

News From City Hall

Translated selections from the City of Hiroshima magazine *Hiroshima Shimin to Shisei*, which is available on the City of Hiroshima website: www.city.hiroshima.lg.jp and the app Catalog Pocket.

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.



March 1st, 2022

Icon Key

| | |
|-----------|--------------|
| Who? | Where |
| How much? | How to apply |
| Date | Time |
| Inquiries | |
| Telephone | Fax |

Contents

- Extended ward office hours March 28th – April 4th
- Join the national pension and health insurance
- COVID-19 Vaccination: Child vaccines starting
- Infant's four-month checkup coupons: expiry date
- In person drop off for large item trash

Extended ward office hours March 28th – April 4th

区役所窓口を平日時間延長、土・日曜日開庁します (P3)

In general ward offices are crowded with many people filing paperwork from late March to early April. During this time, for some types of paperwork, ward offices will extend their weekday opening hours and also open on the weekend. (Regular opening hours at ward offices: Monday to Friday, 8:30 am – 5:15 pm)

Table of extended opening hours

| 31 | March | | | | | April | | |
|-------|-------------------|------|------|------|------|-------------------|------|-------------------|
| | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. | Sun. | Mon. |
| | 28 | 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| Hours | 8:30 am – 7:00 pm | | | | | 8:30 am – 12 noon | | 8:30 am – 7:00 pm |


※Only Citizens Affairs Divisions (*Shimin Ka*), National Insurance and Pension Division (*Hoken Nenkin Ka*) of ward offices will do this. Branch offices will not extend their hours.


Welfare Divisions (Fukushi Ka) will have a temporary desk in Citizens Affairs Divisions.

Note:




- If you have changed your address, it is required that you submit a *Registration of Change in Certificate of Residence* as well as other forms such as *Registration of Change in Eligibility for National Health Insurance*.
- For more information regarding the documents you will need to submit with each form, please contact the most relevant division using the table below.
- If you call during extended hours, you will first be connected to Security (*Shuei Shitsu*), who will then transfer you to the office you need.
- If you need services related to other things, go during regular hours (weekdays 8:30 am – 5:15 pm).
- Bring ID (e.g. driver's license or passport), your My Number notification slip or My Number card.
- Depending on the circumstance, you may not be able to complete all paperwork in one day.

See the table overleaf for services available in extended hours.

| To submit these forms... | | | | | | | ...go to: | |
|--|---------------|----------|----------------|----------|------------------|----------|--|----------|
| <ul style="list-style-type: none"> • Registration of Change in Certificate of Residence (<i>Jūminhyō no Idō-todoke</i>) • Personal Seal Registration (<i>Inkan Tōroku</i>) | | | | | | | Citizens Affairs Division (<i>Shimin Ka</i>) | |
|  | Naka | 504-2551 | Higashi | 568-7708 | Asaminami | 831-4928 | Asakita | 819-3907 |
| | Minami | 250-8938 | Nishi | 532-0930 | Aki | 821-4908 | Saeki | 943-9709 |

| To submit these forms... | | | | | | | ...go to: | |
|--|---------------|----------|----------------|----------|------------------|----------|--|----------|
| <ul style="list-style-type: none"> • Registration of Change in Eligibility for National Health Insurance (<i>Kokumin Kenkō Hoken no Shikaku Idō Todoke</i>) • Change of Address for National Pension (<i>Kokumin Nenkin no Jūsho Henkō Todoke</i>) | | | | | | | National Insurance and Pension Division (<i>Hoken Nenkin Ka</i>) | |
|  | Naka | 504-2555 | Higashi | 568-7711 | Asaminami | 831-4929 | Asakita | 819-3909 |
| | Minami | 250-8941 | Nishi | 532-0933 | Aki | 821-4910 | Saeki | 943-9712 |

| To submit these forms... | | | | | | | ...go to: | |
|---|---------------|----------|----------------|----------|------------------|----------|---|----------|
| <ul style="list-style-type: none"> • Application for Child Allowance (<i>Jidō Teate no Nintei Seikyūsho</i>) • Forms related to children's medical subsidies (Applications, changes in eligibility etc.) (<i>Kodomo Iryōhi Jukyūsha Shikaku Nintei Shinsei/Henkō Todoke nado</i>) | | | | | | | Welfare Division* (<i>Fukushi Ka</i>) *Temporary desk in Citizens Affairs Divisions. | |
|  | Naka | 504-2569 | Higashi | 568-7733 | Asaminami | 831-4945 | Asakita | 819-0605 |
| | Minami | 250-4131 | Nishi | 294-6342 | Aki | 821-2813 | Saeki | 943-9732 |

 **City Hall General Affairs Division** (*Sōmu Ka*)  504-2112  504-2069

No longer employed? Join the national pension and 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)

■ National Pension (*Kokumin Nenkin*)

By law, if you are aged 20 to 59 and have withdrawn from the Employee Pension Insurance (*Kōsei Nenkin Hoken*), you must enroll in National Pension (*Kokumin Nenkin*). If your spouse is aged 20 to 59 and they are your dependent, they must also be enrolled in National Pension.

