



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 these days, 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.)

AGAINST THE NEW CORONAVIRUS INFECTION: The fourth inoculation starts!



KENKŌ SUISHIN-KA
(Health Promotion
Section)
☎ 485-6711



Nishita Sango
Sakura City Mayor

The fourth dose will be administered with the purpose of "Prevention of Aggravation". Sakura City will conduct individual vaccinations at medical institutions and mass vaccinations at Aeon Town in Yukarigaoka.

Inoculation is a very important means of preventing infectious diseases and serious illnesses. In order to protect the lives of as many citizens as possible and to ensure compatibility with socioeconomic activities, it is necessary to respond with a greater sense of urgency than ever before.

The city will continue to work together with all parties concerned, including the medical and welfare sectors, to prepare for the vaccinations so that all those who are eligible can receive it with peace of mind.

TARGET GROUP

Those who have been vaccinated for more than 5 months after receiving the third vaccination:

- ① 60 years old and above.
- ② Those between the ages of 18~60 who have an underlying disease and those who are recognized by doctors as having a high risk of becoming severely ill if they contract the coronavirus infection.

✳ *Please see the city's homepage for the range of underlying diseases. It is not necessary to submit a medical certificate at the time of the application, but the underlying disease, etc. will be confirmed by the doctor's examination and preliminary questionnaire slip prior to the inoculation. Please note that it may not be possible to receive the vaccination.*

◆ The vaccines used will be Pfizer, Takeda and Moderna.

◆ Vaccination ticket delivery time:

The ticket and preliminary slip required for the 4th inoculation will be sent to those who are approaching the vaccination time.



HOW TO APPLY:

Those who fall under group ② on the left and have not applied for the 1st of 2nd inoculations, an application will be necessary. Those 60 years old and above do not need to apply.

You can do the procedure in any of the following ways:

- Through the Chiba electronic application service →
- By post mail: Please write your name, address, phone number and birth date and send this information to :
Kenkō Suishin-ka Shingata Corona Taisaku Shitsu,
〒285-0825 Ebaradai 2-27.
- Please submit the application form distributed at reception windows of Kenkō Kanri Center (Health Management Center), Seibu and/or Nambu Health Centers. You can also download the application through the city's homepage.



Vaccine reservations: New Coronavirus Vaccinations
Call Center ☎ 0120-387-052 (AM 8:30 ~ PM 5:00)
Including Saturdays, Sundays and holidays.

ISSUANCE OF TAXABLE INCOME CERTIFICATES AND TAX-EXEMPTION CERTIFICATES

As of Friday, June 10, the following certificates will be issued:

- ◆ Kazei shomeisho (taxable income certificates) and ◆ Hikazei shomeisho (tax exemption certificates)

The taxable amount for the fiscal year 2022 and the amount of salary income or other income from January 1 to December 31, 2021 is recorded.

✳ Those who have a special collection (deduction) of municipal tax from their salary will be able to issue the certificate from May 13 (Fri).

✳ For those who filed the tax return and/or prefectural and regional tax return after March 16, 2022, the contents may not be reflected on time.

TARGET PEOPLE:

Those who have an address in the city as of January 1, 2022.

✳ Those who did not file the regional tax return may not be able to issue the certificate on the day it is requested.

CERTIFICATE ISSUANCE WINDOWS:

Municipal Tax section and city branches. ✳ Not available at Nishi Shizu and Sakura Citizens' service centers.

✳ There is no service on Saturdays, Sundays, holidays and at the end and start of the year.

However, issuance is available on the 2nd and 4th Sundays at the Shiminzei-ka section and at the Shizu branch office.

Shiminzei-ka (Municipal Tax Section) ☎ 484-6115

IMPORTANT INFORMATION FOR BICYCLE USERS

Bicycle insurance is compulsory in Chiba Prefecture. Due to the revision of the "Ordinance for Promoting the Safety and Proper Use of Bicycles in Chiba Prefecture", it will be mandatory to obtain a bicycle damage compensation insurance starting **July 1, 2022**.

If an accident occurs, the bicycle user could either become the victim or the perpetrator. If the user becomes a perpetrator, a large amount of compensation money will be required to pay. In order to protect yourself, please make sure to obtain a bicycle insurance in case of an accident.

