



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: https://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.

Ninchishō disease - friendly Sakura City !

We are working on training supporters and creating a community where people who suffer from this condition can have a future feeling safe and protected.

MAIN EFFORTS

- ◆ **Training courses for supporters on senile dementia (Ninchishō):** Workers in this field understand this condition and look after people with this impairment and their families with a warm heart. The number of supporters in various areas around the city is 22,566 as of June, 2022. In addition to training courses, lectures are held at neighborhood associations, schools, shopping districts, workplaces and volunteer gatherings.
- ◆ **Orange Cafes:** As of July, 2022, there are 5 Orange Cafes in the city. These are places where people with conditions such as senile dementia, Alzheimer's disease and related conditions, their families, people in the community, supporters, professionals, etc. can gather and talk, make friends and casually seek advice.
- ◆ **"SOS sticker" distribution:** Reflection stickers that attach to the shoes with registration numbers for safety when going out, monitoring in the community and early detection of missing persons. It is required pre-registration for physical characteristics and emergency contact information. Please apply at the Senior Citizens' Welfare Section ☎ 484-6138.
- ◆ **Subsidy for location-based search service.** The initial cost of using the location information search service to watch for wandering people suffering from *Ninchishō* disease using GPS communication terminal devices is subsidized. There are conditions for the subsidy; before signing a contract please inquire at the Senior Citizens' Welfare Section ☎ 484-6138.

Ninchishō disease consultation centers:


➤ **Chiba Ninchishō consultation call center.** Care workers with extensive counseling experience will respond to consultations over the phone. ☎ 238-7731 on Mon., Tue., Thur. and Sat. (10:00 ~ 16:00).

➤ **Chiba Prefecture Juvenile onset dementia consultation desk (at Chiba University Hospital)** ☎ 226-2601 on Mon., Wed. and Fri. (9:00 ~ 15:00)

➤ **Sakura City, Kōreisha Fukushi-ka (Senior Citizens' Welfare Section)** A specialist will provide counseling on forgetfulness and senile dementia. ☎ 484-6343 (once a month)
※Please contact the section for details.

Latest information regarding Coronavirus infectious disease

There are more ways to obtain a vaccination certificate:

- ◆ You can print the vaccination certificate from the smartphone app (downloadable from the QRC → ). The electronic certificate obtained after updating the app can be used as a written certificate.
- ◆ Convenience store delivery of vaccination certificate. If you have a My Number card, you can get your vaccination certificate at the store's terminal (multi-copier). ※Currently, 7-Eleven is the only chain store in the city, target stores are expected to expand in the future. Cost: 120 Yen. Service available from 6:30 ~ 23:00. To obtain a certificate for overseas use, issue an electronic certificate for your smartphone or a written certificate. You must apply and record your passport information in the VRS (National Vaccine Records System).

- For those who wish to be vaccinated with the Takeda vaccine (Novavax), the city has established an inoculation system for those living in Chiba Prefecture.

If you have an allergy to polyethylene glycol contained in mRNA vaccines (Pfizer and Moderna) and have refrained from vaccination, please consider getting the vaccine at this opportunity. ※Takeda's vaccine (Novavax) cannot be used for the 4th vaccination. Please visit the city's homepage for details such as schedule, etc.

Vaccination venue: Aeon Town Yūkarigaoka.
Please call to make a reservation.
Sakura City New Coronavirus Vaccine Call Center
☎ 0120-387-052

Aiming to be a city where people with this cognitive impairment (Ninchishō) can live with peace of mind.

Kōreisha Fukushi-ka ☎ 484-6343 (Senior Citizens' Welfare Section)



September is the world's Alzheimer's Month.

In 1994, the International Alzheimer's Disease Association in collaboration with the World Health Organization (WHO) designated September 21 as World's Alzheimer's Day and has carried out awareness activities around this day. In Japan, since 2012 and during the month of September, landmarks and public offices nationwide are lit up in orange, the symbolic color of Alzheimer's support and in order to raise awareness.

The Dutch Windmill in Sakura Furusato Square will be illuminated in orange on September 20 & 21 (17:00 ~ 20:00). ※No events will be held during the lighting time.

Disaster Prevention – Special Edition

Natural disasters cannot be stopped by human power, but 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.

Kiki Kanri-ka ☎484-6131
(Crisis Management Section)

MEANS TO GET DISASTER INFORMATION

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

- **City's wireless broadcasting:** speakers are installed in schools and parks in the city.
- **Toll-free telephone service: 0120-711-508.** You can check the contents of disaster prevention 24 hours a day.
- **L-Alert** via TV/ Internet.
- **Emergency rapid mail (Area mail).** Urgent disaster and evacuation information is delivered to cell phones and smartphones within the distribution area and those that are compatible with NTT DoCoMo, KDDI and Softbank's emergency rapid mail (area mail). For details, please contact your cell phone company.

