

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

☎(043) 484-1111 or (043) 484-6103; Fax:(043) 486-8720; E-mail: koho@city.sakura.lg.jp; URL: http://www.city.sakura.lg.jp

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.)

New Coronavirus Infection: Important information regarding vaccinations



We started accepting vaccination reservations for those citizens aged 65 years or older; however, due to the continued difficulty in connecting through the internet system and call center, changes are being implemented in reservations and vaccination timing in order to reduce congestion. Sufficient vaccine stock will be supplied by the end of June, so even if you are not currently able to make a reservation, we will make sure to grant reservations for all applicants. **※The next period to apply for your vaccination will start on June 7 (Monday).**

Also, from now on, priority will be given to those with underlying illness, workers at facilities for the elderly, etc. Thank you for your understanding and cooperation.

16 ~ 64 years old have been classified into the following categories:

- ① **A** Persons with underlying illnesses 14,200 (approx.)
- B** Workers at facilities for the elders 2,800 (approx.)
- ② 60 ~ 64 years old - (10,500) ③ 50 ~ 59 years old - (16,800)
- ④ 40 ~ 49 years old - (18,000) ⑤ 16 ~ 39 years old - (27,300)

※A postcard has been sent to all those aged 16~64 on June 1. Please check the question items in the “application column” of the postcard and submit it (by mail or at the counter of any health center, branch offices or service centers). Application period is until June 18 (Friday).

※The vaccination reservations and schedules for ③ ~ ⑤ categories will be decided based on: > the future supply of vaccines. > the reservation and vaccination status for those 65 years old and above and > status for ① and ② categories.

ONLINE RESERVATIONS

◆ 24 hours service. Please access the QR Code or visit the homepage:
<https://sakura.hbf-rsv.jp>



TELEPHONE CALL RESERVATIONS



◆ 8:30 ~ 17:00 Sakura City New Coronavirus Vaccinations Call Center
※Please note that this is not a free [0120] call number. ☎ 0570 (001) 760

ON-SITE VACCINATION TO THOSE WHO HAVE DIFFICULTY IN GOING TO THE INOCULATION VENUE

Target people are those citizens who fall under the next categories and cannot go out because they are receiving medical treatment at home (only those who have permission from their attending physicians for inoculation)

- > Physically challenged persons (Level 1 & 2 holders)
- > Physically challenged persons (Level 3) of visual, lower limbs and trunk disabilities.
- > Persons with Level 1 Health and Welfare Handbook for the mentally challenged.
- > Holders of rehabilitation handbooks **A1** and **A2**
- > Bedridden senior citizens registered in the Welfare Division.

※ We will start accepting applications on July 1 (Thur) and on, from 8:30 ~ 17:00
※ Please contact the Health Promotion Division if you would like to receive a home-visit vaccination. An application form will be sent to you. Also, please contact us if you have any difficulty in going to the inoculation site.

Inquiries: Health Promotion Division (Kenkō Suishin-ka)
☎ (312) 8228

FREE SHUTTLE BUS

This round trip service will be provided from the Keisei / JR Stations to the Citizen's Gym (Shimin Taiikukan), one of the vaccinations venues. Please find the maps for the bus terminals in the *Kōhō Sakura*, May 19 special edition or in the city website. The service period will be effective starting May 26 (Wed) until Sept. 30 (Thur) 5 days a week, Wednesdays to Sundays. ※ The capacity of each bus will be of only 15 people; once this is reached no more passengers will be accepted.

BUS SCHEDULES

◆ Keisei Sakura St ◆ JR Sakura St → Shimin Taiikukan	Shimin Taiikukan → ◆ Keisei Sakura St ◆ JR Sakura St.
8:45	9:15
9:45	10:15
10:45	11:15
11:45	12:15
13:00	13:30
14:00	14:30
15:00	15:30
16:00	17:00

CORONA VACCINE MOTTAINAI BANK

If there is a surplus of vaccines due to sudden cancellations of the vaccination appointments, the vaccines will be discarded. In order to eliminate the need to dispose of vaccines and to ensure that eligible people can be vaccinated promptly, we are accepting registrations for the “Corona Vaccine Mottainai Bank”. Registered users will be contacted by phone when there is a surplus of vaccines at medical institutions or mass vaccination sites. Those who are able to arrive at the vaccination venues on their own within one or two hours of the call will be vaccinated.

Registration start date: June 1 (Tuesday) Target people are those who live in the city and have an inoculation coupon.

An application form is being distributed at the Health Promotion Division, Sports-For-All Section, each health center, each branch office and service centers. You can also download the application form from the city's website, fill in the required items and send it by mail or bring it at the indicated counters.

