

Informational Newsletter for English-Speaking Residents

Hiroshima NOW

7

2023

English No. 15


Articles in **Hiroshima NOW** are excerpts from *Hiroshima Shimin to Shisei*, a free newspaper produced by the City of Hiroshima. This monthly newsletter is published in English, Chinese, Portuguese, Spanish, Vietnamese and Simplified Japanese. They are all available on our website (h-ircd.jp/) or in print at various public facilities.

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 those who would like to receive notices via e-mail regarding new issues, etc., please send an e-mail to the following address: internat@pcf.city.hiroshima.jp

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 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.

Edited & Published by:

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Important Notice for Households with Children (Excluding Single-Parent Households)

Applications are currently being accepted for the Special Stipend for Low-Income Households with Children *Kosodate-setai Seikatsu Shien Tokubetsu Kyūfukin*

子育て世帯生活支援特別給付金（ひとり親世帯以外分） 「ひろしま市民と市政」6月15日号

As a general measure to help with the cost of living, the City of Hiroshima will provide 50,000 yen to low-income households with children under the age of 18 (or 19 for those with disabilities).

★ Those who received the special stipend for fiscal year 2022 (FY 2022) do not need to apply; The City of Hiroshima will deposit the stipend into the bank account where you received the stipend for FY 2022.

For more details about the stipend,
please check the City of Hiroshima's official website (Japanese):
<https://www.city.hiroshima.lg.jp/soshiki/84/332025.html>



1. Allowance amount

50,000 yen/child

2. Those who must apply in order to receive the stipend

Those who are raising

- Children born between April 2, 2005 and February 29, 2024
- Children with disabilities born between April 2, 2003 and February 29, 2024

and fall under either Category ① or ② must apply.

Categories:

- ① Individuals who are exempt from paying residents tax for FY 2023
- ② Households whose income has decreased on or after January 1, 2023, due to the rising cost of living (food costs, etc.) and whose income is at the same level or lower than those eligible for exemption from residents tax.

Residents Tax for FY 2023 is a tax paid by those who have a registered Japanese address as of January 1, 2023, and earned income the previous year.

- 👉 **It is not possible to receive multiple payments.** Those who have already received the Stipend for Single-Parent Households, which is payable to those who are raising children under the age of 18 (or 19 years old if disabled) on their own due to divorce or the death of a spouse, are not eligible to receive this stipend.
- 👉 Those whose income, or whose spouse's income, is above a certain level are not eligible to receive this stipend.

■ Where to get an application form

Application forms can be downloaded on the official City website. You can also receive an application form at the Welfare Division (福祉課 *Fukushi Ka*) of your local ward office.

List of Welfare Divisions at local ward offices

Naka-ku	4-1-1 Ote-machi, Naka-ku
Higashi-ku	9-34 Higashi-kaniya-cho, Higashi-ku
Minami-ku	1-4-46 Minami-machi, Minami-ku
Nishi-ku	2-24-1 Fukushima-cho, Nishi-ku
Asaminami-ku	1-38-13 Nakasu, Asaminami-ku
Asakita-ku	3-19-22 Kabe, Asakita-ku
Aki-ku	3-2-16 Funakoshi-minami, Aki-ku
Saeki-ku	1-4-5 Kairoen, Saeki-ku

■ Where to submit the application

Please send applications via postal mail to the following office:

ひろしまちゅうおうゆうびんきょく ししよぼこだい ごう
〒730-8790 広島中央郵便局 私書箱第5号
れいわ ねんどひろしましこそだ せたいせいかつしえんとくべつきゅうふきん おやせたいがいぶん じ むじより
令和5年度広島市子育て世帯生活支援特別給付金(ひとり親世帯以外分)事務処理センター行
(*Reiwa 5 nendo Hiroshima-shi Kosodate-setai Seikatsu Shien Tokubetsu Kyufukin*
(*Hitori-oya-setai Igaibun*) *Jimushori Sentā*)

To:

Processing Office for the FY 2023 Hiroshima City's Special Stipend for Low-Income Households with Children (Excluding Single-Parent Households)

Address: PO Box 5, Hiroshima Central Post Office, 730-8790

■ Application Deadline: February 29, 2024

You must apply for the stipend by February 29, 2024 (Thurs).

★ If you send it via postal mail, it must be postmarked by the date above.

※ If your child is born in February 2024, you must send it via postal mail by March 15, 2024 (Fri).
It **must** be postmarked by this date.

※ If the City of Hiroshima cannot confirm your application by this date due to incomplete or missing documents, you will not be eligible to receive this stipend.



