

Informational Newsletter for English Speaking Residents

Hiroshima NOW



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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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Stay prepared for severe weather

災害から命を守るためにできること 「ひろしま市民と市政」 5月15日号 (PP4-5)

From June to September, Hiroshima sees the most concentrated rainfall from rainy season and extreme weather events such as typhoons. That's why it's important for you to be prepared and ready to evacuate when you need to. Below are some tips to help you stay ready.

Inquiries: Disaster Prevention Division (*Saigai Yobō Ka*) Tel: 082-504-2664

1. Be aware of hazard areas around you

There are several resources available to check for hazard areas prone to landslides, flooding, etc., where you live. **The Hazard Map site** and the **Hiroshima City Disaster Prevention Information Site** provide important information for residents on which areas are at risk.

Hazard Map Site

Provides information such as flood prediction maps (flooding, high tide, tsunami), landslide hazard areas, evacuation shelters, and more. If your residence falls in a highlighted area, it means you live in a high-risk area.

The Hazard Map app can be downloaded from the City website, or you can get a hardcopy at your local ward office's Community Revitalization Division (*Chi'iki Okoshi Suishin Ka*). Maps are available in the following languages: Japanese, Chinese, English, Filipino, Korean, Portuguese, Spanish, and Vietnamese (via automatic translation).

Hiroshima City Disaster Prevention Information Site

<https://www.city.hiroshima.lg.jp/site/saigaiinfo/330114.html#en>



Inquiries about the Hazard Map Site

Community Revitalization Division (*Chi'iki Okoshi Suishin Ka*) of your local ward office

Ward	Tel	Ward	Tel
Naka	082-504-2820	Asaminami	082-831-4926
Higashi	082-568-7704	Asakita	082-819-3905
Minami	082-250-8935	Aki	082-821-4905
Nishi	082-532-1023	Saeki	082-943-9704

2. Make an evacuation plan

Hiroshima City Emergency Evacuation Guide App

The Hiroshima City Emergency Evacuation Guide App is very useful during emergencies for fast and reliable information. You can also search for evacuation sites in your area using the Hazard Map and the Hiroshima City Disaster Prevention Portal Site.


This emergency evacuation guide app has very useful functions, including providing directions to your nearest evacuation site, disaster preparedness information and announcements, information about risk levels in your current location, and so much more.

Information is available in Japanese, English, Chinese, Filipino, Korean, Portuguese, Spanish, and Vietnamese (via automatic translation).

For more information about the app and for a link to download it, see the following website:

<https://www.city.hiroshima.lg.jp/site/english/165106.html>




 In order to be able to evacuate to safety as smoothly and quickly as possible, it is important to have a plan in place beforehand. Evacuation sites are safe places, including:

- ✓ Friend or relative's home (outside of hazard areas)
- ✓ Hotels
- ✓ School or other government-designated evacuation sites

Note: If you are already somewhere safe, there is no need to evacuate.

3. Emergency Warning Levels and What They Mean

Learning about the various warning levels used during natural disasters will help you know when to evacuate.

Warning Level	What you should do	Advisories and Warnings
Level 1	Stay aware of weather reports and stay prepared for emergencies.	Early Warning Information (早期注意情報// <i>Sōki Chūi Jōhō</i>)
Level 2	Make sure you know where to evacuate and how to get there.	Heavy Rain Advisory (大雨注意報// <i>Ōame Chūi Hō</i>) Flood Advisory (洪水注意報// <i>Kōzui Chūi Hō</i>) High tide Advisory (高潮注意報// <i>Takashio Chūi Hō</i>)
Level 3	Senior citizens (etc.) should evacuate Those who need more time, such as senior citizens, should begin evacuation.	Evacuation notice for senior citizens and those who need more time (高齢者等避難// <i>Kōreisha-Tō Hinan</i>)
Level 4	All residents evacuate immediately If you live in a disaster-prone area or feel you are in danger, go to an evacuation site immediately.  If it is dangerous to go to an evacuation site, go to a nearby safe place.	Evacuation Order (避難指示// <i>Hinan Shiji</i>)
Evacuate to safety by Level 4		
Level 5	Disaster in progress; take IMMEDIATE action for your safety Do what you think is best to protect yourself and the safety of everyone around you.	Take IMMEDIATE action for your safety (緊急安全確保// <i>Kinkyū Anzen Kakuho</i>)

