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This is a free monthly English newsletter for foreign residents carrying excerpts from the Japanese newsletter published twice a month by the city of Sakura. Unless otherwise indicated, inquiries over the telephone or at the facilities are handled only in Japanese. If you do not speak Japanese, please have someone who speaks Japanese with you when you make inquiries. Inquiries in English can be answered generally on Mondays and Tuesdays through Koh'hoh-ka (the Public Relations Section) at Sakura City Hall.



~Fundamentals of Disaster Prevention~  
**COORDINATION AMONG EFFORTS BY  
INDIVIDUALS, COMMUNITIES, AND  
THE CITY**

Disaster prevention and preparation can be effective only when a successful coordination is pursued among self-help, mutual assistance, and the local government's program. Please be prepared to protect yourself and your family after a disaster.

**HOUSEHOLD DISASTER PREPARATION**

Since public activities such as life-saving and fire-fighting may be hampered by various reasons immediately after a disaster, an usual disaster preparation at household level is important. The following is some tips for disaster preparation measures in your home:

- Secure water and food reserves for your family sufficient for at least three days.
- Prepare an emergency take-out bag for making provision against evacuation.
- Discuss with your family and determine the method of safety confirmation.
- Take measures to prevent furniture from falling forward.
- Check the earthquake resistance of your house and implement reinforcement measures if necessary.
- Be acquainted with your neighbors and your community.



**DISASTER PREPARATION AT COMMUNITY LEVEL**

**A RECOMMENDATION TO SET UP AUTONOMOUS ORGANIZATIONS**

Mutual assistance within local communities can be very powerful support in a time of disaster. It is strongly recommended to set up autonomous disaster prevention groups, organized mainly by residents and neighborhood associations, to plan and provide countermeasures against disasters.

**WHAT DOES AN AUTONOMOUS DISASTER PREVENTION ORGANIZATION DO?**

**IN A NORMAL PERIOD** Disseminate and promote knowledge for disaster prevention through evacuation drills and other methods, determine local hazardous locations, and check equipment/materials for disaster prevention.

**IN THE EVENT OF NATURAL DISASTER** Collect and share information, conduct initial fire fighting and evacuation guidance, rescue disaster victims, and manage local shelter operations.

**FINANCIAL AID AND OTHER ASSISTANCE BY THE CITY**

The City provides financial assistance, free lease of disaster equipment, and other assistance as shown below to autonomous disaster prevention organizations. In addition, city staff is available at times of the group's evacuation drills to give instructions on how to use related equipment.

**SUBSIDY AND FREE LEASE OF EQUIPMENT**

- One time subsidy to create an organization: At the time of foundation, 20 thousand yen
- Subsidy for disaster prevention activities: For consecutive five years, 20 thousand yen/year
- Free lease of equipment for disaster prevention : Equipment of 350 thousand yen or less, purchased by the City upon the organization's request

**ASSISTANCE FOR DISASTER PREVENTION ACTIVITIES**

- Experience of a strong seismic tremor on an earthquake simulation vehicle
- Lecture on disaster prevention
- Emergency foods for meals preparation / evacuation drills

# DISASTER EMERGENCY MESSAGE DIAL 171

When an earthquake or other disaster occurs, communication traffic to the disaster-stricken area increases extremely due to the people checking the safety of their loved ones, and it may be very difficult to get through for days. In such a situation, the Disaster Emergency Message Dial 171 Service is available to confirm the safety of your family, relatives, and friends. This service is only available during times of disaster. However, "Practice Days" are provided during Disaster Preparedness Week (9:00 August 30 - 17:00 September 5) and on the first and the 15<sup>th</sup> days every month to practice using this service. For more information in English, please visit the following website:  
[http://www.ntt-east.co.jp/saigai\\_e/voice171/](http://www.ntt-east.co.jp/saigai_e/voice171/).