Support Centers

- For more details about the application, please call the following number:

Hiroshima City Hall Call Center for the Special Stipend for Low-Income Households with Children (*Kosodate-setai Seikatsu Shien Tokubetsu Kyūfukin*)

*Only available in Japanese

Phone: 0120-145-577 (Toll free) **Fax:** 082-504-2727

Hours of Operation: 8:30 am-5 pm

Closed: Saturdays, Sundays, national holidays, and December 29-January 3

- If you are not confident in your Japanese, please contact the office below:

Hiroshima City & Aki County International Resident Consultation Service

Phone: 082-241-5010 **E-mail:** soudan@pcf.city.hiroshima.jp

Opening Days and Hours: Monday to Friday 9 am-4 pm

Closed: Saturdays, Sundays, national holidays, August 6, and December 29-January 3

Available Languages: Chinese, Portuguese, Spanish, Vietnamese, English, and Filipino
(Filipino language is only available on Fridays and 1st and 3rd Thursdays.)

Important Notice for Single-Parent Households

**Applications are currently being accepted for
the Special Stipend for Low-Income Households with Children
*Kosodate-setai Seikatsu Shien Tokubetsu Kyūfukin***

子育て世帯生活支援特別給付金（ひとり親世帯分） 「ひろしま市民と市政」 6月15日号

As a general measure to help with the cost of living, the City of Hiroshima will provide 50,000 yen to low-income households with children under the age of 18 (or 19 for those with disabilities), who have taken on sole responsibility for their children due to divorce or the passing of one's spouse. Applications must be submitted to City Hall in order to receive the stipend.

★ Those who fall under the following categories do not need apply; the City of Hiroshima will deposit the stipend into the bank account where you receive your Child Rearing Allowance (*Jidō fuyō teate*).

- Individuals who received child rearing allowance (*Jidō fuyō teate*) for March 2023
- Individuals who received child rearing allowance (*Jidō fuyō teate*) beginning April 2023

Child Rearing Allowance (*Jidō fuyō teate*),

Payable to those who are raising children under 18 years old (19 years for those with disabilities) on their own due to divorce or the death of a spouse.

For more details about the stipend,
please check the City of Hiroshima's official website (Japanese).
<https://www.city.hiroshima.lg.jp/soshiki/84/332025.html>



1. Allowance amount

50,000 yen/child

2. Those who must apply in order to receive the stipend

Individual spouses who have since been subject to divorce, are currently undergoing divorce, or are now living separately from their partner. Those who meet one of the following criteria should send their application to City Hall in order to receive the stipend:

- ① Individuals who did not receive child rearing allowance (*Jidō fuyō teate*) for March 2023, and are receiving one of the following:
 - ▶ Basic Pension for the Bereaved (*Izoku Nenkin*), which is payable to the families of the deceased who were enrolled in a national basic pension and/or employees' pension insurance
 - ▶ Basic Pension for the Disabled (*Shōgai Nenkin*), which is payable to those who have a certain level of physical or other disability
 - ▶ Basic Pension for the Elderly (*Rōrei Nenkin*), which is payable to those who are aged 65 and over
 - ▶ Worker's Compensation for Injury and Disease (*Rōsai Nenkin*), which is payable to those who become injured or ill due to work-related causes.

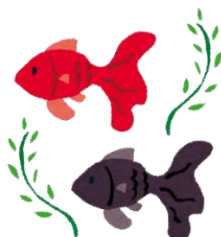
👉 Please note that this stipend has an income cap. Only those whose income has fallen below the amount that would qualify them to receive child rearing allowance are eligible to apply for the stipend.

- ② Individuals who are not receiving child rearing allowance (*Jidō fuyō teate*) and are impacted by an increase in financial burden due to the rising costs of food, etc., and whose income is equal to or below the amount that would qualify them for exemption from residents tax.

👉 **It is not possible to receive multiple payments.** Those who will or have received the Special Stipend for Households with Children (Except Single-Parent Households), which is payable to those who are raising children under 18 years old (19 years old if disabled), are not eligible to receive this stipend.

■ Where to get the application form

The application form can be downloaded on the official City website. You can also receive an application form at the Welfare Division (福祉課 *Fukushi Ka*) of your local ward office.



■ Where to submit the application

Applications can be submitted either via postal mail or in person.

