

Hiroshima NOW

7

2022

English No. 3

Hiroshima Now is a newsletter formed from a collection of articles taken from *Hiroshima Shimin to Shisei*, a free newspaper produced by the city. *Hiroshima Shimin to Shisei* is available to view on the city's website. It can also be translated via an automatic translation app into several languages (English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Filipino).

 For individuals who would like to correspond via e-mail, please use the address below.
E-mail: internat@pcf.city.hiroshima.jp

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Being Ready Save Lives !

災害から命を守りましょう



The summer months in Japan, from June to September, see the most rainfall at one time due to the threat from typhoons and the rainy season. For this reason, it is important that individuals be prepared and ready to evacuate at a moment's notice.

1. Know your risks

There are several resources available to check for risks in your area. **Hazard Maps** and the **Hiroshima City Disaster Prevention Portal** provide important information for residents on which areas are at risk.

● Hazard Maps

Provide information regarding Flood Prediction Maps (flooding, high tide, tsunami), Landslide Hazard Areas, Evacuation Spots, and more. If your residence falls in a highlighted area, it is at high risk. The Hazard Maps app can be downloaded from the city's website, or you can

receive a hardcopy at your local ward office's Community Revitalization Division (*Chiiki Okoshi Suishin Ka*).

Hiroshima City Disaster Prevention Information Site *Japanese only
<https://www.city.hiroshima.lg.jp/site/saigaiinfo/17886.html>



● **Hiroshima City Disaster Prevention Portal**

A one stop shop for all information regarding disaster prevention. **Hazard Maps** can also be accessed through the portal. Information is available in 7 languages including: Japanese, English, Chinese, Filipino, Korean, Portuguese, Spanish, and Vietnamese.

Hiroshima City Disaster Prevention Portal Site
<https://www.bousai.city.hiroshima.lg.jp/en/>



2. Make an Evacuation Plan

In order to be able to evacuate as smoothly and quickly as possible, it is important to have a plan in place beforehand. There are several options for evacuation spots, including:

- ✓ Friend's/ Relative's house
- ✓ Hotels
- ✓ School or other government designated evacuation spots

※ If you are already in a safe zone, there is no need to evacuate.

Evacuations sites can be found on **Hazard Maps** as well as the **Hiroshima City Disaster Prevention Portal**. However, the **Hiroshima City Emergency Evacuation Guide app** is also recommended during emergencies for fast, reliable information. Details can be found at [4. Available Disaster Prevention Information](#) below.



3. Know the various evacuation criteria

Hiroshima City has 5 warning levels to let residents know about risk during a disaster and when they should evacuate. Learning the various warning levels used during times of natural disaster will better help you assess when to evacuate. Please be sure to evacuate by Level 4.

	Levels 1 - 2 : Issued by JMA*		Levels 3 - 5 : Issued by the City of Hiroshima		
Alert	Level 1	Level 2	Level 3	Level 4	Level 5
Weather Condition	Sudden change possible	Worsening weather conditions	Hazardous weather possible	Hazardous weather likely	Hazardous weather likely/ already occurring
Warnings	<small>そうきちゅういじょうほう</small> 早期注意情報	<small>おおあめ こうずい</small> 大雨・洪水・ <small>たかしおちゅういほう</small> 高潮注意報	<small>こうれいしゃとうひなん</small> 高齢者等避難	<small>ひなんしじ</small> 避難指示	<small>きんきゅうあんぜんかくほ</small> 緊急安全確保
Evacuation Action	Prepare for possible disaster	Go over escape routes and prepare for possible evacuation	Warning for elderly and others who require more time to evacuate	All persons in hazard areas must evacuate	Life threatening conditions. Ensure your safety immediately

*JMA= Japan Meteorological Agency

↑
Don't Hesitate! Evacuate!

4. Be Informed

☁ City Disaster Preparedness Text Alerts

By signing up using your cell phone e-mail or computer e-mail address, users can receive e-mails (texts) regarding evacuation information or alerts for heavy rain, etc. To sign up for the service, send a blank e-mail to the following address: entry@k-bousai.city.hiroshima.jp

☁ Hiroshima City Emergency Evacuation Guide App

A free app that alerts users to the appropriate evacuation measures to take before disaster strikes. When emergency information, such as evacuation orders, is announced you can check how hazardous your current location is, as well as the best route to your closest emergency evacuation site. Available in 8 languages, including: English, Chinese, Korean, Japanese, Spanish, Portuguese, Filipino, and Vietnamese. For more details, please visit the city's website (Japanese only): <https://www.city.hiroshima.lg.jp/site/saigaiinfo/138186.html>



☁ Social Media

Information regarding disaster prevention is available online via the city's social media accounts (Twitter, Facebook, LINE). Be sure to follow the ones that work best for you.

