August 2020

HELLO SAKURA

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NO.369

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***, 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.)

FIREFIGHTING ASSOCIATION EMERGENCY ACTIVITIES

PROTECTING THE LIVES AND SECURITY OF THE CITIZENS

The Firefighting Association consists of two cities and one town: Sakura City, Yachimata City and Shisui Town. In Sakura City, in addition to the Fire Department, there are two fire stations and four branch offices. The Fire Brigade's Emergency System consists of an emergency department which includes 90 paramedics who have completed qualified training and have specialized knowledge.

Firefighting Communication System

Since April 2013 and in addition to the Sakura-Yachimata-Shisui Firefighting Association, 19 fire station headquarters in the north-eastern and southern parts of Chiba Prefecture receive communication commands (119 calls, dispatching of fire engines and ambulances, wireless communications, etc.) collectively operated by the Chiba Fire Defense Joint Command Center located in the Chiba City Fire Department. As a result, we are able to streamline operations, collaborate with each fire department and share information as well as strengthen the mutual support system for adjacent areas and large-scale disasters.

Ambulances and medical services are limited resources, let's use them wisely!

Ambulances can be delivered almost instantly to people in need. In recent years, however, the number of ambulance dispatches as well as the number of people transported have increased, so the arrival time to the field by ambulance crews has been subject to delay. There are also situations when about half of the people transported by ambulance actually do not need to be hospitalized. If you have life threatening symptoms related to heart or brain diseases, call an ambulance without hesitation. Early notification, proper treatment by the ambulance staff and early transportation to a hospital can be lifesaving and reduce the after-effects of the sick and injured, ensuring a prompt rehabilitation.

Prevention of heat stroke is important!

Please be careful as the number of heat stroke victims increases during the hot season. Heat stroke causes various symptoms such as dizziness, weakness and in severe cases, convulsions and abnormal consciousness. It can occur not only outdoors but also when you are at home. ➤Check the room temperature. ➤Make good use of the air conditioner and electric fan according to your needs. ➤Frequently rehydrate even if you are not thirsty. ➤When you go out, wear refreshing clothes, carry sun shading items. ➤Take appropriate breaks. ➤From day to day, take meals with good nutritional balance and include a physical fitness routine. **Elderly people, children and people with disabilities are especially prone to heat stroke so they need special attention.**
If you or another person show heat stroke symptoms, move to a shaded area or air-conditioned room, loosen the clothes and keep the body cool around the neck, armpits and feet. If possible, drink an oral rehydrating solution. Do not hesitate to call an ambulance if the person is unconscious and can't receive proper rehydration.

◆If you are uncertain whether to call an ambulance, there is a free medical telephone consultation service provided by Chiba Prefecture. Emergency telephone consultations for 15 years and older as well as consultations for sudden illnesses in children under 15 years-old are provided. The consultation is free of charge but call charges are to be paid by the users.

◆Nationwide medical emergency app "Qsuke". By accessing this application, you can quickly determine the symptoms' urgency. The standard basis for calling an ambulance is indicated. *There is an item related to heat stroke.

◆Leaflet "Let's deepen our knowledge related to urgencies". If you have a sudden illness or injury, select the appropriate symptom on the screen and the required response according to the urgency will be displayed. You can call 119, search for a medical institution and search for medical examination.

Rediscovering the charm of the local area

Micro-tourism

A new type of travel where you can explore the area within 10, 15, 30 minutes or 1 hour from your home.

