


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.

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To save lives in danger

Stop the misuse and abuse of ambulances



救える命を救うために「ひろしま市民と市政」 9月1日号 (P2)

Ambulances are for helping people in life-threatening situations. These and emergency medical services are limited resources that need to be available so that they can quickly reach people in need.

We ask that you please use ambulances appropriately, so that people whose lives are in danger are able to get the care they need.

Inquiries:

Fire Services Bureau, Ambulance Services Division (*Shōbō Kyoku, Kyūkyū Ka*)
Tel: 082-546-3461



If in doubt, call the Emergency Consultation Center (Hiroshima Regional Urban Area)
(*Kyūkyū Sōdan Sentā Hiroshima Kōiki Toshi Ken*)

An operator and consultant (nurse) are available to take individuals calls and give advice based on their situation (advice is given in Japanese only).

Call # 7 1 1 9

The Center is open 24 hours a day throughout the year.
Consultation is free, but you will be charged for the call.
If you are unable to get through, please use this number: 082-246-2000.

Inquiries:

Medical Services Policy Division (*Iryō Seisaku Ka*) Tel: 082-504-2178



The following situations are ALWAYS a medical emergency! Call 119 immediately!



Face:

Can't move properly or drooping on one side of the face/Slurred speech/Blurry or doubled vision/Extremely pale



Head:

Sudden and excruciating headache and/or high fever/Sudden dizziness



Chest or back:

Chest pain, as well as difficulty in breathing/A feeling of tightness or pressure in your chest that lasts for more than 2 or 3 min./Pain that seems to move around



Hands and legs:

Sudden numbness/Weakness in the arms or legs on one side of the body



Stomach:

Sudden, extreme pain in the abdomen/Pain that won't go away/Bloody stools or vomiting blood



From the City of Hiroshima

Tuberculosis awareness

広島市からのお知らせ 結核に気をつけてください



Tuberculosis (TB) is an infectious disease. It spreads through the air when infected people cough, sneeze, or spit. There are some people who, despite being infected with TB bacteria, do not present symptoms or develop TB, spending rest of their lives with TB bacteria. However, when their immune systems become weakened with age, for example, they are susceptible to developing TB.

Common symptoms of TB are similar to symptoms of the common cold, such as prolonged low-grade fever, cough (sometimes with sputum), and fatigue. If you fall ill with TB disease and do not undergo any treatment, your condition may get worse, sometimes resulting in death. In addition, you might spread tuberculosis infection to your family, friends and people close to you.

60% of people infected with TB in Japan are aged 70 and over. However, recently young people who were born in foreign countries are increasingly contracting TB, accounting for 70% of infected people in their 20s in Japan.

If you have prolonged cold symptoms, please go to your primary care physician and seek medical attention as soon as possible. For early detection please take advantage of receiving a regular health check-up held at a school or workplace if available. If you are advised to take a follow-up examination at a health check-up, an early examination is recommended.

Inquiries: Health Promotion Division (*Kenkō Suishin Ka*) Tel: 082-504-2882

J-ALERT: National Early Warning System

Jアラートが鳴ったら、身の安全を確保してください。「ひろしま市民と市政」9月1日号 (P3)

J-ALERT is a national early warning system in Japan where the Japanese government transmits emergency information about ballistic missiles and natural disasters, including earthquakes and tsunami, to the public in a timely manner.

When J-ALERT warnings are issued, secure your safety immediately and take necessary actions to protect yourself from danger. The followings are some examples of actions that you should take:

When J-ALERT warnings are issued:

Ballistic missiles

- When you are outside, evacuate to a substantial building that you can get to quickly or go seek shelter underground
- If you are outside and there are no robust buildings nearby, take cover or lie down on the ground and protect your head
- When you are indoors, stay away from windows or evacuate to a room with no windows, if possible

Earthquakes

- Cover your head and take shelter (under a desk, etc.)
- Do not run outside in a panic
- If you come across a fire, do not rush to extinguish it if it means putting yourself in danger.
- Be cautious around concrete walls as they may collapse
- Watch out for falling objects, such as signboards and broken glass



Tsunami

- Immediately move to higher ground or a designated evacuation site

Inquiries: Crisis Management Division (*Kiki Kanri Ka*) Tel: 082-504-2653



Japanese Language for Work:

Free Training Course for Promoting Stable Employment for International Residents

定住外国人向け しごとのための日本語 「ひろしま市民と市政」 9月15日号 (P7)

These free Japanese language classes are for those studying Japanese for the first time and/or who can speak Japanese, but are not confident in reading or writing hiragana and/or katakana.

