

Informational Newsletter for English-Speaking Residents

# Hiroshima NOW

7

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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/](http://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](mailto: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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## 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15日号 (P2)



Heat stroke is when the body's cooling mechanism no longer works and cannot 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. 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: 082-504-2980

### ☀️ Signs and Symptoms

- Dizziness
- Numbness in hands and feet
- Headache
- Nausea, vomiting
- Extreme lethargy
- Brain fog, muscle cramps, and others

### ☀️ Tips and Tricks

- Be sure to drink adequate amounts of water and replenish lost sodium.
- Find a cool location.
- 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

#### Stay 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 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

- When you are outside, stay in the shade using a hat or parasol.
- Avoid direct exposure to the sun.
- When you are indoors, use your air conditioner to stay cool and blinds to provide shade.

#### 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ご注意 「ひろしま市民と市政」 6月1日号 (P1)

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 these bacteria and avoid food poisoning caused by it.

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

### ■ What is Campylobacter bacteria ?

Campylobacter bacteria normally inhabit the intestinal tract of animals such as pigs, chickens, and cattle. It is frequently detected in foods derived from these animals, which are contaminated during processing. Fresh meat can be contaminated by the bacteria, and even small amounts can cause food poisoning.

### ■ Signs and symptoms

Symptoms such as diarrhea, fever and/or abdominal pain usually occur 2 to 7 days after infection, and it usually takes about 7 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 it may sometimes result in severe illness.

## Tips to prevent food poisoning caused by Campylobacter bacteria

### Do NOT eat raw or undercooked meat

- ✓ 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.

### Thoroughly heat food

- ✓ 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.

## Routine Vaccination: HPV Vaccine

HPV ワクチンの定期接種を 「ひろしま市民と市政」 6 月 15 日号 (P1)

Human papillomavirus (HPV) is the virus that causes cervical cancer. HPV vaccination and cervical cancer screening for early detection are effective in preventing the development of cervical cancer caused by HPV infection.

The routine HPV vaccine is available free of charge for those who meet the following requirements. When receiving the vaccination, please make sure that you fully understand the effectiveness and risks of the vaccine

### Notes:

Currently there are three types of HPV vaccinations available with public funding: the 2-valent, 4-valent, and 9-valent vaccines. Since fiscal year 2023, the 9-valent HPV vaccine for cervical cancer has been made a routine vaccination. It is said that the vaccine is intended to prevent the onset of cervical cancer caused by HPV infection by nearly 80 to 90%. However, like any other vaccines, there is the possibility of adverse side effects considered to be related to HPV vaccines.

For details, please visit the Ministry of Health, Labor, and Welfare's website (in Japanese):  
<https://www.mhlw.go.jp/bunya/kenkou/kekkaku-kansenshou28/index.html>



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

### HPV Routine Vaccination Program

#### Who can receive the vaccine?

Women who fall under ① or ② below and have not yet received the vaccination:

- ① Women between year-six of elementary school and year-one of high school (women aged 11 to 16)
- ② Women born between April 2, 1997 and April 1, 2008

Note: Catch-up vaccinations are offered to those who fall under ②. This program will be carried out until March 31, 2025.

#### ★ Catch-up vaccination

Catch-up vaccinations are provided to those who were unable to receive the vaccination with public funding due to Japan's decision to withhold the active recommendation of HPV vaccine (women under Category ②). This vaccination program will be carried out until March 31, 2025. It generally takes six months to complete three doses of the vaccine. Therefore, if you wish to complete the vaccines by March 31, 2025, it is recommended that you receive the first dose in this summer. For more information about the Catch-up vaccination program, please visit the City of Hiroshima's official website (in Japanese):

<https://www.city.hiroshima.lg.jp/soshiki/72/2951.html>



## ■ Vaccination schedule

Usually, you will be given two or three doses (generally the same type of vaccine); however, the number of vaccination doses and intervals between vaccinations are different depending on the type of vaccine and the age at which you receive the first dose.

## ■ Notes

If you wish to receive vaccination through public funding, get vaccinated at the specified age and timing (follow the designated interval between doses), and complete all the vaccinations within the designated period. Otherwise, you may have to pay the vaccination expenses on your own, and will also not be able to receive relief measures available under the Immunization Act.