Recommended spot:

Kyū-Hotta-Tei

The former residence of Feudal Lord Hotta and Japanese gardens
☎483-2390

The former residence of Masatomo Hotta, the last lord of the Sakura domain, is a mansion that was established in the 23rd year of the Meiji period. Japan's heritage and an important cultural property, it has been used for filming many movies and dramas. Currently, NHK is using the residence to shoot the serial TV drama "Yell".
Why not spending a great time admiring the beautiful Japanese gardens from the residence? The garden is open at all times and you can also walk freely around it.
◆Opening time: 9:30 ~ 16:30 (Last admission 16:00)
◆Closed on Mondays (If this is a Holiday, the next Tuesday will remain closed). ◆Admission fees: General 320 Yen, Group fee 210 Yen per person, Students: 160 Yen individual and 100 Yen in group.
◆Free for Elementary and Jr. High School students on Saturdays, Sundays and Holidays.
◆For sightseeing courses including the former Lord Hotta residence, please visit the website by accessing the QR code.

Now open at Kusabue-no-Oka!!!

☎485-7821
Open 9:00 to 17:00
(Last admission: 16:00)

Experience various activities such as interactions with animals and riding the Mini-steam locomotive!

Admission Fees

Preschoolers	Free
Children of elementary and junior high school age	100 yen
Adults and youths of high school age	410 yen
Adults with a physical disability certificate & one caregiver	Free

Have you applied for the Special Fixed Benefit? (Tokubetsu Teigaku Kyūfukin)

The application submission deadline is August 20, 2020 (Thursday)

Special Benefit Call Center ☎ 0120-260-020
Shimin-ka (Citizens' Section) Special Benefit Management Counter ☎ 484-6181

The application deadline to receive the "Special Fixed Benefit" is approaching. Every person eligible for the benefit will receive an amount of ¥ 100,000 so please be sure to apply within the deadline.
Who is eligible for payment? Persons who live or have moved in to Sakura City as of ***April 27, 2020*** and who have been registered in the Basic Resident Register of Sakura City as of the reference date. People who have moved in to Sakura City *after* the reference date should contact the municipality that had the resident registration.
※ Please be careful of transfer frauds (furikome-sagi) and fraud of personal information.

Please submit your current status report (*Genkyō-Todoke*) to receive the Special Child Rearing Allowance (*Jidō Fuyō Teate*) & Medical Expense Subsidies for Single-Parent Families

Jidō-Seishōnen-ka (Children & Youth Section) ☎ 484-6140

Genkyō Todoke (the current status report) for receiving *Jidō Fuyō Teate* (special child-rearing allowances) is being accepted from **August 3 (Mon) - August 31 (Mon)** (except weekends and national holidays). ***Please note that failure to submit the report may result in termination of the allowance payments***. The report submission must be done in person at the City Hall. ※An interview will be carried out to confirm the current situation. However, if you are qualified only for the Medical Expense Subsidies for Single-Parent Families, you can submit the report by post. Also, please submit the green document (Partial Suspension Exemption Reason Notification Form) and other papers if you have received them. For those who have not been certified, a new certification request is required.

Support measures related to the new coronavirus infection

Temporary benefits will be provided to single parent households, families receiving child rearing allowances, etc. who are particularly vulnerable and whose living and employment situations may have been affected due to school closures, schools and business leaves, etc. The period to apply starts August 3 (Mon) until February 26, 2021(Fri). An application may or may not be required so please contact the Children & Youth Section for details and eligibility.

Tokutei Kenshin (Specific health checkup) & Cancer Screenings

In order to prevent the spread of the new coronavirus infection, the group screenings have been changed to a full appointment system.

Inquiries: Kenkō Kanri Center, Zōshin-ka (Health Promotion Section) ☎485-6711
Seibu Hoken Center ☎463-4181 / Nambu Hoken Center ☎483-2812
Reception hours: 8:30 ~ 17:15

City's Website

Before your appointed health checkup, measure your body temperature. If your temperature is 37.5◦C or higher, if you have symptoms such as cough, sore throat, runny nose, breathlessness, headache, joint pain, diarrhea, taste disorder or strong dullness, please refrain from visiting the clinic as you may be refused medical examination. Please cooperate with infection prevention measures such as wearing a mask, hand washing and hand disinfection. Depending on the situation of the new coronavirus infection, there is a possibility of suspending the health checkups. Please visit the city's website for updates.

