcare (*azukari hoiku*) provided by kindergartens or the kindergarten parts of Certified Child Care Centers (*Nintei Kodomoen*)

 Apply directly to the facility or to City Hall's Childcare Planning Division. You will need:

- ① A request form
- ② A document that proves the facility both received your payment and provided childcare
- ③ A photocopy of your bankbook

You can either get ① from the facility or download it from the City of Hiroshima website. You can get ② from the facility.

 Apply by the end of July 15 (Wed.)

-  • Ask the facility
- **City Hall Child Care Planning Division** (*Hoiku Kikaku Ka*)

 504-2153  504-2255

# Beware of cash benefit-related scams!

給付金の詐欺に注意！（6月15日、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