- Please send applications via postal mail to the following office:

〒730-8586 ひろしましなかくこくたいじまち 広島市中区国泰寺町1-6-34

ひろしましやくしよ 広島市役所 (*Hiroshima Shiyaku-sho*)

みらいきよく こども未来局 (*Kodomo Mirai Kyoku*)

かていしえんか こども・家庭支援課 (*Kodomo Katei Shien Ka*)

しえんかかり 支援係 (*Shien Kakari*)

To The City of Hiroshima

Children's Outlook Bureau

Children and Families Support Division

Family Support Section

Address: 1-6-34 Kokutaiji-machi, Naka-ku, Hiroshima City, 730-8586

- You can also submit applications to the Welfare Division (福祉課 *Fukushi Ka*) of the ward you reside in.

List of the Welfare Division of local ward office addresses

Naka-ku	4-1-1 Ote-machi, Naka-ku
Higashi-ku	9-34 Higashi-kaniya-cho, Higashi-ku
Minami-ku	1-4-46 Minami-machi, Minami-ku
Nishi-ku	2-24-1 Fukushima-cho, Nishi-ku
Asaminami-ku	1-38-13 Nakasu, Asaminami-ku
Asakita-ku	3-19-22 Kabe, Asakita-ku
Aki-ku	3-2-16 Funakoshi-minami, Aki-ku
Saeki-ku	1-4-5 Kairoen, Saeki-ku

■ Application Deadline: February 29, 2024

You must apply for the stipend by February 29, 2024 (Thurs).

If you send it via postal mail, it **must** be postmarked by the date above.

- ※ If the City of Hiroshima cannot confirm your application by this date for reasons such as if you do not submit some of the required documents, you will not be eligible to receive the stipend.

Support Centers

● **For more details about the application, please call the following number:**

Hiroshima City Hall Call Center for the Special Stipend for Low-Income Households with Children (Kosodate-setai Seikatsu Shien Tokubetsu Kyūfukin)

*Only available in Japanese

Phone: 0120-145-577 (Toll free) **Fax:** 082-504-2727

Hours of Operation: 8:30 am-5 pm

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Phone: 082-241-5010

Email: soudan@pcf.city.hiroshima.jp

Opening Days and Hours: Monday to Friday 9 am-4 pm

Closed: Saturdays, Sundays, national holidays, August 6, and December 29-January 3

Available Languages: Chinese, Portuguese, Spanish, Vietnamese, English, and Filipino (Filipino language is only available on Fridays and 1st and 3rd Thursdays.)

Heat Stroke Prevention

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



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:

Public Health Promotion Division (Kenkō Suishin Ka) Tel. 082-504-2290

■ 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. Children and the elderly especially need to take precautions against heat stroke as their cooling mechanisms are generally weaker.

■ Signs and Symptoms

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



■ Tips and Tricks

- Be sure to drink adequate amounts of water and replenish lost sodium
- Find a cool location
- Cool down using a fan
- Cool down the neck, underarms, or hip joint with a damp towel and/or cooling packs
- If symptoms become severe, call an ambulance immediately

■ Prevention methods

○ Staying hydrated!

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. By just drinking water or tea alone you are unable to replenish your body's stores. If you find yourself sweating a lot, be sure to reach for ion drinks or sports drinks that contain sodium or electrolytes.

○ Stay in the shade and avoid direct exposure to the sun

Heat stroke can occur anytime. When you are outside, stay in the shade using a hat or parasol. When you are indoors, use window shades to avoid direct exposure to the sun and use your air conditioner to stay cool.

○ Choose the right clothing

Wear lightweight and loose-fitting clothing that can breathe well.

○ Maintain a healthy lifestyle

Regular exercise is important for maintaining a healthy lifestyle and promotes sweating, which the body uses to cool itself. Your day-to-day physical condition affects your risk of heat stroke. If you feel unwell due to a lack of sleep, hangover, a cold, etc., be especially careful.

Food Poisoning Warning

カンピロバクター食中毒に注意 「ひろしま市民と市政」6月1日号

The most common type of bacteria to cause food poisoning is Campylobacter. As the risk of food poisoning increases during rainy season, it's important to learn about this bacteria and avoid food poisoning caused by it.

■ What is Campylobacter bacteria ?

Campylobacter bacteria normally inhabit the intestinal tract of animals such as pigs, chickens, and cattle. The bacteria are frequently detected in foods derived from these animals, which are contaminated during processing.



■ Signs and symptoms

Fresh meat can be contaminated by the bacteria, and even small amounts of the bacteria can cause food poisoning. Symptoms such as diarrhea, fever and/or abdominal pain usually occur two to seven days after infection, and it usually takes about seven days to recover. Those with weaker immune systems, such as children and the elderly, need to be especially careful. These symptoms are the typical symptoms of food poisoning, but may it rarely result in severe illness.

