

Kōhō-ka (Public Relations Section), Sakura City Hall

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This is a free monthly English newsletter carrying excerpts from the Japanese newsletter *Kōhō Sakura* (こうほう佐倉) issued by Sakura City. For a free subscription by postal mail, please send your request via email or fax to the above email address/fax number. In general, inquiries can be answered in English on **Wednesdays and Thursdays** in Spanish on **Thursdays** and in Chinese on **Fridays**, through *Kōhō-ka*, City Hall. Except for these, questions can be answered only in Japanese at City Hall and/or other city facilities. Therefore, when making inquiries, please be accompanied by someone who speaks Japanese as needed.

(Printed on recycled paper.)

NOTICE OF CLOSURES AT PUBLIC FACILITIES IN SAKURA CITY

In accordance to the national state of emergency declaration, most public facilities in the city will remain closed effective on and after April 8 until future notice. While Sakura City Hall will open as usual, some currently operating branch offices, dispatch offices and/or citizen service centers might also be subject to closure. Thank you for your understanding.



Coronavirus (COVID-19) Helping prevent the infectious disease

If you suspect of having contracted the disease: → The first step is making a phone consultation

◆For general inquiries about the coronavirus infectious disease, the Chiba Prefecture has established a call center for consultations:

☎ 0570-200-613 (24 hours support)

◆If you think you have contracted the coronavirus infection, *please refrain from going directly to a medical institution without first contacting a doctor, unless it's an emergency.*

RETURNEES CONTACT CENTER

◆Consultation on suspected coronavirus infections is available for returnees at the Inba Kenkō Fukushi (Health and Welfare) Center. If the center determines that there is a suspicion of the infectious disease based on the content of the consultation, the center will issue the appropriate measures.

☎ 0570-200-613 (24 hours support)

☎ 043-483-1466 (Weekdays 9:00 ~ 17:00)

Fax: 043-486-2777

※Replies to inquiries by fax could have some delay

CONSULTATIONS AT THE CHIBA PREFECTURAL CALL CENTER

Support will be provided 24 hours, including Saturdays, Sundays and Holidays by calling 0570-200-613 for inquiries related to the coronavirus infection, prevention of infection and if the person is concerned of having the symptoms.

FOR RETURNEES AND THOSE WHO SUSPECT TO HAVE BEEN IN CONTACT WITH AN INFECTED PERSON:

① Consult the center if you show any of the following symptoms:

- Fever above 37.5°C accompanied by cold symptoms that have lasted for 4 days. The same applies to those who need to keep taking antipyretics (fever reducing medications).

- Heavy physical fatigue or trouble breathing.

② If the following persons have the above symptoms persisting for 2 days, please consult the center:

- Elderly people
- People with pre-existing conditions such as diabetes, heart failure, respiratory diseases, etc.
- People who are using immunosuppressant drugs or anticancer drugs.
- Pregnant women – Please consult the center as soon as possible as it is likely the symptoms will become severe.

< For those who have children > There are no reports at this time that children's symptoms are likely to become more severe.

As a result of the consultation, if there is suspicion of having contracted the coronavirus infection, the center will introduce a medical facility. Please wear a mask on your way to the indicated facility, avoiding public transportation if feasible.

ANNOUNCEMENT OF A SPECIAL MONEY HANDOUT TO STIMULATE THE ECONOMY

A fixed amount of 100,000 Yen per person will be paid to those who are recorded in the Basic Resident Register as of April 27, 2020. The city will inform you of future procedures. A notice from the city will be sent to you by mail at a later date. For more details, please call:

The Ministry of Internal Affairs and Communications (Fixed Amount Call Center)

☎ 03 (5638) 5855 – Monday through Friday only, 9:00 ~ 6:30

8 POINTS TO CONSIDER AND BE CAREFUL AT HOME IF ANY OF YOUR FAMILY MEMBERS IS SUSPECTED OF BEING INFECTED WITH THE CORONAVIRUS DISEASE

1 LET'S PROVIDE A SEPARATE ROOM.

The family member(s) suspected of having the disease should be separated into one, private room which can also function as an eating/sleeping room. The person should not leave the room as much as possible and common, shared spaces such as the toilet and bathrooms should also have a minimum, limited access.