About vertical evacuation

Going to an evacuation shelter can be dangerous at night or when there is very heavy rainfall. Instead, you can evacuate temporarily to a higher floor in your home/apartment, or in a safer, more sturdy building nearby.

3. Stay informed

Hiroshima City Disaster Preparedness Text Alerts (Japanese only)

By signing up using your mobile email address or computer email address, users can receive emails (texts) regarding evacuation information or alerts for heavy rain, etc.

Please see: <https://www.city.hiroshima.lg.jp/site/saigaiinfo/17955.html>



Hiroshima City Official LINE Account (Japanese only)

Information regarding disaster prevention is available online via the Hiroshima City Official LINE account.

Please see: <https://www.city.hiroshima.lg.jp/soshiki/9/201138.html>



Hiroshima City Disaster Prevention Portal

The ultimate resource for information regarding disaster prevention. Information is available in seven languages, including Japanese, English, Chinese, Filipino, Korean, Portuguese, Spanish, and Vietnamese (via automatic translation). You can also check Hazard Maps here.

Please see: <https://www.bousai.city.hiroshima.lg.jp/en/>

















Other resources to stay informed about evacuation information:

- Hiroshima City Emergency Evacuation Guide App
- Hiroshima City Disaster Prevention Portal
- Emergency warnings
- The City of Hiroshima official social media such as X (former Twitter) and Facebook
- Television (Digital Data Broadcasting)
- Community wireless warning system
- Siren warning system





4. Emergency Kit Checklist

<input type="checkbox"/> Clean water (roughly 3 bottles (500ml))		<input type="checkbox"/> Rain gear	
<input type="checkbox"/> Non-perishable food (canned goods, crackers, etc.)		<input type="checkbox"/> Emergency toilet kit	
<input type="checkbox"/> Flashlight		<input type="checkbox"/> Medication booklet	
<input type="checkbox"/> Batteries		<input type="checkbox"/> Whistle	
<input type="checkbox"/> Change of clothes		<input type="checkbox"/> Masks	
<input type="checkbox"/> Towels		<input type="checkbox"/> Money (including small change)	
<input type="checkbox"/> Bedroll, sleeping bag		<input type="checkbox"/> Copies of your health insurance card, driver's license, bankbook, etc.	

Note:

- We recommend putting your emergency kits in a backpack to keep your hands free when evacuating.
- Essential items vary by person. This is a generalized list, so feel free to tailor it to your needs.

Nursing room services available for children who are sick or recovering from illnesses

病児・病後児保育室のご利用を 「ひろしま市民と市政」 5月15日号 (P2)

Parents or guardians who are not at home due to work, etc., and cannot look after their children who are sick or recovering from an illness can use this childcare service program (registration in advance required to make a reservation).

Inquires: Child Care Supervisory Division (*Yōho Kyūfu Ka*) Tel: 082-504-2154

Who can use this childcare service?

Infants, children, or elementary school students who are sick or recovering from an illness listed below:

- Illness that infants and children can easily get, such as the common cold and gastrointestinal illnesses
- Infectious diseases including measles, chicken pox, and rubella
- Chronic diseases such as asthma
- Injuries such as fractures

Facilities that provide childcare for sick children and children recovering from illnesses

- A nursing room in a hospital
- A nursing room at a nursery school (*hoikuen*) (only for children who are recovering from an illness)

Note: You must register in advance and make a reservation at the service at the facility you wish to use.

Service information

- You can use the service for up to 6 days in a row.
- The service is available 8 am-6 pm.
- Nursing rooms are closed on Sundays, national holidays, and 12/29-1/3.