In some cases, you may be able to cover your existing insurance (automobile insurance, fire insurance, etc.) with a special personal liability insurance policy. In addition, most personal liability insurances offer coverage for families. First, please check what kind of insurance you and your family have and see if you can add a special contract to cover it.

Targets for compulsory participation are:

- 🚲 Bicycle users (If underage, parents are required to join).
- 🚲 Companies that require bicycles for their business.
- 🚲 Bicycle lenders.

For more details, please call Kurashi Anzen Suishin-ka (Life Safety Promotion Division) ☎ 223-2263 or view the Prefecture's homepage →



CONVENIENCE STORES

CERTIFICATES' ISSUANCE SERVICE

On **June 9 (Thursday)**, the issuance of certificates at convenience stores will be suspended all day due to system maintenance: These certificates are: taxable income, tax exemption, residence, seal, family register (all or part of the family register) and attached slip of family register. In addition, issuing dates of the taxation and non-taxation certificates of the following Fiscal Year periods will change to:

Fiscal Year 2021 - June 8 (Wed) until PM 11:00

Fiscal Year 2022 - June 10 (Fri) from AM 6:30

Convenience stores issuance time:

From AM 6:30 to PM 11:00

Inquiries:

Shiminzei-ka (Citizen's Tax Division)

☎ 484-6114

(For taxation and tax exemption certificates)

Shimin-ka (Citizen's Division) ☎ 484-6122

(For residence, seal, all or part of family register and attached slip of family register certificates)

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:

- ① Residents covered by National Health Insurance (NHI) who are aged at least 40 years old.
- ② Residents aged 40, 45, 50, 55, 60, 65, or 70 years as of March 31, 2023.
- ③ Male and female residents aged 19, 25 or 30 years, or females aged 20 or 35 years as of March 31, 2023.
- ④ Residents who took city's health checkups in FY 2021.
- ⑤ Residents eligible for the vouchers for Cancer Screening offered by the Japanese government.

※ For those who had the group screening for colon cancer in 2021 there will be enclosed a specific container in your checkup slip for this examination. → **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.**

◆ 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.

※ As 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.

《《《IMPORTANT》》》

To obtain your medical examination, please make sure to bring the following items: **your health checkup slip, medical interview sheet, health insurance card, checkup fees, decision notification (group only, not required for colon cancer inspection).**

◆ Sakura citizens are eligible targets.

◆ Those who are 70 years or older and those who have taken the city's Medical Insurance for the Elderly can apply for all the tests for both, collective or individual and it's free of charge. Make sure to bring the items mentioned above.

◆ For households exempt from municipal tax, welfare recipients who have applied for a fee waiver at least three weeks in advance to the Health Promotion Division, the examination fee will be free of charge.

◆ Prostate cancer screening has started this FY 2022. Target people are men aged 50 and over, every 5 years (individual screening only)

《《《ABOUT THE NINGEN DOCK SUBSIDY》》》

Target people are those indicated in ① and ② above but please note that 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)

KIND OF SCREENING	ELIGIBLE PEOPLE (as of March 31, 2023)	TYPE	FEE	RESER- -VATION	SCREENING SCOPE, ETC.	
Tokutei Kenshin (Specific Health Checkups)	Men/Women aged 40 and over who are: ① Insured by NHI. ② Covered by Latter-Stage Elderly Health Care System. ③ Receiving public assistance and have no social insurance. ※If you joined the NHI on the day of the checkup, you will not be eligible.	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. ▪Collective checkups: If you don't have a container, it can be delivered by post mail or you can obtain it at any health center. ▪Individual checkups: A container for the test must be obtained, in advance, at the medical institution where you are undergoing the screening.	
		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. (*)Free for people aged 40, 45, 50, 55, 60 or 65)	Collective	¥ 500 (*)	Required	Medical interview and blood tests for Hepatitis B virus antigen and Hepatitis C antibody	
		Individual	¥1,000 (*)	Required		
Breast cancer	Mammo- graphy	Collective	¥1,000	Required	Medical interview and X-ray	※Mammography and ultrasound tests cannot be taken simultaneously in the same fiscal year
		Individual	¥2,000	Required		
	Ultra - sound	Collective	¥1,000	Required	Medical interview and ultra-sound	
		Individual	¥2,000	Required		
Cervical cancer	Those 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.	
Prostate Cancer	Men over 50 and those aged every 5 years	Individual	¥1,000	Required	Interview and blood test. Measurement of prostate specific antigen (PSA).	