2 THE PERSON IN CHARGE OF CARING FOR THE SICK FAMILY MEMBER.

Please provide as much care as possible to the infected family member. *People with weakened immunity conditions, chronic diseases in the heart, lung, kidneys, diabetics, pregnant women, etc. should refrain from keeping a close contact with the ailing person.

3 LET'S WEAR A MASK.

Do not carry a used mask to another room. When removing the mask, do not touch the surface of the mask, use a rubber wrap to remove it. Be sure to wash your hands with soap after removing the mask. If you cough or sneeze without a mask, cover your mouth and nose with a tissue.

4 DILIGENTLY WASH YOUR HANDS.

Thoroughly wash your hands and disinfect with alcohol. Please do not touch your eyes, nose or mouth with unwashed hands.

5 REGULARLY VENTILATE THE HOUSE.

Aerate the shared spaces and other rooms by leaving the windows open as often and long as possible.

6 DISINFECTION OF COMMON AREAS.

Common areas that are frequently touched such as door handles, knobs, bed rails, etc. should be wiped with a thinned, commercially available household chlorine bleach solution and then wiped with water. Rinse the toilet and washroom with regular household cleaners and sanitize with household disinfectants. Do not share things before cleaning. Be especially careful not to share towels in the toilet, washroom, kitchen, etc.

7 LINENS AND CLOTHES WASHING.

When handling clothes and linen that are soiled with body fluids, always wear gloves and a mask. Wash with general household detergent and dry completely.

8 GARBAGE DISPOSAL.

Disposable paper such as the tissue paper should be thrown into a plastic bag immediately. When the plastic bag is put out of the room, it should be perfectly sealed and discarded as usual.

TELEPHONE CONSULTATION SERVICE FOR FOREIGNERS

☎ **03-6233-9266**

Due to the spread of the coronavirus infection (COVID-19), the Japan Medical Association has announced the opening of a consultation service for foreigners starting April 10th. At a press conference, the Executive Director of the Association, Mr. Matsumoto, said: *"We would like to make it possible for foreigners to connect to the necessary medical examination services without interruption"*

The established Returnee / Contact Counseling Center and Returnee Contact Outpatient Service allow the foreigners to consult regarding the coronavirus outbreak, but since the number of consultations regarding medical examinations, etc. from foreigners staying in Japan has increased, the centers may not be able to handle the situation so on a separate initiative, it's been set up this new service in cooperation with NPO corporations that provide medical interpreters.

Telephone consultations will be accepted from 10:00 to 17:00 every day until May 20th (Wednesday) and NPO staff will be available supporting foreigners in the following languages:

English (daily including weekends), Chinese (weekdays, from Monday to Friday). For other languages such as Korean, Thai, Spanish, Portuguese, Tagalog, Vietnamese and others, once a week on specified days. For inquiries, please call the number above indicated.

Let's make a mask!

