

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.)

## If disaster occurs during Coronavirus pandemic...

## LET'S TAKE THE NECESSARY ACTIONS TO SAVE OUR LIVES

Every year, large-scale storms and floods occur, such as last year's typhoon and heavy rain that hit Sakura City. This year, in July, heavy storms caused major damage in the Kyūshū region. In the event of a disaster in which the end of the new coronavirus disease cannot be foreseen, it is necessary to take evacuation measures while considering the spread of the infection. Let's think about what kind of preparation is necessary to save our life from disasters as well as those close to us.



### EVACUATION POINTS TO BE CONSIDERED DURING CORONAVIRUS PANDEMIC

"Evacuation" could be explained as "evading difficulty". Even during coronavirus spread, the principle to evacuate people who are in dangerous places during a disaster is maintained.

- ◆ If you are in a safe place, you do not have to go to a shelter.
- ◆ Evacuation destinations are not limited to those centers designated by local governments. Please consider evacuating to safe relatives/acquaintances' homes.
- ◆ Check the hazard map to know in advance the dangerous places, evacuation methods and evacuation sites in your area.
- ◆ Make preparations in advance for water, food, portable toilet kit, etc. that last for one week for the whole family in case of water or power outages.
- ◆ There may be a shortage of masks, disinfectants, thermometers, etc. Please carry these items with you when evacuating.

### WHEN TO EVACUATE?

**Crisis Management Office ☎ 484-6131**

### PLEASE COOPERATE WITH THE EVACUATION SHELTER MANAGEMENT

As the coronavirus pandemic continues spreading, a large number of people confined in an enclosed space increases the risk of getting infected. At evacuation centers or shelters, the management will make it necessary to avoid crowding. In addition, they will take various infection prevention measures such as regularly disinfecting and ventilating places that people will often be touching. The city has devised an evacuation shelter operation policy during the coronavirus pandemic. Please check and follow the recommended precautions indicated while staying in an evacuation center:

➢ Be sure to wear a mask. ➢ Wear the appropriate shoes for indoors, outdoors and toilets. ➢ Maintain a sufficient and secure distance from other evacuees. ➢ Clean and disinfect your assigned evacuation space by yourself. ➢ Fill out your health checklist and keep it with you all the time. ➢ If you are not feeling well, please consult with the staff. If you have no issues with your health conditions, please cooperate with the shelter management.

Evacuation information will be notified at 5 warning levels. Understanding the timing and meaning of disaster prevention weather information will allow you to take actions to protect yourself. At Alert level 1, check outside windows and shutters, inspect emergency items, confirm evacuation shelters and prepare for possible evacuation.

① Official evacuation order.

② Meteorological Agency warning

Alert Level	Evacuation Info.	Actions to take
1	② Early warning information	Keep track of the latest weather information.
2	② Flood, heavy rains	Prepare the best actions to evacuate.
3	① Prepare to evacuate	Start evacuation of elders and people with disabilities.
4	① Emergency evacuation	Let's evacuate promptly to a shelter or safe place.
5	① Disaster occurrence	Take immediate actions to save your life.

# Disaster Preparedness

September 1<sup>st</sup>, National Day

Special Edition

Kiki Kanri-shitsu (Crisis Management Office), ☎484-6131

Natural disasters cannot be stopped by human power, but disaster damage can be reduced by daily preparation. It is important to prepare for disasters on a daily basis at home, in your neighborhood and community so that you can act calmly in the event of an emergency.



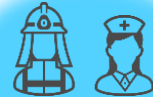
## Mutual Assistance

Let's stretch the bonds with neighbors and the local community, cooperate and help each-others. Try participating in activities of voluntary disaster prevention organizations and fire brigades.



## Self-help

Let's prepare on a daily basis to protect self/home. Proof check your home and stock up on daily necessities



## Public Assistance

Let's keep aware of disaster prevention systems established by the government and rescue agencies that provide support in the event of disasters.