5. Prepare an emergency supply kit

It is recommended that emergency supply kits for evacuation be any type of bag, like a backpack, that leaves both of your hands free. They should be easily accessible and ready to go in the case of a natural disaster. In addition to normal everyday goods, including supplies to combat COVID-19 is recommended.

Disaster Prevention Handbook: In an Instant- Disaster Prevention *Japanese language
Informational handbook detailing product lists for emergency supply kits, as well as additional, handy to have information regarding disaster prevention. It can be viewed / downloaded on the city's website, or individuals can pick up a hardcopy at their local ward office's promotion division.

<https://www.city.hiroshima.lg.jp/site/saigaiinfo/17942.html>



Evacuating with Pets

Pets are a part of our families, and as owners it is our responsibility to keep them safe. When evacuating, you should always plan to bring your pet along with you. As a rule, most evacuation sites allow individuals to bring their pets with them, but in many cases, pets are kept in separate rooms from their owners. Depending on the severity of the disaster, and the type of pet, there could be a chance that evacuation shelters are not able to accept them. For more details, be sure to check with the promotion department of your local ward office.

Rules for evacuating with pets

- * For dogs, be sure that they are kept on a leash, that their collars are properly adjusted (with enough give for the width of a person's finger), Ownership papers are handy, and that they have been fully vaccinated for rabies, etc.
- * For small dogs and cats, be sure they are kept in their carriers.

At evacuation shelters

At evacuation shelters, pets are kept outside in cages. This is to help protect other individuals who might have allergies or fear of certain animals. When evacuating, please keep a careful eye on your pet's behavior and bathroom habits, so everyone can cohabitate together smoothly.

INQUIRIES:

Disaster Prevention Division (*Saigai Yobō Ka*): Tel. 504-2662 Fax. 504-2802

Community Revitalization Division (*Chiiki Okoshi Suishin Ka*) of Your local ward office

Ward	Phone	Fax	Ward	Phone	Fax
Naka	504-2820	541-3835	Asaminami	831-4926	877-2299
Higashi	568-7705	262-6986	Asakita	819-3905	815-3906
Minami	250-8935	252-7179	Aki	821-4905	822-8069
Nishi	532-0927	232-9783	Saeki	943-9704	943-9718

Animal Rights Center: Tel. 243-6058 Fax. 243-6276

Sister City and Friendship Day: Journée de Montréal

😊 姉妹・友好都市の日記念イベント モントリオールの日



DAY: July 10th 2022 (Sun.)

TIME: 1:30 pm – 3:45 pm

VENUE: Fukuya Department Store, 6th Floor, JR Hiroshima Station location, Matsubara-cho, Minami-ku

ADMISSION FEE: Free

CONTENTS: Exhibition on Montréal and Canada, commemorative performance and more

INQUIRIES: Hiroshima Peace Culture Foundation, City Diversity & Inclusion Division (*Hiroshima Heiwa Bunka Center, Kokusai Shimin Kōryū Ka*)

Tel. 242-8879 Fax 242-7452

Holiday Trash Collection Schedule in FY2022

😊 祝日等のごみの収集スケジュール



○ . . . Trash is collected × . . . Trash is **NOT** collected

National Holiday	Trash days for: [Burnable Trash / Plastic Bottles / Recyclable Plastics] In your local ward	Trash days for: [Recyclable & Harmful Waste / Non-combustible / Other] In your local ward
July 18 th [Marine Day]	○	○
Aug. 11 th [Mountain Day]	○	○
Sept. 19 th [Respect for the Aged]	○	○
Sept. 23 th [Autumn Equinox Day]	○	○
Oct. 10 th [Sports Day]	○	○
Nov. 3 rd [Culture Day]	×	○
Nov. 23 rd [Labor Thanksgiving Day]	×	○
Dec. 29 th [New Year's Holiday]	○	×
Dec. 30 th [New Year's Holiday]	○	×
Dec. 31 to Jan. 3 rd [New Year's Holidays]	×	×
Jan. 9 th [Coming of Age Day]	○	○

Feb. 23 rd [Emperor's Birthday]	×	○
Mar. 21 st [Spring Equinox]	×	○

🗑️ National Foundation Day [February 11th] is a Saturday, so trash will **NOT** be collected.

🗑️ Certain wards have changed their trash collection days for January. Please be mindful when taking out the trash.

