



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.)

Coronavirus (COVID-19) Let's prevent the infection by adopting a new lifestyle

Even if some people are asymptomatic or have mild symptoms, the new coronavirus infection can spread infecting others. It is indispensable not only to protect yourself from the infection but also to take measures to protect others as well. It is important to keep in mind a new lifestyle in daily life to prevent the spread of the infection while maintaining socio-economic activities.

Basic infection countermeasures for each person

- When you are out, when you are indoors or when you have a conversation, wear a mask even if you don't have any symptoms.
- Allow a distance of as much as 2m (at least 1m) between people.
- If you are going to have a physical activity, choose outdoors rather than indoors.
- When talking, avoid face-to-face conversations as much as possible.
- Wash your hands and face when you go back home. Change clothes as soon as possible. Take a shower.
- Thoroughly wash your hands with soap and water for about 30 seconds (hand sanitizer can also be used).



Stay home

Mobility infection countermeasures

- Refrain from moving **from** or **to** areas where the infection is endemic.
- Limit traveling or homecoming plans. Avoid business trips if this is possible.
- In case of an onset, keep notes of who and where you met.
- Be aware and careful about the infection situation in the area you plan to visit.



Basic daily lifestyle

- Thorough hand washing and disinfection.
- Keeping a secure physical distance.
- Checking health and body temperature every morning. If you feel tired, have fever or cold symptoms, stay and recuperate at home.
- Avoid the "3C's" – Confined spaces, Crowded places and Close contact.
- Follow cough etiquette.
- Ventilate house areas frequently.

New working lifestyle

- Telework and work rotation.
- Online exchange of business cards.
- Commuting at less busy hours
- Masks and well-ventilated rooms for face-to-face meetings
- Offices wide open.
- Online meetings.



Shopping:

- Utilize mail order service.
- Make shopping alone or in a small number of people at a time when there are few shoppers.
- Make use of electronic payment.
- Make a shopping list in advance in order to proceed with the shopping smoothly and quickly.
- Limit the time you use comparing products exhibited at the stores.
- Keep a safe distance before and after when lined up at the cash register.

Mealtimes:

- Choose takeaways or food deliveries rather than eating out.
- Take your meals at comfortable outdoors.
- Serve individual food portions instead of sharing food in large platters.
- Sit side by side instead of facing each other.
- Concentrate on cooking while having modest chatting.
- While drinking, avoid rotating/sharing glasses.

Lifestyle for each scene of daily life

Entertainment, sports, etc.:

- Choose parks or places at those times when there are few people.
- For muscle training, yoga, etc. make use of audiovisuals.
- If jogging in group, a small number of people is best.
- Keep a safe distance when passing other people.
- When reserving an entertainment facility, choose a spacious one. Avoid a long stay if possible. Keep a safe distance while singing or cheering.



Using public transportation:

- Have modest chatting.
- Avoid busy times.
- For shorter distances, utilize a bicycle or cover the distance on foot.

Family events or ceremonies:

- Avoid eating with a large number of people.
- Do not participate if you have a cold or fever.

EXTRAORDINARY SPECIAL BENEFIT FOR CHILD-RAISING HOUSEHOLDS

Due to the impact of the new coronavirus infectious disease, a special benefit for households with children will be provided.

• Those eligible for the special benefit payment are children born until March 31, 2020 including High School first graders who were Jr. High School students until March 31, same year.

• **Income restriction:** Because the income of the child allowance (Jidō Teate) is applied, the benefit will not be paid to those who have exceeded the income limit.

• The amount of the special benefit is 10,000 Yen per child.

• Notifications will be sent to eligible households.

• There's no need to submit a form to receive the money.

• For those who decline the benefit, please submit the rejection form by the designated date.



PLEASE SUBMIT THE GENKYŌ TODOKE
(Current Status Report) No later than June 30
(Tuesday) to receive Jidō Teate (Child Allowance)
in full

Under the Japanese Child Allowance System, every household raising a child in Japan is eligible for financial support from the government until the first March 31st after the child's 15th birthday.

In order to receive the payment, recipients need to submit:

1. *Genkyō-Todoke* (Current Status Report) for each year. *Genkyō-Todoke* forms for this year will be sent in early June to current recipients.

