

News From City Hall

Below are translated selections from the City of Hiroshima newsletter *Hiroshima Shimin to Shisei* (available 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.



June 15, 2021

Icon Key

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

Contents

- COVID-19 vaccinations
- Payment deadline: Residents Taxes
- Heatstroke and other heat-related illnesses

COVID-19 vaccinations

新型コロナウイルスワクチン(P2)

The City of Hiroshima is making efforts to finish vaccinating over-65s by the end of July.

On June 14, the City sent vaccination coupons to all people aged 70 – 74 with resident records in Hiroshima City.

Coupon dispatch schedule

Age group	Dispatch
Over-65s who are residents in facilities for the elderly, disabled, etc.	Coupons have been sent out
Over-75s	
70 – 74-year-olds	Sent out June 14
65 – 69-year-olds	To be sent out June 21
Under-65s	To be sent out around early July

How to make an appointment for your vaccination

1. Receive your coupon in the mail.
2. Choose whether to be vaccinated at a medical facility or group vaccination site.

A Medical institution

(regular physician, etc.)

B Group vaccination site

(at commercial venues, etc.)

3. Make your appointment

A Contact one of the hospitals or clinics on the list enclosed with your coupon directly.

For some hospitals or clinics, you can make an appointment through the call center or website mentioned below.

B Use one of the following:

Hiroshima City COVID-19

Vaccination Call Center 050-3644-7513

- Lines open 9:00 – 17:00, 7 days a week
- Multilingual: English, Chinese, Korean, Portuguese, Spanish, Thai, and Vietnamese

Book online (In Japanese only)

<https://v-yoyaku.jp/341002-hiroshima>

Group vaccination sites (as of June 1)

Please do not contact sites directly.

◆ Kamiya-cho Shareo (near the West Plaza)	
Main vaccination days	Thursdays, Saturdays, Sundays
Address	Naka-ku, Ote-machi 1-chome Underground Shopping Area 307 (Atomic Bomb Dome side)
◆ Hiroshima Prefectural Sports Center	
Main vaccination days	Saturdays, Sundays
Address	Naka-ku, Moto-machi 4-1
◆ Higashi Ward Sports Center	
Main vaccination days	Saturdays, Sundays
Address	Higashi-ku, Ushita-shin-machi 1-8-3
◆ Grand Prince Hotel Hiroshima	
Main vaccination days	Saturdays, Sundays
Address	Minami-ku, Motoujina-cho 23-1
◆ Hiroshima Marina Hop	
Main vaccination days	Mondays, Tuesdays, Wednesdays, Saturdays, Sundays
Address	Nishi-ku, Kanon-shin-machi 4-14-35
◆ Nishi-Hiroshima Warehouse, Nippon Express Co. Ltd. Hiroshima Branch Office	
Main vaccination days	Wednesdays, Thursdays, Fridays
Address	Nishi-ku, Kusatsu-ko 3-4-1

◆ Sun Plaza	
Main vaccination days	Saturdays, Sundays
Address	Nishi-ku, Shoko Center 3-1-1
◆ Aeon Mall Hiroshima Gion	
Main vaccination days	Thursdays, Fridays, Saturdays, Sundays
Address	Asaminami-ku, Gion 3-2-1
◆ Magame Community Hall	
Main vaccination days	Saturdays, Sundays
Address	Asakita-ku, Magame 1-3-27
◆ Asa Citizens Hospital	
Main vaccination days	Saturdays, Sundays
Address	Asakita-ku, Kabe-minami 2-1-1
◆ Aki Ward General Welfare Center	
Main vaccination days	Saturdays, Sundays
Address	Aki-ku, Funakoshi-minami 3-2-16
◆ Saeki Ward Sports Center	
Main vaccination days	Saturdays, Sundays
Address	Saeki-ku, Rakurakuen 6-1-27

Note: Vaccination days may vary from week to week. Please confirm when making your appointment.

🔗 For more information, see the City of Hiroshima website.

Hiroshima Prefecture COVID-19 Vaccination Call Center
☎ **513-2847 (Lines open 24/7)**

Languages: English, Chinese, Vietnamese, Korean, Tagalog, and Portuguese

Payment deadline: Residents Taxes

納期をお忘れなく(P6)

The deadline for payments for municipal and prefectural residents tax for the first quarter is Wednesday, June 30.

Consider paying by direct debit. For more details, see the City of Hiroshima website.

Heatstroke and other heat-related illnesses

暑さでぐったり…に、ならないために。(P1)

Heatstroke can cause loss of consciousness and even death. As we enter the summer months and temperatures rise, be sure to take all necessary preventative measures.

Cases of heatstroke and other heat-related illnesses begin appearing in May and peaks from late July to early August.

The pandemic and heat illnesses

Taking measures to prevent COVID-19 can increase risk in these ways:

- Masks keep heat inside the body, make it harder to notice thirst, and give you less opportunities to rehydrate.
- Leaving windows open, even if air conditioning is turned on, means the indoor temperature will stay high.
- Staying home more often makes it harder for the body to get used to the summer heat.

Examples of symptoms (from least to most serious)

1. Dizziness, headaches, muscle cramps, high heart rate, excessive sweating
2. Headaches, nausea, lethargy
3. Red face, high temperature, unable to walk straight, altered mental state (the person is unresponsive or is behaving strangely), seizures, fainting

First aid

- Move them to a cool place and loosen their clothing.

- Cool down the neck, armpits and groin with an ice pack or similar.
- Cool them down (e.g., apply a damp towel and fan them).
- Help them rehydrate and replenish salts.
- In the event of serious symptoms such as loss of consciousness, call an ambulance immediately.

Your day-to-day physical condition affects your risk of heatstroke. If you are not feeling your best, be especially careful.

Prevention

- If you feel thirsty, you are already dehydrated. Aim to take in 1.2 liters of water per day.
- Heatstroke can happen indoors and at night. Keep the indoor temperature below 28°C. Aim to keep humidity between 50% and 60%, while also keeping the room well ventilated.
- Wear breathable clothing. Stay shaded when outdoors with a hat, parasol, etc.
- Stay in shape. Sweating is important for maintaining your body temperature. Get your body used to the heat with an amount of exercise appropriate to your physical condition.

Is just drinking water enough?

Our bodily fluids contain electrolytes such as sodium and potassium.

The body needs to maintain the right concentration of these. If you keep drinking just water or tea, the body will expel an excessive amount of water through urination and other routes.

When rehydrating, be sure to also replenish the electrolytes in your body such as with ion drinks or sports drinks that contain sodium.

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

 504-2290  504-2258

Unless stated otherwise, services and webpages mentioned are likely to be only provided in Japanese.

Translations of proper nouns in quotation marks are provided only for the purpose of understanding articles and are not official English translations.

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