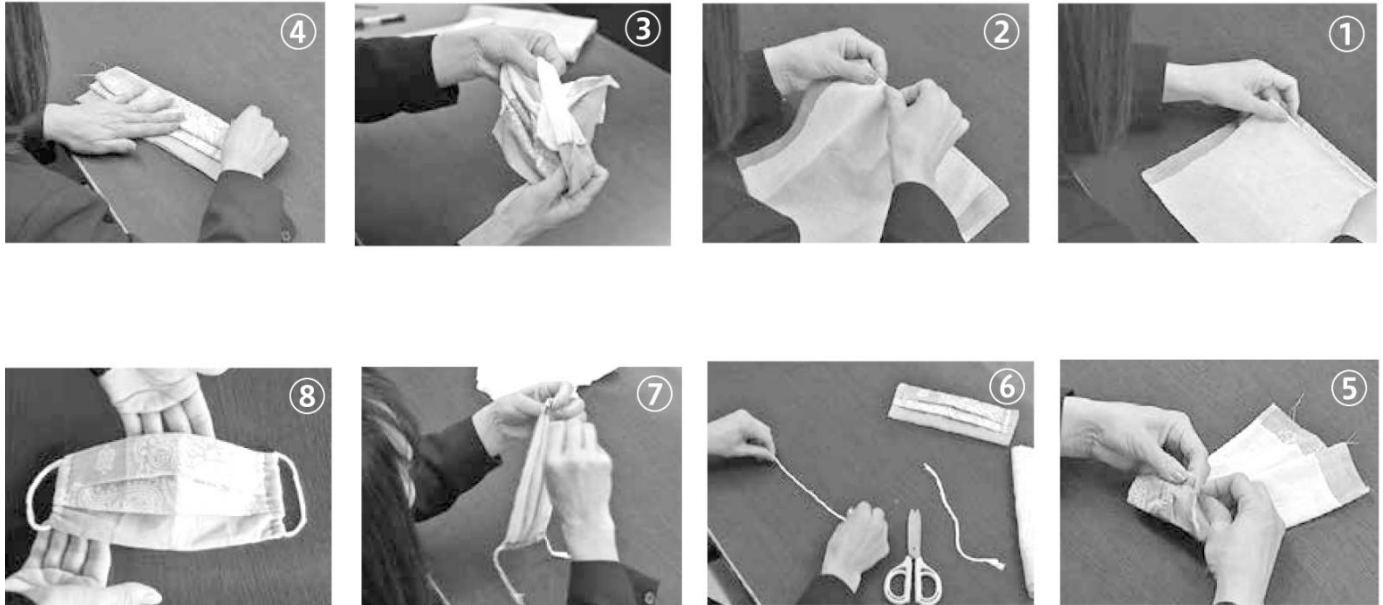
With materials you may have at home, you can create your own masks! Two easy-to-make examples are provided here; none of them requires the use of a sewing machine.

You can also watch the city home page video to follow the procedures in detail. Please access the website through the QR Code →



(A) Materials needed to make a simple mask:

★Cotton handkerchief, bandana, Japanese hand towel (tenugui) or any similar materials. ★Elastic bands (if not available, you can substitute them by cutting strips from a highly shrinkable T-shirt). ★Sewing tools: needle, thread.



How to make it:

- (1) Prepare 2 pieces of cloth, one measuring 20cm wide x 28cm long and the other 20cm wide x 24cm long.
- (2) Align the centers of the back sides of the two clothes and sew on 2 ~3 mm from the upper and lower edges.
- (3) Turn over the combined clothes to expose the outside surface.
- (4) Fold the cloth making 2 creases as in the example. If it's difficult to keep the folds, carefully iron the creases.
- (5) Fold twice each ending to make the openings where the elastic bands will go through and sew each ending.
- (6) If you don't have elastic bands, cut strips from a T-shirt to make the strings.
- (7) Insert the elastic bands or strings and adjust the lengths to fit your size.
- (8) Mask completed!

(B) Materials needed to make a non-sewing mask:

★Cotton handkerchief, bandana, Japanese hand towel (tenugui) or any similar material. ★Two elastic bands



How to Make it:

- (1) Prepare the material to be used as a mask.
- (2) Fold the cloth making 8 creases in a way that the edges will stay on the inside.
- (3) Form two loops with the elastic bands and insert them as shown in the picture.
- (4) Fold the edges towards the center, fitting one edge inside the other.
- (5) Complete the mask by adjusting upper and lower sides, pulling until reaching the desired length.