2. Copy of your health insurance card if you are covered by an employee pension plan or mutual aid pension plan. Please send back the forms using the enclosed return-addressed envelope. The envelope **must be postmarked no later than June 30.**

※The health insurance card should be the recipient's, not the spouse or child.

※You may be required to submit other documents depending on the situation.

※There is no reception of documents at each branch office.

Please note: In case of later submission, the allowance cannot be paid for the month(s) before the submission.

Jidou Seishounen-ka (Children & Youth Section) ☎ 484-6140

Tokutei Kenshin (specific health checkups) & Cancer Screenings (Part 1)

Kenkō Zōshin-ka (Health Promotion Section), ☎ 485-6711



Notice of cancellation: Some of the health checkups scheduled to start in June have been cancelled to prevent the spread of the new coronavirus infections. Please note that the current scheduled screenings may be canceled depending on the status of the infectious disease. For details such as the latest implementation status, please refer to the City website or contact the Health Promotion Section. Thank you for your understanding and cooperation.

Individual Checkups: All individual checkups will be suspended during the emergency declaration period. Even after the declaration is suspended, some medical institutions may not carry out medical examinations. Among the screenings are: • Specific health checkup • Hepatitis virus • Adult dental • Cervical cancer • Breast cancer • Stomach cancer • Chest radiography • Colon cancer

◆ Collective and multiple screenings scheduled for June ~ August as well as those scheduled at elementary schools will be suspended. It's being considered the implementation of screenings from September at venues other than elementary schools.

◆ If you are experiencing any health-related symptoms, please visit a medical institution as soon as possible instead of waiting for a health checkup.

◆ The following target people have started receiving Health Checkup slips in late May:

- Residents covered by National Health Insurance (NHI) who are aged at least 40 years old.
- Residents aged 40, 45, 50, 55, 60, 65, or 70 years as of March 31, 2021
- Male and female residents aged 19, 25 or 30 years, or females aged 20 or 35 years as of March 31, 2021 (Reiwa 3rd year)
- Residents who took city's health checkups in FY 2019.
- Residents eligible for the vouchers for Cancer Screening offered by the Japanese government.

◆ Notice of venue change: Due to construction works at the large hall of the Shizu Community Center, combined mass screenings cannot be carried out at this venue (except for complex group checkups such as breast cancer screenings). The combined mass screenings will be carried out at Yatomi Community Center (**not at Yatomi Elementary School**)

※Those who take a specific medical checkup (*Tokutei Kenshin*) are not eligible for the city subsidy for the complete medical checkup (*Ningen Dock*).

※For those who had the group screening for colon cancer in 2019, there will be enclosed a specific container for this checkup. *If the consultation ticket does not reach you at the beginning of June and you want to apply for this checkup, please contact the Health Promotion Section.*

※The specific medical checkup and cancer screening can be carried out in one day. Among multiple screenings that can be carried out in one day are: chest radiography, stomach cancer and colon cancer. The hepatitis virus examination can be carried out on the same day.

Eligibility for **FREE** Checkups/Screenings

- ◆ Those who are aged 70 years or more as of March 31, 2021. Please contact the Health Management Center for more details regarding expense exemptions.

««Important»» Please make sure to bring your Health Checkup Slip (*Kenshin-Jushin-Ken*), Medical Interview Sheet, Health Insurance Certificate and checkup fees*.
(*The fees must be paid by cash at the venue.)

Tokutei Kenshin (specific health checkups) & Cancer Screenings (Part 2)