## ■ How to receive the vaccination

- ① Visit a medical institution where you wish to receive the vaccine
  - Take your health insurance card and Maternal and Child Health Handbook (*Boshi Kenkō Techō*, if applicable) with you.
  - Vaccination coupons and the preliminary examination form are available at medical institutions offering the vaccine.
- ② Get vaccinated.
  - For more information including the number of vaccination doses and interval between doses, please visit the City of Hiroshima's official website (in Japanese):

<https://www.city.hiroshima.lg.jp/soshiki/72/2951.html>



## 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 (P4)



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

## ■ Who is eligible?

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

- ① A child in a single-parent household and the parent who is taking care of that child (eligible until March 31 following their 18<sup>th</sup> birthday)
- ② A child who is not in the care of their parents and the child's unmarried guardian
- ③ People in similar situations to those mentioned above

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

### ❑ Costs that can be subsidized

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

### ❑ 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	Telephone	Fax	Ward	Telephone	Fax
Naka	082-504-2569	082-504-2175	Asaminami	082-831-4945	082-870-2255
Higashi	082-568-7733	082-568-7781	Asakita	082-819-0605	082-819-0602
Minami	082-250-4131	082-254-9184	Aki	082-821-2813	082-821-2832
Nishi	082-294-6342	082-294-6311	Saeki	082-943-9732	082-923-1611

## Public vocational training programs: Hello Training

公的職業訓練のご利用を 「ひろしま市民と市政」 6月1日号 (P2)

Hello Training programs are public vocational training programs for job seekers who wish to acquire the necessary skills and knowledge in order to get a new job. Training is generally free, but fees for educational material are required.

Note: There are some training programs that may require you to pay a training fee.

For more information about training programs, please see the Hiroshima Labor Bureau (*Hiroshima Rōdō Kyoku*) website (Japanese).

Note: Automatic translation into English available.



**Inquiries:** Employment Promotion Division (*Koyō Suishin Ka*) Tel: 082-504-2244

### Support System for Job Seekers (*Kyūshokusha shien seido*)

By taking advantage of this support system, job seekers who satisfy certain requirements can receive vocational training benefits (*Shokugyō kunren jukō kyūfukin*) of 100,000 yen per month while taking vocational training.

For more information regarding the support system, including how to apply and what sort of requirements you must meet, please consult with your local Hello Work office.

Hello Work	Telephone	Address
Hello Work Hiroshima	082-223-8609	8-2 Kami-hatchobori, Naka-ku
Hello Work Hiroshima Higashi	082-264-8609	13-7 Hikarigaoka, Higashi-ku
Hello Work Kabe	082-815-8609	3-3-36 Kabe-minami, Asakita-ku

## August Municipal Housing Applications

市営住宅 8 月の募集



Municipal housing is available for residents who are registered with the city, currently living within city limits, and meet the requirements, including the number of family members, as well as income limit. For more details, including eligibility and application procedures, please contact the relevant office or check the City's official website:

**Official City of Hiroshima website** (in Japanese):

<https://www.city.hiroshima.lg.jp/site/jyuutaku/6265.html>



### August Municipal Housing Applications

Application Forms Available Beginning	Application Period
August 1 (Thu)	August 7 (Wed) - August 9 (Fri)

- ★ Couples with Partnership Certificates/Cards can apply for municipal housing that is located in the city or town where the Partnership Certificates/Cards have been issued.
- ★ For individuals who wish to apply for housing outside of the above mentioned submission schedule, applications will be accepted once there are openings.

For more details, check out the city website below.

**Official City of Hiroshima website** (in Japanese)

<https://www.city.hiroshima.lg.jp/site/jyuutaku/6267.html>



### Applications

Where to find applications:

- ▶ City of Hiroshima Housing Policy Division (*Jūtaku Seisaku Ka*) (Address: City Hall Main Building, 5F), Architecture Division (*Kenchiku Ka*) of ward office, various wards' branch offices

Hours: 8:30 am-5:15 pm (Mon-Fri)

Closed: National holidays, December 29-January 3

▶ City Hall Service Corner (Waterworks Bureau Moto-machi Office Building 1F)

Hours: 8:30 am-6:30 pm (Mon-Fri)

Weekends, holidays, and August 6: 9:00 am-6:30 pm

Closed: December 29-January 3

Notes:

- Please check with either the Hiroshima Prefecture Government Office's Reception Desk (1F), or Housing Division (5F).
- The lists, application guidelines, and forms can also be found on the official City of Hiroshima website: Municipal Housing page mentioned above.