What is the aim of this training?

This course aims to promote stable employment for international residents by providing opportunities to learn Japanese used in workplace, as well as business customs and employment practices.

Who can apply?

Permanent residents, spouses or children of Japanese nationals, spouses or children of permanent residents, or long-term residents

When and where the classes will be held?

Period: Tuesdays, Thursdays and Fridays between November 7, 2023 and February 27, 2024

Time: 6 pm-9 pm (33 classes in total)

Place: Hiroshima City Sōgō Fukushi Center
(BIG FRONT Hiroshima 5F & 6F, 5-1 Matsubara-cho, Minami-ku)



How to apply

Apply directly to your local Hello Work (Hello Work Hiroshima, Hello Work Hiroshima-higashi or Hello Work Kabe)

Application deadline: Friday, October 20

Maximum number for the course: 20 people

- ▶ Please make sure to bring your ID photo (H4cm x W3cm) and resident card or passport when you apply.
- ▶ If the number of applicants substantially exceeds our expectation, we may close the application before the deadline.

★ Placement Test ★

All participants are required to take the placement test to determine their Japanese level. Please note that if the test results indicate that none of the course levels would be appropriate for your level, you may be asked to participate in upcoming courses instead. Please bring a pencil and an eraser for the placement test.

Date & Time: October 31 (Tue), 6:30 pm

Place: Hiroshima City Sōgō Fukushi Center, Meeting Room 1 (*Kaigi-shitsu 1*)

Inquiries:

Please check the following websites for more information:

JICE: <https://www.jice.org/tabunka/course/>

JICE Facebook: <https://www.facebook.com/jice.tabunka/>

Or your local Hello Work

- ① Hello Work Hiroshima (4th Floor, Hiroshima Shimizu Building, 8-2 Kami-hatchobori, Naka-ku)
Tel: 082-511-1181
- ② Hello Work Hiroshima-higashi (13-7 Higarigaoka, Higashi-ku) Tel: 082-264-8609
- ③ Hello Work Kabe (3-3-36 Kabe-minami, Asakita-ku) Tel: 082-815-8609

Garbage collection schedule for national holidays

2023年10月と11月の祝日のごみの収集スケジュール



○ . . . Garbage is collected ✕ . . . Garbage is **NOT** collected

National Holiday	[Burnable Trash / Plastic Bottles / Recyclable Plastics] In your local ward	[Recyclable & Harmful Waste / Non-combustible / Other] In your local ward
October 9 (Mon)	○	○
November 3 (Fri)	✕	○
November 23 (Thu)	✕	○

▶ Household waste guidelines is available at Hiroshima City's official website:

<https://www.city.hiroshima.lg.jp/site/kateigomi/318942.html> *Japanese only



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

Fall COVID-19 Vaccination Booster

新型コロナワクチン:秋開始接種が始まります「ひろしま市民と市政」9月15日号 (P3)



The COVID-19 updated booster is now available (One shot per person).

😊 For details about the updated booster, please visit the official city website:
<https://www.city.hiroshima.lg.jp/site/korona/206315.html> (in Japanese)

Who can receive a booster shot?

Booster shots are available to individuals aged 6 months or older who have completed the 1st dose of the vaccine.

Type of Vaccine

In principle, Omicron XBB.1.5-adapted monovalent COVID-19 vaccines will be used.

Vaccination schedule

From September 20, 2023 to March 31, 2024

Age	Individual Vaccination	Group Vaccination
12 years and older	From September 20	From September 28
5-11 years old	From September 30	n/a
Children (6 months-4 years old)	From October 7 Reservations will be accepted beginning October 4.	n/a

- ▶ In order to receive the vaccine, you must make a reservation.
- ▶ Medical facilities offer individual vaccinations. Please confirm with the hospital where you want to receive the vaccine about when they start accepting a reservation.

Vaccination coupons

Coupons that you have already received can be used for this time booster. The City of Hiroshima has been sending vaccination coupons to those who have not received them from mid-September.