## RADIATION LEVELS MEASURED AT SCHOOLS



From August 8 to 10, the City measured radiation levels at kindergartens, elementary schools, and junior high schools in Sakura City. The results were between 0.064 µSv/hr and 0.324 µSv/hr, which were below the standard level (3.8 µSv/hr outdoors) set by the "Interim Policy in Deciding on Use of School Buildings and Schoolyards in Fukushima Prefecture" of the Ministry of Education, Culture, Sports, Science and Technology (MEXT). Furthermore, the results were below 1 µSv/hr, the level to which MEXT provides financial assistance for soil-related dose reduction measures.

As for measurement at nursery schools, which were conducted from August 23, the results will be reported on the next issue. Detailed results can be viewed also at the City's website. Call *Kankyo-hozen-ka* (the Environmental Preservation Section), ☎484-6150 for further information.

## FREE LEGAL CONSULTATIONS

Consultations regarding visas and other legal problems will be provided to foreign residents in Chiba prefecture by lawyers and legal specialists as shown below:



Date & Time	Location	Contact
September 5, October 3, November 7 (Mondays) 13:00 ~ 16:00	<b><u>Mihama-ku, Chiba</u></b> <b>&lt;Chiba Convention Bureau and International Center&gt;</b> (Chiba International Center) 14 <sup>th</sup> Fl, Marive East, WBG 2-6 Nakase, Mihama-ku, Chiba (3 min. walk from JR Kaihin-Makuhari Station)	Chiba International Center (In charge: Kudo) TEL: 043-297-0245 FAX: 043-297-2753 E-mail: kudo@ccb.or.jp

Please take an interpreter with you if you do not speak Japanese. In case you cannot arrange for an interpreter, please consult in advance. Matters discussed will be kept strictly confidential at all times. Application is required.

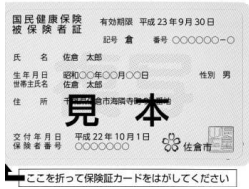
## FOR CHILDREN AND PARENTS FROM OVERSEAS

For children and parents from overseas, guidance on courses after graduation of junior high school will be available as follows. Explanation and consultation about types of high schools, school expenses, and entrance examinations as well as other related information will be provided by Bousou Japanese Language Volunteer Network and School Guidance Committee.

Reservation is required (application on the day of the event is possible). Admission fee is 100 yen and a free booklet will be distributed.

Date & Time	Location	Organized by / Contact
September 25 (Sunday) 13:30 ~ 16:30	<b><u>Funabashi</u></b> Funabashi Chuo Kohminkan Honmachi 2-2-5, Funabashi-City (7 min. walk from JR Funabashi Station)	Bousou Japanese Language Volunteer Network and School Guidance Committee  Shuichi Shiratani TEL&FAX: 043-424-4364 Mobile: 080-3175-9539
October 9 (Sunday) 13:30 ~ 16:30	<b><u>Matsudo</u></b> Matsudo-City Civil Center Matsudo 1389 -1, Matsudo City (10 min. walk from JR Matsudo Station)	
October 10 (Monday) 13:30 ~ 16:30	<b><u>Inage-ku, Chiba</u></b> Keyaki Kaikan in Chiba University Yayoicho 1-33, Inage-ku, Chiba-City (12 min. walk from JR Nishi-Chiba Station, 7 min. walk from Keisei-Midoridai Station)	

# RENEWAL OF NATIONAL HEALTH INSURANCE CERTIFICATE



National Health Insurance Certificates are due to be renewed shortly. New certificates valid for one year from October 1, 2011 will be issued in early September and delivered to the insured by delivery recorded mail. When it is delivered, please make sure your personal particulars such as name, address, etc. are correctly recorded. Old certificates must be returned as soon as possible to *Kenkoh Hoken-ka* (the Health Insurance Section) at Sakura City Hall, city branch offices or Citizens Service Center, or you can just discard it after cutting it up.