◆Reservations can be done:

- ① On the Internet: Please provide the necessary information by accessing the city's website <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, 2023) ⑦ Daytime telephone number.
(※Applications by telephone are not accepted).



◆Childcare services are available for cervical cancer and breast cancer collective screenings








For preschoolers (must be aged at least six months old). Available at the screenings listed below. Please call Kenkō Suishin-ka for a reservation, ☎485-6711. ※This service may be halted depending on the coronavirus situation.

➤ **Cervical cancer: December 21, 2022 (Wed)**

➤ **Breast cancer screening for women in their 30's: December 23, 2022 (Fri) and January 25, 2023 (Wed).** Please make a childcare service reservation after you are notified of your assigned screening date.




HEALTH INFORMATION – JUNE 2022

 Mothers & Children checkups				Holiday & Night-time Emergency Medical Services 
HEALTH CHECKUPS	JUNE 2022	PLACE	RECEPTION	
4-month checkup for children born in January 2022. ※ An appointed time will be indicated 	02 (Thur)	Kenkō KC	9:30 – 11:00 &13:30 – 14:15	Sundays & Holidays Night-time Treatment (19:00 ~ 21:45) Internal Medicine and Dentist Services at Kenkō KC ☎239-2020
	10 (Fri)	Seibu HC	9:30 – 11:00 &13:30 – 15:00	
	20 (Mon)	Nambu HC	13:30 – 15:00	
8-month checkup (“Mogu-Mogu Class”) for children born in September 2021. ※ Application required	07 (Tue)	Kenkō KC	13:15 – 15:15	
	17 (Fri)	Seibu HC	9:15 – 11:45	
	20 (Mon)	Nambu HC	9:15 – 11:15	
18-month checkup for children born in December 2020. ※ An appointed time will be indicated	14 (Tue)	Kenkō KC	13:10 – 14:40	
	22 (Wed)	Seibu HC		
3-year checkup for children born in December 2018 ※ An appointed time will be indicated.	15 (Wed)	Kenkō KC	13:10 – 14:40	
	23 (Thur)	Seibu HC		
Dental Checkup for children born in June or Dec. 2019, or in June 2020. ※On the days with a *mark, consultation on Speech Development is also available. ※An appointed time will be indicated. 	09*(Thur) 21 (Tue)	Kenkō KC	13:15 – 14:15	
	13*(Mon) 27 (Mon)	Seibu HC		
	06*(Mon)	Nambu HC		
Child Development Consultation for pre-schoolers (“Suku-Suku Hattatsu Sohdan”) ※ Application required	16 (Thur)	Kenkō KC	9:00 – 12:00	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
※ Maternity Class for expectant mothers and fathers is scheduled in July				
Health Consultation for Adults				
Consultation with a public health nurse ※ Application required	 24 (Fri)	Kenkō KC	  9:30 - 11:30	
	08 (Wed)			
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
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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. From June 1, dental examination for new adults (19 years old) will be conducted too.



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

- 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. I have cavities left unattended, some teeth need fillings. I can't properly bite with my left and right molars. My dentures don't match. I have many missing teeth but I don't have a denture.

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 have checked any of them. Please consult with your dental clinic if you show any of the above symptoms.


Kenkō Suishin-ka (Health Promotion Section) ☎ (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 11 (Sat) AM 9:30~12:00 PM 13:30~16:00

- ▶ 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.

Inquiries: Shakai Fukushi-ka (Social Welfare Section) ☎ 484-6135


POPULATION OF SAKURA CITY AS OF THE END OF APRIL, 2022 ※ () Increase/Decrease from previous month.
 The population was 171,758 ※ (+) 11. The total includes 84,470 males and 87,288 females in 78,911 households.
 Registered non-Japanese residents: 3,777