Inquiries: Kenkō Kanri Center, Zōshin-ka (Health Promotion Section), ☎485-6711

Seibu Hoken Center ☎463-4181 / Nanbu Hoken Center ☎483-2812

Reception hours: AM 8:30 to PM 5:15

KIND OF SCREENING		ELIGIBLE PEOPLE (as of March 31, 2021)		TYPE		FEE	RESER- -VATION	SCOPE OF SCREENING, ETC.			
Tokutei Kenshin (specific health checkups)		Men/Women aged 40 and over who are: ◆insured by NHI ◆covered by Latter-Stage Elderly Health Care System ◆receiving public assistance and have no social insurance		Collective		¥1,000	Not needed	Height, weight, abdominal measurement (only for people aged 40-74), blood pressure, medical interview & examination, urinalysis (sugar & protein), blood tests (liver function, lipid metabolism, sugar metabolism & kidney function). Electrocardiography, ophthalmic check and anemia test will be added as needed.			
				Individual		¥2,000	Required				
Lung cancer		Men/Women aged 40 and over		Collective		¥300	Not needed	Medical interview and chest X-ray			
				Individual		¥1,300	Required				
Stomach cancer		Men/Women aged 40 and over		Collective		¥900	Not needed	Medical interview and stomach X-ray (barium contrast) * Endoscopy test is allowed in an individual screening if barium can't be used due to allergy, etc.			
				Individual		¥3,000	Required				
Colon cancer		Men/Women aged 40 and over		Collective		¥400	Not needed	Stool test (A container for the test must be obtained in advance, which is available at any of the health centers. Stools sent by postal mail can also be accepted.)			
				Individual		¥1,000	Required	Stool test (A container for the test must be obtained, in advance, at the medical institution where you are undergoing the screening.)			
Hepatitis		Men/Women aged 40 and over who have not had a hepatitis screening before. *Not eligible if one has undergone any treatment or is currently under medical follow-up for Hepatitis B or C		Individual		¥1,000 (Free for people aged 40, 45, 50, 55, 60 or 65)		Required	Medical interview and blood tests for Hepatitis B virus antigen and Hepatitis C antibody		
				Collective		¥500 (Free for people aged 40, 45, 50, 55, 60 or 65)		Not needed			
Breast cancer	Mammo- graphy	Women aged 40 and over who did not get a mammogram in the previous fiscal year		Individual		¥2,000	Required		Medical interview and X-ray		*Mammography and ultrasound tests cannot be taken in the same fiscal year
				Collective (only who didn't take a collective ultra-sound in the previous fiscal year)		¥1,000	Required (Reservation accepted Oct. 1~)				
	Ultra - sound	Women aged 30-39				Individual		¥2,000	Required		
Women aged 30 and over											
Cervical cancer		aged 20 and over who did not take this screening conducted by the city in the previous fiscal year		Collective		¥1,000	Not needed		Medical interview and cervical cytology		
				Individual		¥2,000	Required				
Osteoporosis (bone density)		Women aged 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, or 70		Collective		¥500	Required (Accepted June 1 ~)		Medical interview and arm bone X-ray		
Dental checkup for adults		Men/Women aged 19 and over		Individual		¥300	Required		Medical interview and checkup for dental cavities and gum disease (Necessary treatment should be taken at a later date under medical insurance coverage)		

Please refer to the Japanese version of "Kōhō Sakura" for details. On your Health Checkup Slip, please find your recommended venue and date for a collective checkup/screening, and choose it if you can, to ease congestion. On the day of the checkup, please be prepared against heat or cold, and refrain from coming by car. For details on the collective screening schedule, please refer to the June 1st issue of "Kōhō Sakura (こうほう佐倉)," the city's official newsletter, written in Japanese.

Please make reservation(s) for Breast cancer/Osteoporosis collective screenings by any of the following ways:

- Visit any city's health center and fill out the application form.
- Send a postcard or fax to Kenkō Zōshin-ka, 2-27, Ebaradai, Sakura, 〒285-0825, (Fax: 485-6714) with the following information: ① your first - third choices of date & place with your preference of morning or afternoon, ② your address, ③ name, ④ date of birth, ⑤ age, ⑥ daytime telephone number, ⑦ individual code on your Checkup Slip (if available) Input and send the required information via the website: <http://www.city.sakura.lg.jp/0000012866.html>

Please note that applications **prior** to the application start dates (**June 1** for osteoporosis screening & **October 1** for Breast cancer screening) will be invalid. (※Applications by telephone are not accepted)

Childcare services are available for cervical cancer and breast cancer collective screenings Childcare services for preschoolers (must be aged at least six months old) are available at the screenings listed below. The service timeframes are 9:00-10:00, 10:00-11:00, 13:00-14:00 & 14:00-15:00. Please call Kenkō Zōshin-ka for a reservation, tel. 485-6711

➤ **Cervical cancer: December 18 (Fri) 2020** (Childcare reservations can be made from November 2)

➤ **Ultra-sound breast cancer screening for 30's: January 29 (Fri) 2021 and February 4 (Thur) 2021**

➤ Please make a childcare reservation after you are notified of your assigned screening date.