HEALTH INFORMATION – MAY 2020



Health Information for Mothers & Children				Holiday & Night-time Emergency Medical Services	
※ The schedule may be changed due to the coronavirus infectious disease. Please contact your health center for further information.					
HEALTH CHECKUPS	MAY 2020	PLACE	RECEPTION	Sundays & Holidays Night-time Treatment	
4-month checkup for children born in December 2019	Mon. 18	Kenkō KC	9:30 – 10:30	Dentistry & Internal Medicine at Kenkō KC ☎239-2020 19:00 ~ 21:45	
	Tue. 26	Seibu HC	&13:30 – 14:30		
	Thur. 07	Nambu HC	13:30 – 14:30		
8-month checkup for children born in August 2019 (“Mogu-Mogu Class”)	Wed. 13	Kenkō KC	13:30 – 13:45	Emergency Pediatric Internal Medicine for children aged 15 or younger at Kenkō KC ☎485-3355 Every night 19:00 ~ AM 5:45 On Sundays & holidays, open 9:00 ~ 16:45 & 19:00~AM 5:45	
	Fri. 08	Seibu HC	9:30 – 9:45		
18-month checkup for children born in November 2018	Wed. 27	Kenkō KC	13:15 – 14:15	Night-time Consultation on children’s acute illnesses: ☎#8000 (19:00 – 6:00, 365 days) on acute illnesses (for anyone): ☎#7009 (18:00 – 6:00 AM, 365 days; 9:00 AM–6:00 AM on Sunday & Holidays)	
	Thur. 21	Seibu HC			
	Thur. 14	Nambu HC			
3-year checkup for children born in November 2016	Thur. 28	Kenkō KC	13:15 – 14:15	To Find an On-Duty Doctor (*) 8:30~22:00 (Sundays & Holidays) ☎484-2516 Recorded audio guidance on contacting: (daytime) • a surgeon • a dentist • a doctor of internal medicine (night-time) • a surgeon (*) Treatment is provided at each doctor’s office	
	Fri. 22	Seibu HC			
	Fri. 15	Nambu HC			
Dental Checkup for children born in May or November 2017, or in May 2018. (On the days with a *mark, consultation on Speech Development is also available.)	Tue. 12*	Kenkō KC	13:15 – 14:15	Child Abuse Consultation/Reporting Children & Youth Section, City Hall (Daytime): ☎484-6263 Chiba Pref. Hotline (24 Hours): ☎252-1152 Sakura Police Station: ☎484-0110	
	Tue. 26	Kenkō KC			
	Mon. 18*	Seibu HC			
Child Development Consultation for pre-schoolers (“Suku-Suku Hattatsu Sohda”)	Mon. 25	Seibu HC	13:15 – 14:15		
	Mon. 11*	Nambu HC			
Maternity Class for expectant fathers & mothers of babies due from July ~ September 2020	Thur. 21	Kenkō KC Application required	9:00 – 12:00		
	Sat. 23	Kenkō KC	9:00 – 12:00		
Health Consultation for Adults					
 Consultations with a public health nurse will be suspended this month due to the Coronavirus (COVID-19) infectious disease. Thank you for your understanding.					

Kenkō Kanri Center
☎485-6711

Seibu Hoken Center
☎463-4181

Nambu Hoken Center
☎483-2812



FY 2020 LIGHT VEHICLE TAX

City Tax Section, ☎ 484-6114:



A light vehicle tax is levied for any light vehicle (including mopeds, small bikes, small-sized special vehicles, and three- and four-wheeled light vehicles) as of April 1 each year. The tax rates differ depending on the vehicle type; target vehicles are those whose First-Year Inspection (FYI) was between April 2019 and March 2020. **The due date for light vehicle tax payment has been changed to June 1 (Monday).** Making your payments via a transference is convenient and reliable, just make sure to check the balance of your account before making the payment. Please pay by the due date at the nearest banking institution or convenience store. ※ **Only for other type of vehicles:** Until the due date, you can also make payments through the internet by credit card as well as through a new form of payment that has become accessible on the “mobairu-reji” (mobile cashier) of your smart phone. For details, please read the enclosed tax note in the tax payment notice. (Inquiries about other type of vehicles at ☎243-2721 Vehicular Tax Office (Jidousha-zei-jimusho) or ☎483-1150 Sakura City Tax Section (Sakura-kenzei-jimusho))

**If you have any problem with your payment(s), please contact
Saiken Kanri-ka (Tax Collection Section) at ☎484-6118.**

POPULATION OF SAKURA CITY ※ () Increase/Decrease from previous month

As of the end of March, the population of Sakura City was 174,695 ※ (-161) (86,145 males and 88,550 females) in 78,329 households. The total includes 3,768 registered non-Japanese residents.