▪ **E-mail delivery service:**
Please register (free of charge) by sending a blank message to:
sakura@emp.ikkr.jp



▪ **Routes to all the evacuation Centers:**
<https://www.hinanjyo.jp>



▪ **Yahoo! Disaster Prevention Bulletin** <https://emg.yahoo.co.jp/>



▪ **Japan Meteorological Agency website:**
<https://www.jma.go.jp/jma/index.html>



▪ **TEPCO flashreport:**
<https://teideninfo.tepcoco.jp/>



▪ **City's Twitter account:**
[@bousai_sakura](https://twitter.com/bousai_sakura)



▪ **City's official website:**
<https://www.city.sakura.lg.jp/>



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 land line telephone number in the affected area. Just dial 171 and follow the guidance.

◆ Recording a message:

- Dial 171
- **Press 1** (If you don't have a pin number) or **press 3** (If you have a pin number).
- If you pressed **3**, enter your 4 digits pin number.
- Number of the person living in the disaster area (Landline or mobile number).
- Enter a message.



◆ Playing back:

- Dial 171
- **Press 2** (If you don't have a pin number) or **Press 4** (If you have a pin number).
- If you pressed **4**, enter your 4 digits pin number.
- Number of the person whose safety you want to confirm (Landline or mobile number).
- You will start listening to the recorded message.

◎ **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. Disaster message board (web171) <https://www.web171.jp/>



< MY TIMELINE > EVACUATION PLAN

"My Timeline" is a schedule sheet that records in advance preparations and actions for typhoons, heavy rains, flooding, etc. By deciding in advance "When", "Who" and "What to do" according to the family structure and living environment, you can expect to calmly take evacuation actions when the danger of a disaster approaches.

LET'S CREATE "MY TIMELINE"

- Let's check the risks of floods and landslides in the area where you live indicated on the hazard map.
- Let's check the meaning of evacuation information based on the method of collecting heavy rain information, river water level and the alert level.
- While creating "My Timeline", make an evacuation plan imagining the time for preparation and work involved.



Please access the city's homepage through the QR Code to view the hazard maps and for downloading "My Timeline" schedule sheet.

EXAMPLE OF AN EMERGENCY KIT

- Drinking water.
- Food that can be eaten without cooking (at least a 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.
- First aid supplies. Cotton gloves (Gunte).
- Toiletries. Towels. Indoor shoes.
- Toothbrush and toothpaste.

※Bring your valuable items such as cash, savings passbook, health insurance card, etc.

ITEMS AGAINST INFECTIOUS DISEASES

- Mask. Wet tissues
- Hand sanitizer and disinfectant
- Thermometer.

PET EVACUATION PROCEDURES



In the event of a disaster, you can evacuate with your pet at the evacuation center. It is important to be prepared for that on a daily basis. In the shelters, the owners themselves are responsible for looking after their pets at the designated place.

※ Evacuation of dangerous animals at the shelters is not accepted.

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 (preferably those strong against rain and winds).
- ❖ If you don't have a cage, please keep your pet on a leash.
- ❖ Take measures against barking as well as stools disposal and drainage. Adhere to health management measures.

AVOIDING DIFFICULTY ON RETURNING HOME

Many people may try to return home as quickly as possible from their workplace or outings. There is a risk of injury due to fires or falling objects from buildings, which is dangerous and hinders rescue and emergency operations.

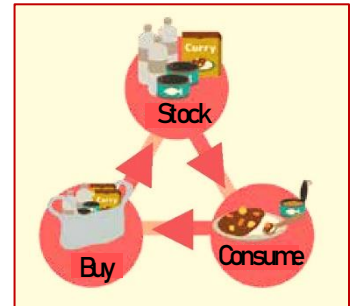
- Do not start moving unnecessarily.
- Ensure personal safety and stay in a safe place.
- Check the safety of your family and home.
- Obtain traffic and damage information, etc.
- Confirm a walking route beforehand.
- Make it a habit to keep a portable radio, map, flashlight, comfortable shoes, drinking water, food, etc.
- Discuss and decide with your family how to confirm each-others safety, where to meet, how to get home, 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. Please make sure to have a three-day stock.
- Food supplies, those that don't require cooking like ready-made pouch meals (retoruto). Enough supply for at least three days, preferably one week.
- Daily life items: Tissue and toilet papers, vinyl wrap, garbage bags, portable toilet, etc.
- Plan a supplies' rolling stock: Buy food items → Stock them → Consume those close to the expiration dates.



ALERT LEVELS AND EVACUATION TIMING

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. If alert level 4 is issued immediately evacuate.