HEALTH INFORMATION – JUNE 2020



Health Information for Mothers & Children

※ The schedule may be changed due to the coronavirus infectious disease. Please contact your health center for further information.

**Holiday & Night-time
Emergency Medical
Services**



HEALTH CHECKUPS	JUNE 2020	PLACE	RECEPTION
4-month checkup for children born in January 2020	Fri. 19	Kenkō KC	9:30 – 10:30
	Fri. 12	Seibu HC	&13:30 – 14:30
	Mon. 29	Nambu HC	13:30 – 14:30
8-month checkup (“Mogu-Mogu Class”) for children born in September 2019 and October 2019 at Nambu HC	Wed. 10	Kenkō KC	13:30 – 13:45
	Fri. 05	Seibu HC	9:30 – 9:45
	Mon. 29	Nambu HC	
18-month checkup for children born in December 2018	Wed. 24	Kenkō KC	13:15 – 14:15
	Tue. 16	Seibu HC	
3-year checkup for children born in December 2016	Thur. 25	Kenkō KC	13:15 – 14:15
	Wed. 17	Seibu HC	
Dental Checkup for children born in June or December 2017, or in June 2018. (On the days with a *mark, consultation on Speech Development is also available.)	Thur. 11*	Kenkō KC	13:15 – 14:15
	Tue. 23		
	Fri. 19*	Seibu HC	
	Mon. 22		
	Mon. 08*	Nambu HC	
Child Development Consultation for pre-schoolers (“Suku-Suku Hattatsu Sohdan”)	Thur. 18	Kenkō KC Application required	9:00 – 12:00
Maternity Class for expectant mothers of babies due from August – October 2020	Tue. 09	Seibu HC	9:00 – 14:30

**Sundays & Holidays
Night-time Treatment**
Dentistry & Internal Medicine at Kenkō KC
☎239-2020
19:00 ~ 21:45

**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

**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, 365 days;
9:00 – 6:00 on Sunday & Holidays)

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**

Child Abuse Consultation/Reporting
Children & Youth Section, City Hall
(Daytime): ☎484-6263
Chiba Pref. Hotline (24 Hours): ☎252-1152
Sakura Police Station: ☎484-0110

Health Consultation for Adults

Consultation with public health nurse 	Fri. 26	Kenkō KC	13:30 – 15:30
	Tue. 02	Seibu HC	9:30 – 11:30

Kenkō Kanri Center
☎485-6711

Seibu Hoken Center
☎463-4181

Nambu Hoken Center
☎483-2812

NOW STARTING APPLICATIONS PROCESS FOR THE SPECIAL FIXED BENEFIT

Applications for the announced special fixed benefit have been sent to heads of each household in the city.

The application submission deadline is Thursday, August 20.

What is this special fixed benefit?

Under the declared state of emergency due to the spread of the new coronavirus infection, people must work together and unite overcoming national difficulties. With respect and gratitude for those who are working at all sites across the country, including the medical field, we will support the household budgets quickly and accurately with a simple procedure. Every person eligible for the benefit will receive an amount of 100,000 Yen.

Flow from application to receiving the benefit.

- ;1 From May 18 (Monday) ~ May 20 (Wednesday), the special fixed benefit application form was sent to the head of each household based on the Basic Resident Register as of April 27
- ;2 Fill out the application form, attach the confirmation document and send it back to the city no later than August 20 (Thursday)
- ;3 > Confirmation of application details. > Decision is taken to grant the benefit. > Benefit decision is informed to recipients. > Benefit amount is transferred to recipient’s bank account.
- ※ The benefit will be sent within 2 ~ 3 weeks after the application.
- ※ The bank transference will be carried out 1 week after notification is sent to the household.

For those who have not received the application or those who need to reissue the application.

- **If there is no change in destination:** Please contact the Benefit Counter if you need the application form to be sent to the same address again due to loss.
- **If there is a change in destination:** If you need to change the destination of the application due to relocation, please download from the City homepage the “Special Fixed Benefit Application Request Notification”, fill it out and send it to the City.

Benefit Management Counter
(Kyūfukin Tantō)
☎ 484 6181

**City
Homepage
QR Code**



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

As of the end of April, the population of Sakura City was 174,638 ※ (-57) (86,080 males and 88,558 females) in 78,512 households. The total includes 3,757 registered non-Japanese residents.