POINTS THAT WILL BE SUBJECT TO CHANGE

①All mass screenings with the exception of colon cancer have been changed to a full appointment system.
➜From August 3 (Monday), appointments for specific medical checkups: chest X-ray, stomach cancer & hepatitis will be accepted on a lottery basis.
➜From October 1 (Thursday), appointments for breast cancer and cervical cancer will be accepted on a first-come, first-served basis.
② Multiple screenings carried out in one day have also been changed and divided into two groups:
First group: Specific medical examination (medical checkup), chest X-ray, colon cancer & hepatitis.
Second group: Stomach cancer & colon cancer.
※Reservation is not required for colon cancer examination. You can submit the stool collection container to either 1st or 2nd group. (Please contact us in advance if you don't have the container).
③ The checkup scheduled has been modified.
➜ First group: The morning time will start earlier and an afternoon time has been added.
➜ Second group: The checkup schedule has been added, the morning time will start earlier.
※There is no change in schedule and time for breast cancer and cervical cancer.

First Group: Medical checkup, Chest X-ray, Colon cancer & Hepatitis	
Reception hours: 9:00~12:00 & 13:30~15:30	
Place	Dates
Seibu Hoken Center	Sept. 7 (Mon), 22 (Tue) October 12 & 26 (Mondays) Nov. 9 (Mon), 24 (Tue) Dec. 7 (Mon)
Yatomi Kominkan	Sep. 13 (Sun)
Nambu Hoken Center	Sep. 14 (Mon) Oct. 5 & 19 (Mondays) Nov. 2 & 16 (Mondays)
Kenkō Kanri Center	Sep. 28 / Nov. 30 (Mondays) Dic. 15 (Tue), 19 (Sat) January 15 (Fri)
Shimin Taiiku-kan	Oct. 16 (Fri)
Wada Furusato-kan	Oct. 21 (Wed)
Iwana Undō Kōen, Youth Center	Nov. 5 (Thur)

RESERVATION METHODS

Please note that applications received or postmarked before the reception start date will not be valid.

● Internet reservations: Access the QR Code and enter the required information.➜

● Counter reservations:
Open from 8:30 ~ 17:15
Please visit any health center and fill out the application form.

● Postcard or fax: If you choose any of these ways, provide the following information and send to:
Kenkō Zōshin-ka, 2-27 Ebaradai, Sakura 〒285-0825 (Fax: 485-6714)
❶ Date. ❷ Type of Screening. ❸ Your first, second and third choices of date & place with your preference of morning or afternoon.
❹ Your address. ❺ Name ❻ Date of birth. ❼Age ❽ Daytime telephone number. ❾ Individual code on your checkup slip (if available).

LOTTERY RESULTS

A notification with the decision will be mailed in about one month after the application. If the capacity is reached, we may not be able to meet your request. In order to avoid congestion, please cooperate in attending to take your screening at the scheduled appointment time.

SPECIFIC HEALTH CHECKUP SCHEDULES

Second Group Stomach cancer and Colon cancer	
Reception hours: 9:00 ~ 12:00 (Mornings only)	
Place	Dates
Kenkō Kanri Center	Sep. 19 & 26 (Saturdays) Oct. 3, 17 & 24 (Saturdays) Nov. 7, 14 & 28 (Saturdays) December 5 (Sat) January 9 & 30 (Saturdays) February 6 & 27 (Saturdays) March 13 (Sat)
Nambu Hoken Center	March 1 & 8 (Mondays)
Seibu Hoken Center	March 3 (Wed), 5 (Fri)

HEALTH INFORMATION – AUGUST 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.*