## PLEASE SIGN UP FOR NATIONAL HEALTH INSURANCE PLAN WITH NO DELAY

Except for those who are covered by other public health insurance programs and those who are beneficiaries of a public assistance (welfare) program, all other persons including those who have private health insurance policies are required to enroll in the National Health Insurance Plan. This regulation applies to non-Japanese residents who are registered and live in Japan at least for 1 year.

Insurance premiums are calculated from the month that one becomes a member. The month in which you become a member is based on when you registered as a foreign resident, moved into the city, or withdrew from Worker's Health Insurance. Since it is not based on when you submit the application, if you fail to sign up immediately after you become a member, you will be charged retroactive payments (for maximum 2 years). Furthermore, you will have to pay 100% of your medical costs until you do acquire national health insurance coverage. It is within your best interests to sign up for this insurance as soon as possible.

Please note that you also need to report it when you join Worker's Health Insurance. Call *Kenkoh Hoken-ka* (the Health Insurance Section), ☎ 484-6604 for further information.



## FREE COUPONS FOR COLON CANCER CHECKUPS

Starting October 1, the City will send out free colon-cancer-checkup coupons to Sakura citizens who reached the ages shown in the right table as of April 1, 2011. This program is conducted as a part of the Cancer Control Strategy in Japan, so please note that the ages in the right table differ from the ages indicated on the City's Checkup Slips.

The checkups can be taken for free even before receiving the coupon, provided that you submit the Checkup Slips with 'C' mark on the colon-cancer column. So be sure to bring your Checkup Slip. If you do not have one, or have any inquire, please call *Kenkoh-zoh'shin-ka*, ☎ 485-6711.

Age	Persons born between
40	April 2, 1970 and April 1, 1971
45	April 2, 1965 and April 1, 1966
50	April 2, 1960 and April 1, 1961
55	April 2, 1955 and April 1, 1956
60	April 2, 1950 and April 1, 1951

## MEASLES-RUBELLA (MR) VACCINATION

The number of cases of measles in Chiba prefecture was 43, the third largest in Japan last year. At present, it remains still the fifth largest in Japan this year. Measles is a very contagious viral disease that can cause potentially fatal lung and brain complications. People get measles by breathing in droplets that contain the measles virus or by contact with fluids from the nose or throat of an infected person. In order to acquire immunity, the stage 1 vaccination at around one to two years old is not sufficient. We offer and strongly recommend free vaccinations for the following children:

Vaccination Stage	Eligible Children
Stage 1: (Infancy)	12 months to less than 24 months
Stage 2: (One year before starting school)	Born between April 2, 2005 and April 1, 2006
Stage 3: (1 <sup>st</sup> grade of junior high school)	Born between April 2, 1998 and April 1, 1999
Stage 4*: (3 <sup>rd</sup> grade of high school)	Born between April 2, 1993 and April 1, 1994

\*As for the stage 4 vaccination, the 2<sup>nd</sup> grade high school students (born between April 2, 1994 and April 1, 1995) who expect to go overseas for a school trip or a study tour, etc., are also eligible. Please call one of the health centers and the city of Sakura sends notes of invitation and preliminary medical check lists ahead of schedule. When getting a vaccination, please present "*Boshi Techoh*" (the maternity health record book, if you have one) and the documents on the planned trip issued by the school. Call *Kenkoh Kanri Center* ☎ 485-6711 for further information.

## THE POPULATION OF SAKURA CITY

As of the end of July 2011, the Japanese population of Sakura was 176,204 (87,084 male and 89,120 female) in 71,358 households. Registered foreign residents accounted for 2,053. The combined population of Sakura City was 178,257.