Note: Available hours and service fees differ for each facility. Please consult with your registered facility for details or check the City of Hiroshima official website for more information.

Step-by-step guide to using this service

Step 1: Register in advance at the facility you wish to use and pay the registration fee (it is recommended that you visit the facility before you register).

Step 2: Make a reservation with your registered facility. Reservations can be made one day in advance or on the day you wish to use the service.

Step 3: Make an appointment with a doctor. If you use the nursing room in a hospital, see the doctor at the hospital. If you use the nursing room at a nursery school (*hoikuen*), make an appointment with your child's regular doctor.

Step 4: Use the childcare service.

Step 5: Pay the usage fee.

Note: Households receiving public assistance or exempt from paying municipal residents' tax are exempt from paying the full amount.

For details, please check the City's official website (in Japanese):

<https://www.city.hiroshima.lg.jp/soshiki/83/5140.html>



Stipend for prenatal checkups for expectant mothers

妊娠健康診査の助成 「ひろしま市民と市政」 4月15日号(P6)

Beginning on April 1, 2024, the City of Hiroshima provides a stipend for prenatal checkups for expectant mothers.

Who is eligible?

The stipend will be provided to those who meet all the qualifications bellow:

- Registered citizens of Hiroshima City as of the day when undergoing health checkups
- 40 weeks or over into the pregnancy (passed the expected date of delivery)
- Have used all provided health checkup vouchers (14 vouchers, or, 19 vouchers in the case of multiple births)

- Those covering the full cost of expenses for their 15th prenatal checkup (20th in the case of multiple births) and subsequent checkups (as checkups are not covered by insurance)

Amount to be provided

Up to 6,180 yen per prenatal checkup

How to apply

Send an application and necessary documents to the following office after giving birth.
Be sure to apply within 6 months of delivery.

Where to send applications

〒730-8586

広島市中区国泰寺町 1-6-34

広島市こども未来局 こども青少年支援部 母子保健担当

Maternal and Child Health Section

Children and Youths Support Department

Children's Outlook Bureau

City of Hiroshima

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



For more information, please check the City's official website (in Japanese):

<https://www.city.hiroshima.lg.jp/soshiki/84/4682.html>

Inquiries:

Maternal and Child Health Section (*Boshi Hoken Tantō*) Tel: 082-504-2623

Vaccinations for children

子どもの予防接種を忘れずに 「ひろしま市民と市政」 4月15日号 (P2)

Vaccination can prevent infections, as well as prevent diseases from becoming more serious after infection. To protect your child's health, be sure to follow your child's vaccination schedule.

The age at which children start regular vaccinations, the number of doses they receive, the gap between doses, and so on, are all defined in Japanese law and other regulations. Vaccinations for children are free.

You can vaccinate your child once they are 2 months old. Consult with your regular doctor (a pediatrician or other specialist) and plan ahead.

Inquires: Children and Youth Support Department (*Kodomo Seishōnen Shien Bu*)

Tel: 082-504-2623

DPT-IPV-Hib Vaccines starting from April 2024

Vaccine	What it can prevent
DPT-IPV-Hib vaccine <small>しゅこんごう</small> 5種混合ワクチン <i>Goshu kongō wakuchin</i>	<ul style="list-style-type: none"> ▪ Diphtheria ▪ Tetanus ▪ Hib ▪ Pertussis (Whooping cough) ▪ Polio <p><i>All are serious infectious diseases that can lead to death</i></p>