HEALTH CHECKUPS		AUGUST 2020	PLACE	RECEPTION
4-month checkup for children born in March 2020		Wed. 05	Kenkō KC	9:30 – 10:30 & 13:30 – 14:30
		Thur. 27	Seibu HC	
		Mon. 31	Nambu HC	13:30 – 14:30
8-month checkup for children born in November 2019 (“Mogu-Mogu Class”)		Tue. 25	Kenkō KC	13:30 – 13:45
		Fri. 21	Seibu HC	9:30 – 9:45
		Mon. 31	Nambu HC	
18-month checkup for children born in:	January 2019	Tue. 18	Kenkō KC	Please confirm the reception time in your questionnaire (Monshin-hyō)
	February 2019	Wed. 19		
	January 2019	Wed. 05	Seibu HC	
	February 2019	Thur. 06		
	December 2018 & January 2019	Mon. 03	Nambu HC	
3-year Checkup for Children born in:	January 2017	Thur. 20	Kenkō KC	Please confirm the reception time in your questionnaire . (Monshin-hyō)
	February 2017	Wed. 26		
	January 2017	Fri. 07	Seibu HC	
	February 2017	Mon. 24		
	December 2016 & January 2017	Tue. 04	Nambu HC	

The **Dental Checkup** for children born in August 2017 or in February or August 2018 has been cancelled. For inquiries, please call your health center.

Child Development Consultation for pre-schoolers (*“Suku-Suku Hattatsu Sohdan”*)	Thur. 20	Kenkō KC Application required	9:00－12:00

The Maternity Class for expectant mothers & the class for expectant mothers and fathers of babies due from October ~ December 2020 at Kenkō Kanri Center have been cancelled. ※Audiovisuals and materials of the lessons can be delivered by post upon request. Even after resuming the classes, the materials can be delivered to those who are worried about being infected with the new coronavirus infection, to those who cannot attend the lessons or because the desired class has reached full capacity. To request delivery of materials, please call the Seibu Health Center at least 10 days in advance of delivery start date.

Health Consultation for Adults

Consultation with public health nurse Application required	Fri. 28	Kenkō KC	9:30－11:30
	Tue. 04	Seibu HC	9:30－11:30

Holiday & Night-time Emergency Medical Services

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

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Night-time Consultation on children’s acute illnesses:
☎**#8000** (19:00 – 6:00AM, 365 days)
on acute illnesses (for anyone):
☎**#7009** (18:00 – 6:00 AM, 365 days; 9:00 AM–6:00 AM 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*

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

Kenkō Kanri Center ☎485-6712

Seibu Hoken Center ☎463-4181

Nambu Hoken Center ☎483-2812

Subsidized mouth cancer screening

Acceptance of applications for city-subsidized mouth cancer screening starts on September 1, 2020 (Tue) for Sakura City residents. If detected early, people with mouth cancer have a very high cure rate so please take this important screening by all means! In order to prevent the spread of the new coronavirus infection, collective screenings at Happy Chewing Fair have been cancelled. To apply for individual screenings, please call the section in charge. A consultation ticket and questionnaire will be sent to your home. Please make a reservation at any of the cooperating dental clinics. *A person can take only one subsidized screening in one fiscal year.

Individual screening

Reservation required

Eligibility: Residents aged 40 years or older (as of March 31, 2021)
Period available: September 1, 2020 (Tuesday) until February 10, 2021 (Wednesday)
Place: Cooperating dental clinics in Sakura City (39 in total)
Up to: 350 applicants on a first-come, first-served basis.
Consultation fee*: 400 yen (+ additional 300 yen if cytological diagnosis is needed)
*Free for citizens who are ① Aged 70 years or older ② Chiba Prefecture medical insured senior ③ Belonging to a household that is receiving social welfare or exempt from city tax.

Kenkō Zōhshin-ka (Health Promotion Section) ☎485-6712

POPULATION OF SAKURA CITY ※ ( ) Increase/Decrease from previous month
As of the end of June, the population of Sakura City was 174,357 ※ (-141) (85,940 males and 88,417 females) in 78,521 households. The total includes 3,761 registered non-Japanese residents.