INQUIRIES: City Hall Environmental Bureau, Operation Division I

(Kankyō Kyoku Gyōmu Dai-ichi Ka) Tel. 504-2220 Fax 504-2229

New National Health Insurance premium rate

国民健康保険の保険料が決まりました 「ひろしま市民と市政」6月1日号



The rate used to calculate each household's National Health Insurance premium changes every fiscal year. The rate for the 2022 fiscal year has now been set. If your household is enrolled in National Health Insurance, the City of Hiroshima will mail you a notification about your premium on June 10th.

Support for those affected by COVID-19

If you find it difficult to make National Insurance Payments due to COVID-19 (e.g. your predicted income for financial year 2022 is under 30% of your income for FY 2021), you may be eligible for deferral or reduction of your National Health Insurance payments. Please consult with your ward office's National Insurance and Pension Division (*Hoken Nenkin Ka*) for details.

INQUIRIES:

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

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

Expansion of online bill pay via smartphone apps

スマホ決済アプリの利用拡大 「ひろしま市民と市政」6月1日号



Health insurance payments, as well as other bills, are now able to be paid using online pay apps such as PayPay and Line Pay via one's hand-held device!

Adding PayPay and LINE Pay

By using online apps, users will no longer need to make a trip to their local convenience store or bank to pay bills! By simply downloading your desired app and scanning the code printed on your statement, you can now make payments from the comfort of your own home (or anywhere)!

Until now the following bills could only be paid with the PayB app, but recently have expanded to include both PayPay and LINE Pay. For more details, please be sure to check out the city's website.

<https://www.city.hiroshima.lg.jp/soshiki/71/277986.html> (Japanese only)



Type of Bill / Statement	Division	Contact Info.
Long-term health insurance premium (monthly fee)	Long-Term Care Division (<i>Kaigo Hoken Ka</i>)	Tel. 504-2173 Fax 504-2136
<ul style="list-style-type: none"> National Health Insurance premium (monthly fee) National Health Insurance Tax 	National Health Insurance and Pension Division (<i>Hoken Nenkin Ka</i>)	Tel. 504-2159 Fax 504-2135
Late-Stage Elderly Medical Care premium (monthly fee)	National Health Insurance and Pension Division (<i>Hoken Nenkin Ka</i>)	Tel. 504-2158 Fax 504-2135
<ul style="list-style-type: none"> Fee for nursery-type facilities Day Care Food Fee (public day care) 	Child Care and Family Planning Division (<i>Hoiku Kikaku Ka</i>)	Tel. 504-2153 Fax 504-2255
<ul style="list-style-type: none"> Municipal housing fee City-owned shop tenant fee Municipal Housing Car Park Fee 	Housing Policy Division (<i>Jūtaku Seisaku Ka</i>)	Tel. 504-2395 Fax 504-2308
School Lunch Fee	Health Education Division (<i>Kenkō Kyōiku Ka</i>)	Tel. 504-2490 Fax 504-2328

A word of caution regarding online pay:

◎For the following cases online payments cannot be made. Please be sure to pay at your local ward office, city tax office or bank:

- Statements that do not have a bar code printed on them.
- Statements totaling more than 300,000 yen for a single payment.
- Statements that are past the payment deadline.

◎Receipts are not issued for online payments.

◎Please be careful to avoid making double payments.

Know the signs -- Prevent heat stroke

熱中症を予防しましょう 「ひろしま市民と市政」6月1日号



The beginning of June marks the start of the rainy season and summer in Japan. With the heat and humidity comes the increased risk of heat stroke. However, knowing what to look out for can help keep you and those you know safe this summer season.

INQUIRIES:

Health Promotion Division (Kenkō Suishin Ka) Tel. 504-2290 Fax 504-2258

■ What is heat stroke?

Heat stroke is when the body's cooling mechanism no longer works, and can no longer control its temperature. Being outside for long periods of time in the heat and humidity, or even indoors, without proper ventilation can cause symptoms to occur suddenly. In extreme cases heat stroke can lead to death.

■ Signs and Symptoms

Indicators of heat stroke are dizziness, muscle cramps, numbness in hands and feet, headache, nausea, vomiting, extreme lethargy, high body temperature, syncope, brain fog, muscle spasms, etc.

■ Tips and Tricks

- Find a cool location, and wear loose fitting clothes.
- Use cooling packs on the base of one's neck, underarms, or hip joint.
- Use a damp towel to pat down skin along with small fan.
- Be sure to drink adequate amounts of water or electrolytes.
- If symptoms become severe, don't hesitate to call an ambulance!



When you don't feel well, it's easier to get heat stroke.

So, if you don't feel right, always be careful!



Prevention Methods

Drink Plenty of Fluids

By the time you start to feel thirsty, your body is already slightly dehydrated. To combat this, it's best to drink throughout the day, aiming for 1.2 liters overall.

Keep Rooms at a Comfortable Temp.