### \*MEANS TO GET DISASTER INFORMATION\*

In a disaster, please get accurate & timely information on evacuation and damages via means below:

- ① **City's wireless broadcasting**
- ② **E-mail delivery service:** Please register yourself by sending a blank message to [sakura@emp.ikkr.jp](mailto:sakura@emp.ikkr.jp)
- ③ **Toll-free telephone service** at: 0120-711-508
- ④ **City's weather information service**  
<http://sakuracity.bosai.info/>  
**City's official website**  
<http://www.city.sakura.lg.jp/0000004907.html>
- ⑤ **Twitter:** @bousai\_sakura
- ⑥ **Emergency FM radio (Bay FM 78.0 MHz)**
- ⑦ **L-Alert** via TV/ Internet (NHK channels)

#### ➤ Mobile apps for Android/iOS

- ⑧ **TEPCO flashreport:** <http://teideninfo.tepco.co.jp/>
- ⑨ **Routes to all the evacuation centers:**  
<http://www.hinanjyo.jp>

### \*SUPPORT STATIONS FOR PEOPLE WALKING HOME\*

Chiba Prefecture and other eight municipalities\* have concluded agreements with chains of convenience stores, family restaurants and gas stations, to assist people who have to walk a long way home in a time of disaster. Such commercial facilities are called "**Disaster Support Stations**" and display the yellow stickers shown on the right. In a disaster, they will offer free use of toilets and tap water, give traffic information, etc. as much as possible. We recommend you check and find these facilities in advance.



\* Tokyo Metropolitan Government, Kanagawa Pref., Saitama Pref., Chiba City, Yokohama City, Kawasaki City, Sagami-hara City and Saitama City

### \*SAFETY CONFIRMATION SERVICES\*

- These free message services allow you to smoothly convey your whereabouts to family members and acquaintances when it is difficult to connect on the telephone in the event of a disaster.

- **Disaster Emergency Message Dial 171** You can record and confirm a message using a landline telephone number in the affected area. Just dial 171 and follow the guidance.
  - **Recording a message:** Dial 171 → 1 → Landline number of the person living in the disaster area → Enter a message.
  - **Playing back:** Dial 171 → 2 → Landline number of the person whose safety you want to confirm.

※Please get used to this service beforehand by practicing on the 1<sup>st</sup> and 15<sup>th</sup> of every month.

- **Disaster Message Board on a Mobile Site** You can register the safety information in the stricken area and text messages of up to 100 characters. The registered information can be checked from other companies' mobile phones, smartphones & computers. Please check the website of your mobile phone company. ※You can also get used to the service by practicing on the 1<sup>st</sup> and 15<sup>th</sup> of every month.

- **Safety Information Search on the J-anpi Site:** <http://anpi.jp> You can search for disaster message boards provided by each telecommunications company by entering "phone number" or "name".





## PREPARING EMERGENCY ITEMS AT HOME

### \*EXAMPLE OF AN EMERGENCY KIT\*

- ☐ Drinking water.
- ☐ Food that can be eaten without cooking (at least three day stock).
- ☐ Helmet, disaster prevention cushion or hood.
- ☐ Clothing, underwear.
- ☐ Rain gear.
- ☐ Flashlight, matches, lighter, batteries.
- ☐ Portable radio, especially the one that can be manually charged. Mobile phone including charger.
- ☐ Emergency supplies.
- ☐ Gloves.
- ☐ Toiletries.
- ☐ Towels.
- ☐ Toothbrush and toothpaste.
- ☐ Indoor shoes.

#### ITEMS AGAINST INFECTIOUS DISEASES

- ☐ Mask.
- ☐ Wet tissues
- ☐ Hand sanitizer and disinfectant
- ☐ Thermometer.
- ※Bring your valuable items such as cash, savings passbook, health insurance card, etc.

### \*EXAMPLE OF STOCKPILE ITEMS\*



In case of evacuation at home, let's make sure to have the following items:

- ☐ Drinking water, 3 liters per person, per day. Three day stock.
- ☐ Food supplies, those that don't require cooking like ready-made pouch meals (retoruto). Enough supply for one week.
- ☐ Daily life items: Tissue and toilet papers, vinyl wrap, garbage bags, portable toilet, etc.
- ☐ Plan a supplies' rolling stock. Buy food items→ consume some of them (confirm expiration dates)→ Buy more and stock them.