Other Vaccines

Vaccine	What it can prevent
Hepatitis B vaccine <small>がたかんえん</small> B型肝炎ワクチン <i>B gata kan'en wakuchin</i>	<ul style="list-style-type: none"> ▪ Hepatitis ▪ Liver cirrhosis ▪ Liver cancer ▪ Others
Pediatric pneumococcal vaccines <small>しょうに ようはいえんきゅうきん</small> 小児用肺炎球菌ワクチン <i>Shōni-yō haien kyūkin wakuchin</i>	<ul style="list-style-type: none"> ▪ Sepsis ▪ Pneumonia ▪ Others
Rotavirus vaccine ロタウイルス <i>Rotairusu wakuchin</i>	<ul style="list-style-type: none"> ▪ Rotavirus
BCG Vaccine BCG ワクチン <i>BCG wakuchin</i>	<ul style="list-style-type: none"> ▪ Tuberculosis (TB)
Measles and rubella vaccine <small>ましん ふう</small> 麻しん・風しんワクチン <i>Mashin fūshin wakuchin</i>	<ul style="list-style-type: none"> ▪ Measles ▪ Rubella
Chickenpox vaccine <small>すいとう みず</small> 水痘 / 水ぼうそうワクチン <i>Suitō/mizubōsō wakuchin</i>	<ul style="list-style-type: none"> ▪ Chickenpox.
Japanese encephalitis vaccine <small>にほんのうえん</small> 日本脳炎ワクチン <i>Nihon nōen Wakuchin</i>	<ul style="list-style-type: none"> ▪ Japanese encephalitis

Information, including the age at which children start regular vaccinations, the number of doses they receive, the gap between doses is available on the City's official websites:

For the DPT-IPV-Hib vaccines

<https://www.city.hiroshima.lg.jp/soshiki/72/367359.html> (in Japanese)



For children's vaccines in general

<https://www/city.hiroshima.lg.jp/soshiki/72/2952.html> (in Japanese)



Inquires: Community Support Division (*Chi'iki Sasaeai Ka*) of your local ward office

Ward	Telephone	Ward	Telephone	Hours
Naka	082-504-2528	Asaminami	082-831-4942	Monday to Friday 8:30 am-5:15 pm Closed: National holidays, August 6, 12/29-1/3
Higashi	082-568-7729	Asakita	082-819-0586	
Minami	082-250-4108	Aki	082-821-2809	
Nishi	082-294-6235	Saeki	082-943-9731	



Childcare Support App: *Boshimo*

Boshimo is a maternal and child health handbook app that provides helpful information on childcare. You can manage your children's vaccination records with this app.

This digital service is available in 12 different languages (Japanese, English, Chinese (traditional and simplified), Korean, Portuguese, Spanish, Tagalog, Thai, Vietnamese, Indonesian, Russian, and Nepali).

For more information about *Boshimo*, please see the official City of Hiroshima website:

<https://www.city.hiroshima.lg.jp/soshiki/84/4852.html> (in Japanese)



Dog registration and rabies vaccination

犬の登録と狂犬病の予防注射を受けましょう 「ひろしま市民と市政」 4月1日号 (中区版)

Dogs aged 91 days or older must be registered and vaccinated against rabies once per year.

Registration fee: 3,000 yen

Vaccination Certificate fee: 620 yen

Vaccination fee: starts at 2,550 yen

Inquires: Animal Care Center (*Dōbutsu Aigo Sentā*) Tel: 082-243-6058



Hiroshima City & Aki County International Resident Consultation Service

❖ Closed on national holidays, August 6, and December 29 through January 3.

Venue	Supported Languages	When	Hours
International Conference Center Hiroshima 3F Located in Peace Memorial Park	Spanish	Monday to Friday	9:00 am – 4:00 pm
	Chinese		
	Vietnamese		
	Portuguese		
	English		
	Filipino	Fridays 1 st and 3 rd Wednesdays of the month	
Aki Ward Office 2F	Portuguese	2 nd Wednesday of the month	10:15 am – 12:30 pm 1:30 pm – 4:00 pm
	Spanish	3 rd Thursday of the month	
Moto-machi Kanri Jimusho	Chinese	2 nd Tuesday of the month	
Guidance from the Regional Immigration Bureau On the 2nd Friday of every month from 13:30 to 16:00, a Regional Immigration Bureau staff member comes to the consultation service office to offer guidance residency status-related issues (reservation required).			

- ❖ For languages other than those listed above, consultation services are provided using a multilingual translation device.
- ❖ 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>