CORONA VACCINE MOTTAINAI BANK SECRETARIAT

☎ 080 (5742) 7517
☎ 080 (6377) 4143



Sakura City Museum of Art

Sakura City Shinmachi 210 ☎ 285-0023

☎ (485) 7851 FAX (485) 9892

✉ muse@city.sakura.lg.jp

Entrance hours: 10:00~18:00 ※ 17:30 last admission (Closed on Mondays)

Exhibition focusing on new collection works. Free viewing of the exhibition on the 2nd floor until July 1st (Thursday)

Works collected during 2020 and by artists related to Sakura City and other locations in Chiba Prefecture will be exhibited. We are also introducing works and materials (original prints, etc.) of copperplate painter Kobayashi Donge (1926 ~) who was based in Inzai City, Chiba Prefecture.

Kobayashi Donge
"Tsubaki" 1958 (Copper engraving, hand coloring)



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

Kodomo Katei-ka (Child & Family Support Section) ☎ 484-6140

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. Please send back the forms using the enclosed return-addressed envelope. The envelope **must be postmarked no later than June 30 (Wednesday)**. ※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 that if two years have passed without submitting the status report, you will not be able to receive the allowance for June or later due to the limitations statute.

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

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



Please note that the current scheduled screenings may be canceled depending on the status of the coronavirus infectious disease as well as the weather conditions. 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.

- ◆ 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, 2022.
 - Male and female residents aged 19, 25 or 30 years, or females aged 20 or 35 years as of March 31, 2022 (Reiwa 4th year)
 - Residents who took city's health checkups in FY 2020.
 - Residents eligible for the vouchers for Cancer Screening offered by the Japanese government.

««IMPORTANT»» To obtain your medical examination, please make sure to bring: your Health Checkup slip (Kenshin-Jushin-ken), medical interview sheet, Health Insurance Certificate and checkup fees (These must be paid by cash at the venue)
※ Sakura citizens are eligible targets, those who have moved out of the city are excluded.
※ If you receive the same medical examination twice, you will be responsible for the full amount of the second examination.

- ※ For those who had the group screening for colon cancer in 2020 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.*
- ◆ Group examinations are now by appointment only.
 - All group screenings except for colon cancer have been changed to a complete reservation system.
 - Combined group examinations will be divided into the following two groups, both having different schedules. (Please refer to the *Kōhō Sakura*, June 1st issue for details on schedules and venues).
 - GROUP 1: Specific Medical examination (Tokutei Kenshin), Chest X-ray, Hepatitis, Colon Cancer screenings.
 - GROUP 2: Stomach cancer, colon cancer screenings.
- ※ No reservation is required for the colon cancer screening. You can receive medical examinations on either both the 1st or 2nd group dates.
 - In order to avoid congestion and to prevent the spread of the new coronavirus infection, please arrive at your appointed time.
 - Please measure your body temperature at home and fill out the health checklist before going to the venue.

««ABOUT THE NINGEN DOCK SUBSIDY»»

Target people are those aged 20 and over and who are insured by the NHI and those covered by latter-stage elderly Health Care System. Those who have undergone the specific medical examination cannot benefit from the Ningen Dock Subsidy.

If you apply for both, the specific medical examination as well as the Ningen Dock Subsidy, you will be required to return the subsidy.

For inquiries, please call the Health Insurance Section:

Benefit Management Section (National Health Insurance) ☎(484)6604 / Medical Care for the Elderly ☎(484)6136

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

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

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

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

KIND OF SCREENING		ELIGIBLE PEOPLE (as of March 31, 2022)	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	Required	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	Required	Medical interview and chest X-ray	
			Individual	¥1,300	Required		
Stomach cancer	Men/Women aged 40 and over		Collective	¥900	Required	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		
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)	Required		
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 those who didn't take a collective ultra-sound in the previous fiscal year)	¥1,000	Required		
	Ultra - sound	Women aged 30-39 Women aged 30 and over	Individual	¥2,000	Required	Medical interview and ultra-sound	
Cervical cancer	aged 20 and over who did not take this screening conducted by the city in the previous fiscal year		Collective	¥1,000	Required	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	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 Treatment is not possible on the day of the checkup, however, if treatment or tartar removal is performed, it will be treated as insurance medical treatment at a later date.	

Reservations can be done:

- ① On the Internet: Access the city's website and provide the necessary information.
<http://www.city.sakura.lg.jp/0000012866.html> or through the QR Code → → →
 - ② At the Health Promotion Division or any of the city's health centers and fill out the application form.
 - ③ By sending a postcard or ④ By FAX to Kenkō Suishin-ka, Ebaradai, Sakura, 〒285-0825, (Fax: 485-6714) with the following information: ① Date and individual code number on your checkup slip (if available). ② Your first, second and third choices of date & place with your preference of morning or afternoon (Required). ③ Address ④ Name ⑤ Date of birth ⑥ Age (the age you will turn until March 31, 2022) ⑦ Daytime telephone number.
- (※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.











Please call Kenkō Suishin-ka for a reservation, ☎485-6711.