### \*PET EVACUATION PROCEDURES\*



In the event of a disaster, you can evacuate with your pet at the evacuation center. In the shelters, the owners themselves are responsible for looking after their pets at the designated place.

#### Daily preparation:

- ❖Discipline and health management (vaccination)
- ❖Securing of disaster prevention supplies for pets (food, drinks, toilet supplies, etc.)
- ❖Owner identification (dog tags)
- ❖Confirmation of shelters, evacuation routes, pet hotels, etc.

#### During evacuation:

- ❖Use of cages or leashes (leads) at the shelters, preferably those strong against rain and winds.
- ❖Adhere to breeding manners and health management.
- ❖Bring evacuation equipment and stockpile items for pets.
- ❖Owner identification.
- ❖Take measures against barking as well as stools disposal and drainage.

### \*USEFUL INFORMATION\*



**If disaster occurs when you are at your workplace or in a metropolitan area:**

Please do not take immediate action to reach home. If public transportation stops, a large number of stranded commuters is expected trying to get home at about the same time. Traveling immediately after a disaster could lead to injuries from fire and/or falling objects and might hinder rescue operations by crowding the streets. Please follow the next steps.

- ◆Secure your own safety first.
- ◆Stay in a safe place, such as your office or a large commercial facility.
- ◆Confirm yours and your family safety via Disaster Emergency Message Services.
- ◆Gather information on traffic and damages.

#### Make it a habit to ...

- ◆Keep a flashlight, gloves, drinking water, food and comfortable shoes.
- ◆Discuss and decide with your family how to get in touch with each-others and where to evacuate in times of disaster.
- ◆Carry a portable radio and map with you.
- ◆Confirm a walking route beforehand.



## ACCEPTING APPLICATIONS FOR SENIOR HIGH SCHOOL SCHOLARSHIPS Kyōiku Sōmu-ka (General Educational Affairs Section) ☎484-6182

The city grants scholarships to Senior High School Students who meet all the following conditions. Successful applicants are granted a scholarship of up to 80,000 Yen in a fiscal year. The student:


1. Lives in Sakura City.
2. Enters Senior High School in the year of graduation from Jr. High School or in the following year.
3. Motivated to learn and has earned a grade point average (GPA of three or more on the five-grade evaluation system during the third year of Jr. High School.
4. Family income in the previous year was less than 1.3 times the maximum income eligibility level for public assistance and deemed to have financial difficulties in attending Senior High School in this fiscal year.
5. Has a recommendation letter from the principal of the Jr. High School from which the student graduated.

Reception deadline is Monday, December 28<sup>th</sup>

Guidance leaflets and application forms can be obtained at Kyōiku Sōmu-ka in the City Hall or by downloading from the city's website: <http://www.city.sakura.lg.jp/0000002760.html> Fill in the required items and submit to Kyōiku Sōmu-ka. \*Applicable documents are required.

