

News From City Hall

Below are translated selections from the City of Hiroshima newsletter *Hiroshima Shimin to Shisei* (available in the original Japanese on the City of Hiroshima website: www.city.hiroshima.lg.jp).

COVID-19: For the latest English-language information related to Hiroshima City, including case numbers and social welfare, there is a dedicated area of the City of Hiroshima website.



May 1, 2021

Icon Key

Who?	Where?
How much?	How to apply
Date	Time (24-hour)
Inquiries	
Telephone	Fax

Contents

- How to ensure a smooth coronavirus vaccination
- Protect your children: Vaccinate them!
- Spousal Domestic Violence Counseling and Support Center to change number
- Waste collection during Golden Week
- How to get your National Health Insurance card by registered mail

How to ensure a smooth coronavirus vaccination

会場でスムーズに接種を受けるために(P3)

COVID-19 vaccinations have begun in venues such as hospitals, clinics, and private commercial facilities.

To ensure your vaccination goes as smoothly as possible, please refer to this article.

A one-hour process

On the day, the vaccination involves sign-in, a preliminary health check, the injection itself, and an observation period (see chart on the right).

This whole process takes around one hour.

In venues set up by the City of Hiroshima, there are plans to set up booths to provide consultation about vaccination.

If you have any concerns about your vaccination, please make use of these booths.

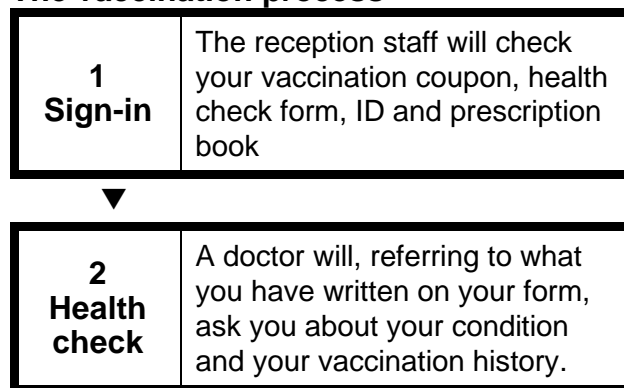
What to bring

Please remember to bring these, or else you might not be allowed to get your vaccination.

- Vaccination coupon
- Health check form (completed in advance)
- ID (e.g., health insurance card or driver's license)
- Your prescription book (*o-kusuri techō*)

Because the vaccine supply is limited, in May the City will start by sending coupons to facility residents aged over 65 and other people aged over 80. After May, eligibility will gradually expand as the vaccine supply allows.

The vaccination process



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3 Injection	The injection will be in your upper arm. Be sure to wear clothes in which you can easily bare your shoulder.
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4 Observation period	You will be asked to wait 15 – 30 minutes in case you experience any side effects.
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? For more information, see the City of Hiroshima website.

Hiroshima Prefecture COVID-19 Vaccination Call Center
(Hiroshima Ken Shingata Korona-uirusu Wakuchin Sesshu Kōru Sentā)

☎ 513-2847
Lines open 24/7

Ministry of Health, Labour and Welfare COVID-19 Call Center
(Kōsei Rōdō Shō Shingata Korona Wakuchin Kōru Sentā)

☎ 0120-761770 (9:00 to 21:00)
Toll Free
Also available on Saturdays, Sundays, and national holidays

<p>Protect your children: Vaccinate them!</p> <p>予防接種を受けましょう(P3)</p>

Vaccination can prevent infection, or prevent a disease becoming serious after infection.

To protect your child's health, be sure you know your child's vaccination schedule and don't forget to follow it.

The age at which children start regular vaccinations, the number of doses they receive, the gap between doses, and so on are all defined in Japanese law and other regulations. Children's vaccination is free.



You can vaccinate your child once they are 2 months old. Consult with your regular doctor (a pediatrician or other specialist) and plan ahead.

Information such as vaccination schedules is available on the City of Hiroshima website.

Vaccine	What it can prevent <i>Description in italics</i>
<p>Hepatitis B vaccine</p> <p>がたかんえん B型肝炎 ワクチン</p> <p><i>bii gata kan'en wakuchin</i></p>	<ul style="list-style-type: none"> • Hepatitis • Liver cirrhosis • Liver cancer • Others <p><i>Hepatitis (inflammation of the liver) can progress to liver cirrhosis and lead to liver cancer.</i></p>
<p>Hib and pediatric pneumococcal vaccines</p> <p>ヒブ、<small>しょうじょうはいえんきゅうきん</small> 小児用肺炎球菌 ワクチン</p> <p><i>hibu, shōni-yō haien kyūkin wakuchin</i></p>	<ul style="list-style-type: none"> • Septic meningitis • Sepsis • Pneumonia • Others <p><i>Common in young infants. Can lead to serious illness.</i></p>
<p>Chickenpox vaccine</p> <p>すいとう みず 水痘 / 水ぼうそう ワクチン</p> <p><i>suitō/mizubōsō wakuchin</i></p>	<ul style="list-style-type: none"> • Chickenpox <p><i>Highly infectious and causes rashes. Can become more serious, causing bronchitis, pneumonia or febrile seizures.</i></p>
<p>BCG Vaccine</p> <p>BCG ワクチン</p> <p><i>bii shii jii wakuchin</i></p>	<ul style="list-style-type: none"> • Tuberculosis (TB) <p><i>Even now, every year nearly 20,000 new cases of tuberculosis are reported.</i></p> <p><i>If young children catch it, they risk developing a serious condition such as tuberculous meningitis.</i></p>