Heat stroke can occur anytime, even indoors or at night. For this reason it's important to keep air temperatures cool, the general recommendation being 28°C and 55 to 65% humidity (This is only a guide. Please adjust it according to how you feel).

<p>Wear Cool Clothing</p> <p>It is recommended to wear lightweight and loose-fitting clothing that can breathe well. If possible, avoid direct sun. When outside it's ok to remove one's mask while maintaining proper distance.</p>	<p>Maintaining a Healthy Lifestyle</p> <p>Regular exercise is important for maintaining a healthy lifestyle, and promotes sweating which the body uses to cool itself. However, be sure to acclimate yourself to the heat before exercising.</p>
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Staying hydrated- it's more than just water!

The liquid in our bodies contains elements called electrolytes. By just drinking water or tea alone you are unable to replenish your body's stores. So, during the summer, when you are out and about, be sure to reach for drinks that contain salt or electrolytes in them!

COVID-19 Vaccine: 4th dose booster shot

新型コロナワクチン「ひろしま市民と市政」6月15日号



A 4th dose of the COVID-19 vaccine is now available. Information about city start dates as well as overall implementation can be found on the city's website.

■ **Type of Vaccine**

Pfizer and Moderna vaccines will be used.

■ **Target demographic for the 4th vaccine**

Individuals who have completed the 3rd round of the shot 5 months prior and meet the following criteria:

- Those 60 years or older
- Individuals aged 18-59 with an underlying medical condition or those with a high risk of developing serious illnesses
- ※ If you are uncertain about whether you fall into this category, it is advised to consult with your doctor before receiving the vaccine.

■ **Vaccination schedule**

<p><u>Those 60 years or older:</u></p> <p>Coupons for the 4th round booster shots have been sent to individuals following 5 months after their 3rd booster shot.</p>
<p><u>Individuals aged 18-59 with an underlying medical condition or those with a high risk of developing serious illnesses:</u></p> <p>You must apply in order to receive the coupon for the 4th booster shot. For details on how to apply, please visit the city's website: https://www.city.hiroshima.lg.jp/site/english/list2370.html</p>

■ **Table for Locations Offering Booster Shots (As of May 30, 2022)**

Ward	Venue Name	Type of Vaccine	Open
Naka	Kamiya-cho Shareo (#307 underground shopping area, Ote-machi 1-chome)	Pfizer	Thur./ Sat./Sun.
Asaminami	Aeon Mall Gion, 3F (2-1 Gion 3-chome)	Pfizer	Fri./Sat./Sun
Nishi	Hiroshima Marina Hop (14-35 Kanon-shin-machi 4-chome)	Moderna	Fri./Sat.
	Nippon Express Hiroshima branch, West Hiroshima Storehouse (4-1 Kusatsu-ko 3-chome)	Moderna	Fri./Sat.
Asakita	Across Plaza Koyo, 2F (30-38 Fukawa 5-chome)	Moderna	Fri./Sat./Sun.

😊 Please refer to the city's homepage for details.

INQUIRIES: 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

Tel. 513-2847 Lines open 24/7 Fax. 211-3006



Medical subsidies for single-parent households

ひとり親家庭などの医療費の補助「ひろしま市民と市政」6月1日号



The City of Hiroshima provides medical subsidies for people living in single-parent households who live in Hiroshima City and have health insurance.

■ **Costs that can be subsidized**

Copayments for insured medical treatment, excluding costs for meals or accommodation while staying in a hospital

■ **Who is eligible?**

People who live in Hiroshima City, have health insurance, and are any of the following:

- (a) A child in a single-parent household and the parent who is taking care of that child (eligible until March 31 following their 18th birthday)
- (b) A child who is not in the care of their parents and the child's unmarried guardian
- (c) People in similar situations to those mentioned above


Note: This service has income-related criteria. Please enquire for details.

■ **How to apply**

Bring your health insurance card, etc. to the Welfare Division of your local ward office.

INQUIRIES: Your local ward office's **Welfare Division** (*Fukushi Ka*)

Ward	Phone	Fax	Ward	Phone	Fax
Naka	504-2569	504-2175	Asaminami	831-4945	870-2255
Higashi	568-7733	568-7781	Asakita	819-0605	819-0602
Minami	250-4131	254-9184	Aki	821-2813	821-2832
Nishi	294-6342	294-6311	Saeki	943-9732	923-1611

 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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The Hiroshima Peace Culture Foundation City Diversity & Inclusion Division

1-5 Nakajima-cho, Naka-ku, Hiroshima, Japan 〒730-0811

TEL. 082-242-8879 FAX. 082-242-7452

E-mail: internat@pcf.city.hiroshima.jp Website: https://h-ircd.jp/en/hiroshima_now

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