# HEALTH INFORMATION – SEPTEMBER 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.				<b>Sundays &amp; Holidays Night-time Treatment</b> Dentistry & Internal Medicine at Kenkō KC ☎239-2020 19:00 ~ 21:45	
HEALTH CHECKUPS	SEPT. 2020	PLACE	RECEPTION	<b>Emergency Pediatric Internal Medicine for children aged 15 or younger at Kenkō KC ☎485-3355</b> Every night 19:00 ~ AM 5:45 On Sundays & holidays, open 9:00 ~ 16:45 & 19:00~AM 5:45	
<b>4-month checkup</b> for children born in April 2020 	Tue. 15	Kenkō KC	An individual guidance will be indicated.	<b>Night-time Consultation on children's acute illnesses:</b> ☎#8000 (19:00 – 6:00 AM, 365 days) <b>on acute illnesses (for anyone):</b> ☎#7009 (18:00 – 6:00 AM, 365 days; 9:00 – 6:00 AM on Sunday & Holidays)	
	Fri. 11	Seibu HC			
	Thur. 17	Nambu HC			
<b>8-month checkup</b> for children born in December 2019 (“Mogu-Mogu Class”) (Application required)	Wed. 23	Kenkō KC	13:10 – 15:25	<b>To Find an On-Duty Doctor (*)</b> 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 (*) <b>Treatment is provided at each doctor's office</b>	
	Wed. 16	Seibu HC	9:05 – 11:20		
	Thur. 17	Nambu HC			
<b>18-month checkup</b> for children born in March 2019	Wed. 02	Kenkō KC	Please confirm the reception time in your questionnaire (Monshin-hyō)	<b>Child Abuse Consultation/Reporting</b> Children & Youth Section, City Hall (Daytime): ☎484-6263 Chiba Pref. Hotline (24 Hours): ☎252-1152 Sakura Police Station: ☎484-0110	
	Thur. 24	Seibu HC			
	Wed. 09	Nambu HC			
<b>3-year checkup</b> for children born in March 2017	Thur. 03	Kenkō KC	Please confirm the reception time in your questionnaire (Monshin-hyō)	<b>Health Consultation for Adults</b> Consultation with public health nurse Application required	
	Fri. 25	Seibu HC			
	Thur. 10	Nambu HC			
<b>Dental Checkup</b> for children born in September 2017 and March 2018 ※Checkup for children aged 2 years old is cancelled until March 2021 (On the days with a *mark, consultation on <b>Speech Development</b> is also available.)	Tue. 01*	Kenkō KC	 Please confirm the reception time in your questionnaire (Monshin-hyō)	<b>Kenkō Kanri Center</b> ☎485-6712	
	Fri. 04	Kenkō KC			
	Mon. 14*	Seibu HC			
<b>Child Development Consultation</b> for pre-schoolers (“Suku-Suku Hattatsu Sohdan”)	Fri. 18	Seibu HC	9:00 – 12:00	<b>Seibu Hoken Center</b> ☎463-4181	
	Mon. 07*	Nambu HC			
	Thur. 17	Kenkō KC Application required			
<b>Maternity Class for expectant mothers and fathers of babies due</b> from November 2020 - January 2021 	Sun. 06	Seibu HC Application required	9:00 – 12:00/ 13:00 – 16:00	<b>Nambu Hoken Center</b> ☎483-2812	

## ROTAVIRUS INFECTIOUS DISEASE VACCINE

A regular rotavirus vaccination will start from October 1, 2020 for children born August 1, 2020 and after.

Gastroenteritis caused by rotavirus provokes acute vomiting and diarrhea. Fever is observed in about 30~50% of patients. It may lead to hospitalization due to dehydration and convulsions, renal failure and encephalopathy. Rotavirus gastroenteritis is known to become particularly severe during initial infection and the purpose of this vaccine is to prevent severe symptoms.

There are two types of vaccines, both are given orally and either vaccine is given a prescribed number of times:

◆ Oral attenuated live rotavirus vaccine – This is given to children 6 weeks after birth until 24 weeks and is orally administered twice at intervals of 27 days or longer.

◆ Pentavalent oral attenuated live rotavirus vaccine – This is given to children 6 weeks after birth until 32 weeks and is orally administered three times at intervals of 27 days or longer.

The inoculation period is fixed and vaccination after the indicated period won't be possible even if it is requested at own expense so when the target time approaches, let's inoculate early.



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

## LET'S RECEIVE VACCINATIONS AND INFANT MEDICAL EXAMINATION AS SCHEDULED!

Some parents are worried about receiving medical care for vaccinations and medical examinations due to the present coronavirus infection. It is important to be cautious, but delaying vaccination increases the risk of serious infections so be sure to receive them as planned. The timing of vaccination is decided based on the age at which an infectious disease is likely to occur. Starting vaccination from 2 months after birth protects the children from infections such as pertussis, bacterial meningitis, etc. If you have an infant checkup at a scheduled time and have any questions about childcare, don't hesitate to consult a doctor, public health nurse, midwife, etc.

Prevention measures against coronavirus infection are being taken at the health centers. Please reserve in advance as much as possible. Before going to the clinic, make sure there are no problems with your physical condition. Reschedule if you feel unwell as it may infect people around you.

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

As of the end of July, the population of Sakura City was 174,237 ※ (-120) (85,874 males and 88,363 females) in 78,521 households. The total includes 3,765 registered non-Japanese residents.