<p>Measles and rubella vaccine</p> <p>麻疹・風疹ワクチン Mashin fūshin wakuchin</p>	<ul style="list-style-type: none"> • Measles • Rubella <p><i>Measles is highly infectious, and can become more serious and lead to death.</i></p> <p><i>Rubella during pregnancy can cause disabilities including hearing loss and visual impairment.</i></p>
<p>Japanese encephalitis vaccine</p> <p>日本脳炎ワクチン Nihon nōen wakuchin</p>	<ul style="list-style-type: none"> • Japanese encephalitis <p><i>Transmitted through mosquito bites. Can cause serious cases of encephalitis.</i></p>
<p>DPT-IPV quadruple vaccine</p> <p>四種混合ワクチン yonshu kongō wakuchin</p>	<ul style="list-style-type: none"> • Diphtheria • Whooping cough (pertussis) • Tetanus • Polio <p><i>All are serious infectious diseases that can lead to death.</i></p>
<p>Rotavirus vaccine</p> <p>ロタウイルス rotairusu wakuchin</p>	<ul style="list-style-type: none"> • Rotavirus <p><i>Common in young infants. Can lead to hospitalization due to serious dehydration.</i></p>

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

Ward		
Naka	504-2528	504-2175
Higashi	568-7729	568-7790
Minami	250-4108	254-9184
Nishi	294-6235	294-6113
Asaminami	831-4942	870-2255
Asakita	819-0586	819-0602
Aki	821-2809	821-2832
Saeki	943-9731	923-1611


Spousal Domestic Violence Counseling and Support Center to change number

配偶者暴力相談支援センターの電話番号が
7月19日(月)から変わります(P4)

Until **Sunday, July 18**, the Center's phone number will still be 545-7498.

From **Monday, July 19**, the number will change to 504-2412.

 **City Hall Gender Equality Division**
(Danjo Kyōdō Sankaku Ka)

 504-2108  504-2609

Waste collection during Golden Week

5月3日(祝・月)ー5日(祝・水)
の家庭ごみの収集 (P4)

Changes to household waste collection from Monday, May 3 to Wednesday, May 5 will be as follows.

<p>Collected as usual: Recyclable Garbage, Harmful Waste, Incombustible Waste, Other Plastics</p>	<p>No collection: Combustible Waste, PET Bottles, Recyclable Plastics</p>
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 **City Hall Environmental Bureau, Operation Division I**
(Kankyō Kyoku Gyōmu Dai-ichi Ka)

 504-2220  504-2229


How to get your National Health Insurance card by registered mail

希望世帯に国民健康保険証を簡易書留で郵送します(P4)

Current National Health Insurance Cards will become invalid on Sunday, August 1.

The City will send out new cards in late July.

If you want the postal worker to directly hand you your new card, you can request simplified registered mail (*kan'i kakitome*).

 Mail the **Required information** below to the National Insurance and Pension Division (*Hoken Nenkin Ka*) of your ward office.

Write the postal code of your ward office on the envelope. (No address needed. See the table below for postal codes.)


Required information:



- Address
- Name of head of household
- Phone number
- National Health Insurance card number
- The following message:

かんいかきとめきぼう

("Please use registered mail.")

Your application must arrive by Tuesday, June 1.

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

Ward	Postal code		
Naka	730-8587	504-2555	541-3835
Higashi	732-8510	568-7711	262-6986
Minami	734-8522	250-8941	252-7179
Nishi	733-8530	532-0933	232-9783
Asaminami	731-0193	831-4929	877-2299
Asakita	731-0292	819-3909	815-3906
Aki	736-8501	821-4910	822-8069
Saeki	731-5195	943-9712	923-5098

Municipal housing available

市営住宅の入居者募集 (P5)


Locations and floor plans are in the **list of available housing**.

Details on eligibility and how to apply are in the **application guidelines**.

The list, the guidelines, and other materials are now available in the Architecture Division of each ward office (details below), at the City Hall Service Corner, and on the City website.

They will also be available in branch offices from Thursday, May 6.

During the long holiday from Saturday, May 1 to Wednesday, May 5, they will be placed in the lobbies or night entrances of ward offices.

 There are two ways to apply:

- Through the City of Hiroshima website
May 1 (Sat.) – 13 (Thu.)
- Submit a form to the relevant ward office's **Architecture Division**
May 11 (Tue.) – 13 (Thu.)

 Ward office **Architecture Division** (*Kenchiku Ka*)


Ward		
Naka	504-2578	541-3835
Higashi	568-7744	262-6986
Minami	250-8959	252-7179
Nishi	532-0949	232-9783
Asaminami	831-4954	877-2299
Asakita	819-3937	815-3906
Aki	821-4928	822-8069
Saeki	943-9744	923-5098

Deferred pension payments for students over 20

20歳以上の学生の国民年金保険料後払い制度
(4月15日号 P6)


In Japan, all residents over 20 must make pension payments, including students.

If you have difficulty paying due to financial issues etc., you can apply to have payments delayed until you graduate.

 Undergraduates, postgraduates, junior college students, high schoolers, technical college students, and others.

Your income the previous year must have been below a certain threshold.

If you have no dependents (family etc.), this threshold is 1.28 million yen.

 Apply at your ward office's National Insurance and Pensions Division.

Bring your pension book, seal (*inkan*), and student ID.

 Your ward office's **National Insurance & 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

Correction: A previous version of this article mistakenly stated that the income threshold is 1.28 million yen for people not financially supported by family.

News From City Hall is published twice a month. It is available in print at the International Exchange Lounge, various public facilities, and on our website (h-ircd.jp/)