

Hiroshima NOW

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

Hiroshima Shimin to Shisei is available to view on the city's website. It can also be translated via an automatic translation app into various languages.

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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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Be careful of food poisoning from campylobacter

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 (p3)

In the hot and humid season, bacteria can more easily cause food poisoning. Thoroughly heat food, wash and sterilize cooking tools in order to protect against bacterial infection when cooking.

■ What is campylobacter?

Campylobacter is bacteria that mostly appears in the digestive tracts of chickens, pigs, and cows. Bacteria can easily enter meat during processing, and as such there is a high probability of campylobacter being found in meat for consumption. When tested by the Hiroshima City's public health center, 80% of chicken meat for sale was found to contain campylobacter.

■ What happens when someone is infected with campylobacter?

Campylobacteriosis causes 2-7 days of diarrhea, fever, stomachache, and other symptoms, before recovery. Particularly in children and the elderly this can exacerbate other illnesses; it may sometimes result in severe illness.

3 tips for protecting against food poisoning

☑ Do not eat raw or rare meats

- Avoid raw or half-cooked chicken meat (such as chicken sashimi)
- Do not eat raw or rare meat dishes
- Be wary of meats cooked at low temperatures



☑ Be careful of cross contamination

- Ensure juices from raw meats do not get onto ingredients you will eat raw, such as vegetables
- Wash your hands after touching meat
- Use different tools to prepare meats and vegetables. Thoroughly wash and disinfect them after use.

☑ Thoroughly cook meats

- Bacteria can enter offal and ground meats so be particularly wary of these cuts
- Cook meat thoroughly, ensuring that the center has also changed color. The centermost, and therefore coldest, part of the meat should be cooked at 75 degrees Celsius (167 degrees Fahrenheit) for at least 1 full minute.

🍷 There are more opportunities in summertime for barbecues! Keep everyone safe and healthy by following these tips.

Inquiries: Food Sanitation Division (*Shokuhin Hoken Ka*) Tel. 082-241-7434



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 18th birthday)
- ② A child who is not in the care of their parents and the child's current guardian is unmarried
- 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	Ward	Telephone
Naka	082-504-2569	Asaminami	082-831-4945
Higashi	082-568-7733	Asakita	082-819-0605
Minami	082-250-4131	Aki	082-821-2813
Nishi	082-294-6342	Saeki	082-943-9732

Routine Vaccination: HPV Vaccine

HPV ワクチンの接種は計画的に 「ひろしま市民と市政」 6 月 15 日号 (p3)

Human papillomavirus (HPV) is a 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. Usually, you will be given three doses with designated intervals between vaccinations. It generally takes six months to complete three doses of the vaccine.

For women aged 15 (as of April 1, 2025), the deadline for the public funding vaccination is March 31, 2026. Therefore, if they wish to complete the vaccines through public funding, it is recommended that they receive the first dose this summer.

For details, please visit the City of Hiroshima's website (in Japanese):

<https://www.city.hiroshima.lg.jp/living/medical/1021221/1027984/1022962.html>

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

HPV Routine Vaccination Program in FY 2025

Who can receive the 2025 routine vaccine?

Women born between April 2, 2009 and April 1, 2014

Note:

Around the end of May this year, the City sent vaccination coupons and preliminary examination form to eligible women aged year-one of junior high school and above. If the documents have yet to be reached, please contact your relevant ward office:

Inquiries: Your local Public Health Center (*Hoken Sentā*)

Ward	Telephone	Ward	Telephone
Naka	082-504-2528	Asaminami	082-831-4942
Higashi	082-568-7729	Asakita	082-819-0586
Minami	082-250-4108	Aki	082-821-2809
Nishi	082-294-6235	Saeki	082-943-9731

Transitional measures for HPV catch-up vaccination program

Women that fall under the following criteria and wish to receive the vaccinations with public funding, please get vaccinated in a planned manner and complete remained vaccines by March 31, 2026.

📌 Who is eligible for the transitional measure?

Women born between April 2, 1997 and April 1, 2009 who received at least the first dose of the catch-up vaccination carried out from April 1, 2022 to March 31, 2025

📌 How long is this measure available?

Until March 31, 2026

Note:

It generally requires a three-month or more interval between second dose and third dose. If you wish to complete all the vaccinations by March 31, 2026, it is recommended that you receive the second dose by the end of December 2025 at the latest.

Protect against heatstroke

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)

This season is going to get very hot, please be wary of heatstroke and protect yourself.

😓 Heatstroke can happen indoors as well as outdoors

Heatstroke is a serious situation wherein, when in high temperature high humidity areas, the body's thermoregulation can fail, causing internal body temperatures to remain higher than is safe. This can happen indoors as well as outdoors, and can even cause death when symptoms are intense.

☀️ Main symptoms of heatstroke

- Dizziness • "Pins and needles" or numbness in hands and feet • Headache
- Vomiting • Lapses in consciousness, muscle cramps, etc

☀️ How to protect against heatstroke

Stay hydrated

- ◇ When sweating a lot, be sure to replace not just the water lost, but also the salt, by drinking sports drinks as well as water.