Tips to prevent food poisoning caused by *Campylobacter* bacteria

■ Do NOT eat raw or undercooked meat

- Cook meat well (until the color changes completely). Thoroughly heat food through for about one minute to 75 °C or higher in order to kill germs. Be especially careful handling minced meat, marinated meat, and innards.
- Do NOT eat raw meat of any kind.

■ Avoid cross contamination from meats to other foods

- When cooking, make sure to keep your cooking utensils for raw meat and eating cutlery separate and do not mix them up.
- Keep any meat separate from greens and other food items that you eat raw.
- Thoroughly wash and sterilize your hands and cooking utensils, such as cutting boards and kitchen knives, that were used to prepare raw meat. Unless they have been washed, do not use cutting boards and kitchen knives to prepare other foods, such as vegetables, after they have been used for preparing meat.

INQUIRIES: *Shokuhin Hoken Ka* (Foods & Public Health Division), Tel. 082-241-7434

Holiday Trash Collection Schedule

祝日等の家庭ごみの収集について



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 17 (Mon.)	○	○
August 11 (Fri.)	○	○

Inquiries: City Office Environmental Bureau, Operation Division I
(*Kankyō Kyoku Gyōmu Dai-ichi Ka*) Tel. 082-504-2220

Family Pool in Chūō Park Opens

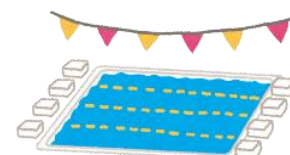
中央公園ファミリープールがオープンしています 「ひろしま市民と市政」 7月1日号

Dates: Until August 31 (Thur.)

Time: 9 am-6 pm (Entrance is closed at 5 pm.)

※You may be asked to wait if it is crowded.

Admission Fees: Adults // 790 yen
Adults 65 or older // 340 yen
Children under 18 // 340 yen



INQUIRIES: Hiroshima City Flora and Fauna Association Tel. 082-211-0063



Latest COVID-19 Information

Please visit the City of Hiroshima's website:

<https://www.city.hiroshima.lg.jp/site/english/list2370.html>

Or, consult with



The Hiroshima City COVID-19 Call Center Tel: 082-241-4566

- ※ Japanese only
- ※ Available 24 hours/7 days
- ※ If you are not confident in your Japanese, please contact the Hiroshima City & Aki County International Resident Consultation Service.

Prefectural COVID-19 Vaccine Call Center Tel. 082-513-2847 Fax. 082-211-3006

(Hiroshima-ken Shingata Korona-uirusu Wakuchin Sesshu Kōru Sentā)

- ※ Available from 8:30 am to 5:30 pm on weekdays, weekends, and national holidays
- ※ Multilingual support offered in Chinese, English, Korean, Portuguese, Tagalog, and Vietnamese.



Hiroshima City & Aki County International Resident Consultation Service

Where	Supported Languages	Days	Time
International Conference Center Hiroshima	English	Monday to Friday	9:00 am-4:00 pm
	Chinese		
	Portuguese		
	Spanish		
	Vietnamese		
	Filipino	Fridays 1 st and 3 rd Thursdays	
Aki Ward Office	Portuguese	2 nd Wednesday	10:15 am-12:30 pm 1:30 pm-4:00 pm
	Spanish	3 rd Thursday	
Motomachi Kanri Jimusho	Chinese	2 nd Tuesday	

- ★ Closed on national holidays, August 6, and December 29 through January 3.
- Consultations for Filipino is available on Fridays, the 1st and 3rd Thursdays.
- If you need someone who can speak in languages other than those listed above, please contact us to arrange a consultation.
- On the 2nd Friday of every month, from 1:30 pm to 4:00 pm, Regional Immigration Bureau staff come to the Service to offer guidance on problems regarding residency status. (Reservation required)
- Our consultation staff can provide a simple orientation on life in Hiroshima City for new arrivals. (Reservation required)

Hiroshima City & Aki County International Resident Consultation Service

International Conference Center Hiroshima (*Hiroshima Kokusai Kaigi-jō*), in Peace Memorial Park
Hiroshima-shi Naka-ku Nakajima-cho 1-5

Tel: 082-241-5010 // Fax: 082-242-7452
E-mail: soudan@pcf.city.hiroshima.jp
URL: <https://h-ircd.jp/en/guide/consultation-en.html>