Inquiries:

Hiroshima City COVID-19 Vaccine Call Center

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

Tel: 082-298-0525 ▶ Japanese only

Hiroshima Prefectural COVID-19 Vaccine Call Center

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

Tel: 082-513-2847 Fax: 082-211-3006

- ▶ Available from 8:30 am to 5:30 pm on everyday
- ▶ Multilingual support offered in Chinese, English, Korean, Portuguese, Tagalog, and Vietnamese.

Latest COVID-19 Information

新型コロナウイルス (COVID-19) の 新しい情報について

Please visit the City of Hiroshima 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 a week)

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

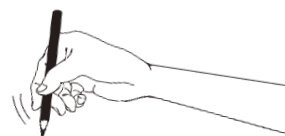
(Hiroshima-ken Shingata Korona-uirusu Wakuchin Sesshu Kōru Sentā)

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.

Useful Japanese words
for everyday life

Tax-related Vocabulary



This month's tip is a look into a helpful Japanese word to know!



This Month's Word : 住民税 (じゅうみんぜい // *Jūmin Zei*)

住民税 (Jūmin Zei) means Residents Tax.

Individual Municipal Residents Tax (市民税 // *Shimin Zei*) and Prefectural Residents Tax (県民税 // *Kenmin Zei*) are collectively known as Residents Tax (住民税 // *Jūmin Zei*) and are paid together. Residents Tax is paid by everyone who has an address in Japan as of January 1 of the year and earned an income the previous year. The amount of Residents Tax you pay is based on your income from the previous year starting from January 1 through December 31.

There are two methods of paying tax. (1) Special collection (特別徴収 // *Tokubetsu Chōshū*): Your employer subtracts the amount of tax you owe from your income and pays it to your local government. You can check how much you have paid with your monthly payment slip (給与明細 // *Kyūyo Meisai*). (2) Ordinary collection: You pay taxes by yourself at the government office, a convenience store, bank or post office. In June your local government will send a notification to those paying via the ordinary collection method; confirm the contents of the notification and pay your tax by the due date.

■ Payment deferral (徴収猶予 // *Chōshū yūyo*)

If you cannot pay the tax by the due date because of unavoidable circumstances, like you or your family member are suffering from disaster or being sick, please consult with your local government. You may apply for the payment deferral program if you qualify.



所得税 (Shotoku Zei) Individual Income Tax

Individual Income Tax is a tax imposed on personal income earned in a year starting from January 1 through December 31. When your monthly salaries or wages are paid, your employer subtracts the amount of tax you owe from them and pays it to your national government. You can check how much you have paid with your monthly payment slip (給与明細// *Kyūyo Meisai*) or a withholding record with the annual gross salary (給与所得の源泉徴収票 *Kyūyo Shotoku No Gensen Chōshū Hyō*) that is issued by an employer and received it by end of January.

消費税 (Shōhi Zei) Consumption Tax

The Consumption Tax at the rate of 10% (Standard tax rate) is applied to the purchase of goods and services in Japan. In the case of the purchase of food and drink excluding alcoholic drink and dining out, the rate of 8% (Reduced tax rate) is applied.

自動車税 (Jidōsha Zei) / 軽自動車税 (Kei-jidōsha Zei)

Automobile Tax/Light Mother Vehicle Tax

Persons who have an automobile as of April 1 are obliged to pay Automobile Tax. The amount of tax payment is calculated based on the engine size and other elements. A notice with instructions regarding the tax amount and payment method will be sent you by your local government office around April or May. You pay taxes by yourself at a convenience store, a bank or a post office by the due date.

固定資産税 (Kotei Shisan Zei) Property Tax

Persons who have assets (land, buildings, depreciable assets) as of January 1 are obliged to pay Property Tax. A notice with instructions regarding the tax amount and payment method will be sent you by your local government office sometime from April to June. You pay taxes by yourself at a bank, post office or a convenience store by the due date.

✿ If you are not confident in your Japanese, please contact the office below.

Hiroshima City & Aki County International Resident Consultation Service

Tel: 082-241-5010

E-mail: soudan@pcf.city.hiroshima.jp

Website: <https://h-ircd.jp/en/guide/consultation-en.html>

Hours: Monday to Friday 9 am-4 pm

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

Available languages: Japanese, English, Chinese, Spanish, Portuguese, Vietnamese, Filipino

✿ Filipino language is only available on Fridays, and the 1st and 3rd Thursdays.