Avoid heat where possible

- ◇ When indoors, use air conditioning or other methods to keep the room cool, and shut curtains to prevent direct exposure to sun.

Wear cool clothes

- ◇ Try clothes that are breezy and dry quickly.



Keep healthy and prepared

- ◇ Build your defenses against heatstroke through regular exercise and sweating.

📌 Keep track of heatstroke warnings

Heatstroke Alerts (熱中症警戒アラート// *Nettchu-shō Keikai Arāto*) are issued the day before or the morning of days where there is an increased risk of heatstroke. When checking the weather forecast, confirm the air temperature and weather, as well as the presence of any heatstroke warning alerts.

😊 Use cooling shelters

Cooling Shelters are designated areas to take refuge from summer heat for use by anyone, setup by the city in response to the Special Heatstroke Alerts. Designated areas are often buildings with air conditioning, like community centers or libraries, shopping malls, or pharmacies. There are around 170 designated cooling shelters in Hiroshima city.

- ★ Special Heatstroke Alerts (熱中症特別警戒アラート// *Nettchu-shō Tokubetsu Keikai Arāto*) are issued when the temperature situation is more serious and warrants extreme caution.

Inquires:

About Heatstroke:

Public Health Promotion Division (*Kenkō Suishin Ka*) Tel. 082-504-2980

About Heatstroke Warning Alerts:

Global Warning Countermeasures Division (*Ondanka Taisaku Ka*) Tel. 082-504-2185



Energy saving tips for summer

暑さを和らげる工夫で節電を 「ひろしま市民と市政」 6月15日号 (p3)

Using your air conditioning is one way to beat the summer heat, but it also means a rise in energy consumption. Below, you'll find simple measures that you can take to help reduce your energy consumption.

Tips for energy saving at home

☑ Air Conditioning

- Try to avoid keeping your house ice cold
- Clean filters regularly
- Close your drapes, blinds, or shades during the day to keep the sunlight out and temperatures low



☑ Refrigerators

- Be careful not to overstock your fridge
- Avoid opening and closing the fridge more than needed



▣ TVs

- Set your TV to energy saving mode and use the brightness control function to turn down the brightness
- Don't just use the remote to turn the TV off: turn the TV power source off as well.



▣ Bidet toilet seat

- Use features that save energy like turning the heated water function off or energy-saving timers (if your toilet does not have these functions, unplug the toilet seat when you won't be using it for prolonged periods of time)
- Keep the toilet lid closed
- Keep your toilet seat and water temperatures settings on low



How to stay cool in the summer

- Use products designed to keep you cool, like cooling gel sheets
- Wear clothes of breathable material such as linen and cotton

Inquiries: Global Warning Countermeasures Division (*Ondanka Taisaku Ka*) Tel: 082-504-2185

Double check cycling rules

自転車のルールを再確認しよう

◆ Bicycles are vehicles too

From a traffic law standpoint, bicycles are considered motor-less light vehicles, and are generally considered to belong on the road. When riding a bicycle, observe traffic rules and etiquette, and let's build a safe travel experience for all.

◆ 5 rules for safe cycling

1. Bicycles should be on the left side of the road, generally. Cycling on the sidewalk is non-standard, and should only be done when permitted, so please prioritize pedestrians when and if you do use the sidewalk.
2. Stop at stoplights properly, and confirm it is safe before proceeding.
3. Attach a light to your bicycle and use it when cycling at night.
4. Do not cycle under the influence.
5. Wear a helmet.



👉 As of November 1, 2024, the penalties for cycling while using a smartphone or while intoxicated were strengthened as below.

- ✅ Using a phone while cycling → Up to 1 year in prison or a maximum fine of 300,000 yen.



✓ Cycling under the influence → Up to 3 years in prison or a maximum fine of 500,000 yen.

Additionally, there is a penalty for drinking with the intent to ride a bicycle, riding with an intoxicated individual, and for lending a bicycle to an intoxicated individual.



◆ **Don't forget your helmet!**

◆ **Wearing a helmet is an important safety measure.**

In order to reduce the chance of serious injury as much as possible in the event of a collision while cycling, it is important to protect your head. Around 60% of those who die in collisions while cycling do so from fatal head wounds.

Mortality likelihood among those who are not wearing a helmet at the time of collision are 2.4 times higher than those who are wearing a helmet.

◆ **Selecting a helmet**

Be sure to pick a helmet that meets the following standards:

- Has the "SG mark" to prove its safety.
- Fits your head size.

◆ **When wearing your helmet:**

- Firmly wear the chin strap.
- Once you have put the helmet on, ensure it will not slip out of position and is firmly in place.



Inquiries: Bicycle Friendly City Promotion Division (*Jitensha Toshi Zukuri Suishin Ka*)
Tel. 082-504-2349

Holiday Trash Collection Schedule in July and August

2025 年 7 月 と 8 月 の 祝 ・ 休 日 の ご む の 収 集 に つ い て

On July 21 (Marine Day) and August 11 (Mountain Day), trash is collected as usual.

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



🌿 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

Note: Filipino is available on Fridays and the 1st and 3rd Wednesday of the month.