In order to receive pension including Basic Pension for the Elderly (*Rōrei Kiso Nenkin*) in the future, you must be enrolled.

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

| Ward |  |  | Ward |  |  |
|---------|---|---|-----------|---|---|
| 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 |

■ Medical Insurance

By law, all nationals of Japan must have medical insurance (National Health Insurance (*Kokumin Kenkō Hoken*), Late-Stage Elderly Medical Care (*Kōki Kōreisha Iryō-seido*), or Health Insurance (*Kenkō Hoken*). If you no longer have medical insurance because you have left your job, it is necessary to enroll in a new plan. In general, you have three options:





- (1) Keep your previous insurance.
- (2) Join a family member's medical 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*) at your local ward office (below).

Japan has public health insurance systems that can be used for medical care when a person becomes ill or injured. These systems are not just for the individual, but are in place to support us all. You should enroll into one of the following three systems: National Health Insurance (*Kokumin Kenkō Hoken*), Late-Stage Elderly Medical Care (*Kōki Kōreisha Iryō-seido*), or Health Insurance (*Kenkō Hoken*).

From "Life in Hiroshima: A Guide for International Residents"

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

| Ward |  |  | Ward |  |  |
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| Naka | 504-2555 | 541-3835 | Asaminami | 831-4929 | 877-2299 |
| Higashi | 568-7711 | 262-6986 | Asakita | 819-3909 | 815-3906 |
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COVID-19 Vaccination: Child Vaccines Starting March 5th

新型コロナウイルスワクチン: 3月5日(土)から子ども(5-11歳)への接種が始まります(P3)

Vaccine Overview:

| | |
|---|---|
| Those Eligible | Children aged 5 - 11 |
| Type of Vaccine | Pfizer Vaccine for children |
| Number of Rounds and Space Between Vaccinations | Two injections, given three weeks apart |
| Vaccination Location | Medical facilities offering individual vaccinations (Please check the lists attached with your vaccination coupon.) *Information for start dates for each hospital is on the city's website. |
| Mailing Period | Mailing will begin March 1 st . (Letters are expected to arrive by March 4 th .) |

Effectiveness of the Vaccine

The amount of antibodies found one month after receiving the second round of vaccinations were found to be the same as adults (ages 16-25) who received similar Pfizer vaccines. It has been reported that children who received the second shot were 90% less likely to contract COVID like symptoms just 7 days after getting the shot than those who did not. *Findings reported before the spread of the Omicron variant

Safety and Side Effects of Vaccine

The severity and types of side effects reported from the vaccine have been almost identical to vaccines given to adults. Common side effects include:

- Pain at the injection site
- Fatigue
- Headache
- Fever, etc.

Symptoms seem to go away after 2-3 days.

To guardians,

It has been observed that, depending on the type of reaction experienced, some children have a harder time coping with it both mentally and physically. If your child is to be vaccinated, please be sure to accompany them, and keep a close eye in the days following vaccination.

Vaccines are not mandatory and are completely the will of the child and their guardian. It is the caretaker's responsibility to go over any and all information regarding the vaccines on the letter received and to weight the pros and cons of the vaccination, while discussing it with their child in a way that they can understand. Please be mindful of others and their decision to or not to vaccinate, as each person's case is different.

? For more information,

See the City of Hiroshima website, <https://www.city.hiroshima.lg.jp/site/english/list2370.html>.

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

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

☎ 513-2847 Lines open 24/7

Trial Project:

In Person Drop Off for Large Item Trash Possible on March 21st

家庭の大型ごみを 3 月 21 日(祝)に自己搬入できます(P4)

Who can use this service: Individuals who live within the city and can apply online

When: March 21st, 2022, between 9:00 am and 4:00 pm

Where: Asaminami Plant Garbage Disposal Facility

(*Asaminami Kōjō Ōgata Gomi Hasai Shori Shisetsu*)

What is allowed: Details on the types of trash that can be brought are available on the city's web site (in Japanese) <https://www.city.hiroshima.lg.jp/soshiki/95/264760.html>

What to bring: Please bring your confirmation code to your scheduled drop off time

How to apply: Please apply on the city's website. Applications are open until March 13th, and 1,200 people will be selected. If you are chosen, please report to the city by March 17th the items that you wish to get rid of.

※The result of lottery drawings will be announced March 14th.

? Asaminami Plant Garbage Disposal Facility

☎ 848-1114 ☎ 848-1189 (Available in Japanese only)



For individuals that hold coupons for infant's four-month checkup

**Please be mindful of
the expiry date for infant's four-month checkup coupons**

4カ月児健康診査受診券の使用期限にご注意を(P5)

Due to the many closings in regard to COVID-19 safety measures, the city has cancelled four-month group checkups. To help those affected, the city has sent a coupon in the mail to individuals who missed their original opportunity. These coupons are valid until March 31st, 2022, so please be sure to set up your visit as soon as possible.

 Child and Family Support Division (*Kodomo Katei Shien Ka*)

 504-2623  504-2727

Unless stated otherwise, services and webpages mentioned are likely to be only provided in Japanese. Translations of proper nouns are not necessarily official English translations.

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