### Information Regarding Available Municipal Housing

For information regarding the types of housing available, please refer to housing applications or the city website. You can check the location using the Hiroshima City Municipal Housing Map feature.

**Municipal Housing Page**  
(Japanese only)



**Municipal Housing Map**  
(Japanese only)



<https://www.city.hiroshima.lg.jp/site/jyuutaku/6265.html>

<https://www.midori-gr.com/hiroshima-shiei/info/map.html>

### Application process

1. Choose a residence from the Municipal Housing Selection List
2. Fill out the required information on the application form
3. Submit your application to your nearest ward office's Architecture Division (*Kenchiku Ka*) via one of the following:

Note: A copy of your Resident Record (*住民票の写し//Jūminhyō no utsushi*) and certificate of income (*収入証明書//Shūnyū shōmeisho*) are not required at the time of application. Only those who are selected as a candidate for municipal housing residents will be requested to submit these documents at the second screening process.

#### ▶ Apply online

You can apply online on the website that is available only during the application period. Applications are processed 24 hours/day until the application deadline. (On the first day when the application forms are released on public, applications will be accepted from 8:30 am.)

#### ▶ Apply via postal mail

Place the completed application form and designated application notice postcard in the designated envelope and send in them to the Architecture Division of your local ward office.

Notes:

- The application form, designated envelope, and postcard are included in the Application Guideline packet.
- The application deadline is the last day of the application period. Applications must be postmarked by this date and arrive in the Architecture Division by Thursday of the following week.



▶ **Apply in-person**

You can bring your application to the Architecture Division of your nearest ward office between 9 am to 5 pm on weekdays.

### Application Submission and Questions

Please contact the Architecture Division of your nearest ward office with any questions or concerns.

Ward	Telephone	Ward	Telephone
Naka	082-504-2578	Asaminami	082-831-4954
Higashi	082-568-7744	Asakita	082-819-3937
Minami	082-250-8959	Aki	082-821-4928
Nishi	082-532-0949	Saeki	082-943-9744

## Holiday Trash Collection Schedule in July and August

2024年7月と8月の祝・休日のごみの収集について

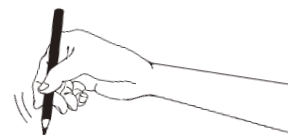
On July 15 and August 12, trash is collected as usual.

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












useful Japanese  
words for day-  
to-day living

にほんご いいね!



## Vocab for natural disasters

大雨	おおあめ ōame	Heavy rain	
ゲリラ豪雨	げりら ごうう gerira gōu	“Guerrilla” thunderstorm, sudden downpour	
線状降水帯	せんじょう こうすいたい senjō kōsuitai	Liner precipitation zone: A group of well-developed cumulonimbus rain clouds organized in a liner pattern, passing through or remaining in the same location for several hours, causing downpours	
洪水	こうずい kōzui	Floods	
浸水	しんすい shinsui	Flooded with water, soaked in water, water leakage in building	
土砂災害	どしゃさいがい dosha saigai	Landslides	
避難	ひなん hinan	Evacuation	
避難場所	ひなんばしょ hinan-basho	Evacuation area/site 指定緊急避難場所(してい きんきゅう ひなんばしょ) Shitei-kinkyū-hinan-basho Designated Emergency Evacuation Sites: These are facilities or sites for emergency evacuation to escape from a disaster. They are each designated for a type of disaster.	
避難所	ひなんじょ hinanjo	Evacuation shelter	



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# 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
<b>International Conference Center Hiroshima 3F</b> Located in Peace Memorial Park	Spanish	Monday to Friday	9:00 am – 4:00 pm
	Chinese		
	Vietnamese		
	Portuguese		
	English		
	Filipino	Fridays 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays of the month	
<b>Aki Ward Office 2F</b>	Portuguese	2 <sup>nd</sup> Wednesday of the month	10:15 am – 12:30 pm 1:30 pm – 4:00 pm
	Spanish	3 <sup>rd</sup> Thursday of the month	
<b>Motomachi Kanri Jimusho</b>	Chinese	2 <sup>nd</sup> Tuesday of the month	
<b>Guidance from the Regional Immigration Bureau</b> 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](mailto:soudan@pcf.city.hiroshima.jp)

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