## HEALTH CHECKS FOR CHILDREN

Kenkoh Kanri Center (Health Management Center) ☎485-6711; Seibu Hoken Center (Seibu Health & Welfare Center) ☎463-4181; Nambu Hoken Center (Nambu Health & Welfare Center) ☎483-2812

AGES OF CHILDREN	SEPTEMBER '11	TIMES	PLACES
Health consultation for children of 4 months born in April, 2011	9	9:30-10:30	Kenkoh Kanri Center
		13:30-14:30	
	2	9:30-10:30	Seibu Hoken Center
		13:30-14:30	
	27	13:30-14:30	Nambu Hoken Center
<i>Mogu-mogu</i> (munching) Class for children of 8 months born in December, 2010	5	9:30-9:45	Kenkoh Kanri Center
	7		Seibu Hoken Center
For 18-month-old children born in February, 2010	6	13:15-14:15	Kenkoh Kanri Center
	15		Seibu Hoken Center
	28		Nambu Hoken Center
For 3-year-old children born in March, 2008	13	13:15-14:15	Kenkoh Kanri Center
	22		Seibu Hoken Center
	29		Nambu Hoken Center
Dental check for children born in March or September, 2009 or in September, 2008	2	13:30-14:30	Kenkoh Kanri Center
	16		
	14		Seibu Hoken Center
	26		
	8		

### FREE ANTENATAL CLASSES

The second session of the free antenatal classes will be held at Nambu Hoken Center in September for expectant mothers to have the first babies between November 2011 and January 2012. The program will include instructions on life with a newborn baby, baby bath practice, pregnancy experience simulation for fathers, etc. For the second session, expectant fathers' attendance is strongly recommended. There is a limit of 35 people in a class. To attend, application is needed by calling Kenkoh Kanri Center.

LESSON	DATES	TIMES
1 <sup>st</sup>	Aug. 26	9:00-15:00
2 <sup>nd</sup>	Sep. 11	9:00-12:30

### HEALTH CONSULTATIONS

**Child development consultation for preschoolers (*Suku-suku Hattatsu Sohdan*)** is available on **Thursday, September 1**, 9:00-12:00 at Kenkoh Kanri Center. If you feel distressed about your child's developmental or behavioral disorders, such as attention deficit disorder, do not suffer alone. Application required.

**Consultation with public health nurse for all ages** is available on ●**September 1**, 13:30 - 15:30, at Kenkoh Kanri Center, on ●**September 27**, 9:30-11:30, at Seibu Hoken Center, and on ●**September 12**, 9:30-11:30, at Nambu Hoken Center. Public health nurse will help you to develop a healthier lifestyle. Application required.

**Telephone counseling with public health nurse or nutritionist** is available at each center, 8:30-17:00, Monday - Friday. Dental hygienist or speech therapist are also available at Kenkoh Kanri Center.

### HOLIDAY & NIGHTTIME EMERGENCY MEDICAL SERVICES

Always be sure to bring your health insurance certificate !

#### **HOLIDAY & NIGHTTIME CLINIC FOR CHILDREN'S DISEASES IN ACUTE & EARLY STAGE (Pediatrics)**

For children under 16 years of age. Open year-round for treatment at Kenkoh Kanri Center from Monday through Saturday, 19:00-6:00 (next morning). On Sundays, public holidays, and year-end/New year holidays (12/29-1/3) 9:00-17:00 & 19:00-6:00 (next morning). Call ☎485-3355 for details.

#### **DAYTIME TREATMENT ON SUNDAYS, PUBLIC HOLIDAYS, & YEAR-END/NEW YEAR HOLIDAYS**

Consultation with doctors will be available at the doctor's office who is on duty in a rotation system. Call ☎484-2516 to learn the doctor on duty.

●**Surgeon**: 9:00-16:30, 19:00-21:45 ●**Physician, dentist**: 9:00-16:30 ●**ENT doctor**: 19:00-21:45

#### **NIGHTTIME TREATMENT ON SUNDAYS, PUBLIC HOLIDAYS, & YEAR-END/NEW YEAR HOLIDAYS**

Internal medicine & dental treatment are available at Kenkoh Kanri Center, between 19:00 and 21:45.