Alert Level	Evacuation Info.	Actions to take
1	Early warning information	Increase preparedness for disasters.
2	Warning	Confirm evacuation actions.
3	Evacuation of elderly people	Evacuate elderly people from dangerous places. People who need time to evacuate (elderly, those with disabilities, infants, etc.) and their supporters should evacuate.
4	Evacuation Order.	Evacuate quickly from dangerous places. If it is difficult to move, evacuate to a safe place in your home.
5	Ensuring emergency safety.	A disaster has already occurred or is imminent. Take immediate actions to save your life.

SUPPORT STATIONS FOR PEOPLE WALKING HOME

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





HEALTH INFORMATION – SEPTEMBER 2022

Mothers & Children checkups

HEALTH CHECKUPS				SEPT. 2022	PLACE	RECEPTION
4-month checkup for children born in April 2022 ※An appointed time will be indicated		01 (Thur)	Kenkō KC	9:30 ~ 11:00 &13:30 ~ 14:15		
		28 (Wed)	Seibu HC	9:30 ~ 11:00 &13:30 ~ 15:00		
		02 (Fri)	Nambu HC	13:30 ~ 15:00		
8-month checkup for children born in December 2021 (“Mogu-Mogu Class”) ※ Application required.		06 (Tue)	Kenkō KC	13:15 ~ 15:15		
		30 (Fri)	Seibu HC	9:15 ~ 11:45		
		02 (Fri)	Nambu HC	9:15 ~ 11:15		
18-month checkup for children born in March 2021 ※An appointed time will be indicated		08 (Thur)	Kenkō KC	13:10 ~ 14:40		
		21 (Wed)	Seibu HC			
		15 (Thur)	Nambu HC			
3-year checkup for children born in March 2019 ※An appointed time will be indicated		09 (Fri)	Kenkō KC	13:10 ~ 14:40		
		22 (Thur)	Seibu HC			
		16 (Fri)	Nambu HC			
Dental Checkup for children born in September 2019, March or Sept. 2020 ※On the days with a (*)mark, consultation on Speech Development is also available. ※An appointed time will be indicated.		07*(Wed)	Kenkō KC	13:15 ~ 14:15		
		27 (Tue)	Kenkō KC			
		12*(Mon)	Seibu HC			
Child Development Consultation for pre-schoolers (“Suku-Suku Hattatsu Sohdan”)		15 (Thur)	(Application required) Kenkō KC	9:00 ~ 12:00		
		Maternity Class of babies due from Nov. 2022 ~ Jan. 2023 For expectant mothers:	13 (Tue)	(Application required) Kenkō KC	13:00 ~ 15:20	
			For expectant mothers and fathers:	10 (Sat)	(Application required) Kenkō KC	9:00 ~ 12:15
Health Consultation for Adults Consultation with public health nurse (Application required)		22 (Thur)	Kenkō KC	9:30 – 11:30		
		08 (Thur)	Seibu HC			

Holiday & Night-time Emergency Medical Services

Sundays & Holidays Night-time Treatment (19:00~21:45)
 Internal Medicine and Dentist services 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 AM, 365 days)
on acute illnesses (for anyone):
 ☎#7009 (18:00 – 6:00 AM, 365 days; 9:00 – 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.**

Child Abuse Consultation/Reporting
 Child & Family Support 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



ACCEPTING APPLICATIONS FOR HIGH SCHOOL SCHOLARSHIPS

Kyōiku Sōmu-ka ☎484-6182
 (General Educational Affairs Section)

The city grants scholarships that do not need to be repaid to Senior High School students who find it difficult to continue their studies due to financial reasons. Successful applicants are granted a scholarship of up to 80,000 Yen in a fiscal year. The students should meet all the following conditions:

- Live in Sakura City.
- Have earned a grade point average (GPA) on all subjects of 3.0 or higher on the 5 grade evaluation system during the third year of Jr. High School.
- The family income in the previous year was less than 1.3 times the welfare standard. ※Please contact us for details.

The reception deadline is Wednesday, December 28th

Guidance leaflets and application forms can be obtained at the City Hall, Kyōiku Sōmu-ka or by downloading from the city’s website. Please fill in the required items and submit to the indicated section. *Applicable documents are required.

The Suicide Prevention Week is September 10 ~ 16 “Don’t worry alone!”

The number of suicides in Japan in 2021 was 21,007, a decrease of 74 compared to 2020. However, the situation continues to be higher than in 2019, before the coronavirus crisis. Even in Sakura City, 20 to 30 precious lives are lost every year. Many factors contribute to suicide: health, family, economic and workplace problems.

Please feel free to contact us,
Kenkō Suishin-ka ☎ 312-8228
 (Health Promotion Division)

You can check your current mental state on the website → <https://corona.go.jp/selfcheck/>



POPULATION OF SAKURA CITY AS OF THE END OF JULY, 2022

※ () Increase/Decrease from previous month. The population was 171,801 ※ (- 49).
 The total includes 84,468 males and 87,333 females in 79,134 households.