➤ **Cervical cancer: December 22 (Wed) 2021**


➤ **Ultra-sound breast cancer screening for women in their 30's: December 17, 2021 (Fri) and January 26, 2022 (Wed).** Please make a childcare reservation after you are notified of your assigned screening date.




HEALTH INFORMATION – JUNE 2021


 Health Information for Mothers & Children				Holiday & Night-time Emergency Medical Services 
HEALTH CHECKUPS	JUNE 2021	PLACE	RECEPTION	Sundays & Holidays Night-time Treatment (19:00 ~ 21:45) ※Dentistry services will be closed until June 30 due to air conditioning works. Internal Medicine at Kenkō KC  239-2020
4-month checkup for children born in January 2021 ※ An appointed time will be indicated 	Fri. 04	Kenkō KC	9:30 – 11:00 &13:30 – 14:15	
	Wed. 02	Seibu HC	9:30 – 11:00 &13:30 – 15:00	
	Mon. 21	Nambu HC	13:30 – 15:00	
8-month checkup (“ <i>Mogu-Mogu Class</i> ”) for children born in September 2020 ※ Application required	Wed. 09	Kenkō KC	13:15 - 14:45	
	Thur. 03	Seibu HC	9:15 – 11:15	
	Mon. 21	Nambu HC		
18-month checkup for children born in December 2019 ※ An appointed time will be indicated	Kenkō KC will transfer to another venue.			
	Tue. 22 & Wed. 23	Seibu HC	13:10 – 14:40	
	Thur. 10	Nambu HC		
3-year checkup for children born in December 2017 ※ An appointed time will be indicated.	Kenkō KC will transfer to another venue.			
	Thur. 24	Seibu HC	13:10 – 14:40	
	Fri. 11	Nambu HC		
Dental Checkup for children born in June or December 2018, or in June 2019. ※On the days with a *mark, consultation on Speech Development is also available. ※An appointed time will be indicated. 	Thur. 17* Fri. 18	Kenkō KC	13:15 – 14:15	
	Mon. 07* Mon. 28	Seibu HC		
	Mon. 14*	Nambu HC		
Child Development Consultation for pre-schoolers (“ <i>Suku-Suku Hattatsu Sohdan</i> ”) ※ Application required	Thur. 17	Kenkō KC	9:00 – 12:00	
Maternity Class for expectant mothers of babies due from August – October 2021 	Wed. 16	Seibu HC	13:00 – 15:20	
Health Consultation for Adults				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)
 Consultation with public health nurse ※ Application required	Tue. 08	Kenkō KC	13:30 – 15:30	
Kenkō Kanri Center  485-6711				Seibu Hoken Center  463-4181
				Nambu Hoken Center  483-2812




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

**Sundays & Holidays Night-time
Treatment (19:00 ~ 21:45)**
**※Dentistry services will be closed until
June 30 due to air conditioning works.**
Internal Medicine at Kenkō KC
 239-2020

**Emergency Pediatric Internal
Medicine for children aged 15 or
younger:**
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

JUNE 4 ~ 10 is the “TEETH AND MOUTH HEALTH WEEK”

To have a dental examination periodically is important even if you don't have or show any disease symptoms. If you have dental caries or periodontal disease, it's not uncommon for the symptoms to progress without being aware. It is recommended to have a dental checkup at least once a year.


Check from the following items if they apply to your mouth condition.


- I can't properly bite with my left and right molars.
- Cold and hot foods give my teeth a piercing sensation.
- My gums bleed every time I brush my teeth.
- My gums are swollen and sensitive.

Check if there is any decline in your mouth condition:

- I have lost some teeth and my chin is weak.
- I can eat only soft foods.
- I choke over / spill the food while eating.
- I have no appetite / I can eat only a little.
- My tongue is in poor condition, I cannot roll it.
- My mouth is dry and I'm concerned about bad breath.

Particular attention is required if you checked any of them. Please consult with your dental clinic if you show any of the above symptoms.

Health Promotion Division (Kenkō Suishin-ka)
 (312) 8228




BLOOD DONATIONS

Thanks to generous donations, blood transfusions save the lives of countless patients on a daily basis. A blood donation facility will be installed at Beisia, Sakura branch on June 9 (Wed) & June 12 (Sat)

AM 10:00~11:45
 PM 13:00~16:00

- ▶ 400 ml of blood per person is kindly requested for donation.
- ▶ For safety reasons, a questionnaire and medical examination will be conducted (in Japanese). Thank you for your understanding and cooperation.

Social Welfare Section
 484-6135

POPULATION OF SAKURA CITY AS OF THE END OF APRIL ※ () Increase/Decrease from previous month
 The population was 173,018 ※ (-) 198 The total includes 85,216 males and 87,802 females in 78,676 households.
 The number of births totaled 67. Registered non-Japanese residents: 3,745.