

Public Information Ichihara
No.1348 July 15th 2011
Translated by Ichihara International Association
Tel (23) 9826

Child support allowance

Eligible: Fathers , mothers or guardians who are raising children.

This allowance is paid until the first March 31 after the children turn 18.

(If the children are disabled, under 20 years old.)

Requirements : (1) and (2)

(1) Father or mother or guardian is not married or divorced, or spouse is deceased or severely disabled, missing, has abandoned families (over 1 year), or has been in prison (over 1 year).

(2) Father , mother or guardian is not able to receive a pension.

Allowance : ¥9,810~¥41,550/month per child

(For the 2nd child ¥5,000, for 3rd child and more, ¥3,000 will be added)

Medical treatment subsidies

Eligible: Fathers , mothers or guardians who are raising children.

This subsidy is paid until the first March 31 after the children turn 18.

(If the children are disabled, under 20 years old.)

Requirements: (1) and (2)

(1) Father , mother or guardian is not married or divorced, or spouse is deceased or severely disabled, missing, has abandoned families (over 1 year), or has been in prison (over 1 year).

(2) Father , mother or guardian is not able to receive subsidies for medical treatment in other system.

Subsidies amount: For going to hospital, amount which exceeds ¥1,000/month at each medical facilities, for hospitalization, amount except standard meal and medical treatment cost will be subsidized.

How to apply: Bring documents providing the state of single parent family such as a copy of family register (koseki tohon), bankbook in the name of the applicant, health insurance card, income/tax certificate (Only if you moved in Ichihara after January 2nd) and the seal to the Child Welfare Division. Please ask for details before applying as the necessary documents might change according to your living conditions.

Note: (1)The income limit is set for each subsidy.

(2)Acceptance of documents and consultations are not available in branch offices.

(3)It is necessary to hand in forms in August every year to confirm the current situation.

For application and inquiries; Call Child Welfare Division Tel: 23-9802

From Ichihara Municipal Health Center (Hoken Center)

http://www.city.ichihara.chiba.jp/055ho-center/00_kurasi_top.htm

For further information,

Contact Hoken Center (〒290-8502 Goi8181-1 Tel 23-1187 Fax 23-1295)

Schedules of August and September	
<p>Cooking class for expecting mothers (Need 300yen)</p> <p>For: women who are pregnant 5 months to 9 months. (15 fast applicants are allowed to attend it!)</p> <p>Please call: 23-1187(Need an appointment.)</p>	<p>➤ Hoken Center (10:00-13:30)</p> <p>Sep. 8, Thu (Application dead line: Aug. 25, Thu)</p>
<p>Baby food (Free)</p> <p>For:10-month-old babies who start to bite</p> <p>10 fast applicants are allowed to attend each session.</p> <p>Make an appointment.</p> <p>Please call:23-1187</p>	<p>➤ Hoken Center</p> <p>① Aug.17, Wed for babies born in Oct., 2010 (Heisei 22) (Application dead line: Aug. 3, Wed)</p> <p>② Sep. 14, Wed for babies born in Nov., 2010 (Heisei 22) (Application dead line: Aug. 31, Wed)</p> <p>Time: Choose either from 10:00 to 11:30 (morning session) or from 13:30 to 15:00 (afternoon session).</p>
<p>Expecting mothers' and fathers'class (2 courses)(Free)</p> <p>For pregnant women and their family</p> <p>Please bring your Maternal and Child Health Hand book</p>	<p>➤ Hoken Center</p> <p>Course 1: Aug. 5, Fri. and 26, Fri</p> <p>Course 2: Sep. 2, Fri. and 16, Fri,</p> <p>For each course</p>

and writing materials. Please call: 23-1187	13:00 ~ 16:00 for 1 st day 9:15 ~ 12:00 for 2 nd day
Dietary consultation (Free) Please call 23-1187 and make an appointment by 7 days before consultation. (Except for a person who is on any medical treatment.)	Place and Time ➤ Hoken Center Aug. 9, Tue and 26, Fri. Sep. 1, Thu and 12, Mon Time would be informed you on the time of reservation.
Health Consultation (Free) You need to make an appointment. Please call 23-1187 by 3 days before your consultation. Tatsumi Public Hall would be closed when there are no appointments.	Place and Time: ➤ Hoken Center: From 9:15 to 15:15 on Aug.5, Fri and Sep. 2, Fri. ➤ Tatsumi Public Hall: From 9:15 to 11:15 on Sep. 27, Tue. ➤ Sun Heart: From 13:15 to 15:15 on Aug 8, Mon., Sep. 1, Thu. ➤ Nansou Branch: From 13:15 to 15:15 on Aug. 18, Thu., Sep. 29, Thu ➤ Anessa: From 13:15 to 15:15 on Aug. 25, Thu and Sep. 22, Thu
Mother and child's Health Consultation (Free) For expecting mothers, nursing mothers, babies and infants Please bring your Maternal and Child Health Hand book (BOSHITECYO in Japanese) and a towel. (At Hoken Center, for expecting mothers and under one-year-old babies in August, for over one-year-old infants in September. At Anessa, for over one-year-old infants in August, for expecting mothers and under one-year-old babies in September.)	Place: ➤ Tatsumi Public Hall: Aug. 1, Mon. ➤ Hoken Center: Aug. 19, Fri., Sep. 5, Mon. ➤ Sun Heart: Aug. 22, Mon. ➤ Anessa: Aug.31, Wed., Sep.13, Tue. ➤ KikumaHoken FukushiCenter: Sep. 1, Thu. ➤ Chiharadai Community Center: Sep. 8, Thu. Time: 9:30~10:30 in all above places

Prevention of heatstroke

Supply of water and salt

- Take liquid and salt even if you are not thirsty.

Watch room temperature

- (1) Use an electric fan or air-conditioner. Too much saving of electricity might cause you heatstroke, so be careful.
- (2) Frequent air change, Use of black-out curtain, screen will help to keep room temperature not too high.

When going out

Use a parasol, hat, or wear clothes made of breathable fabric.

Watch people around you

Watch elderly people and children who are vulnerable to heatstroke. Look around when someone around you flush or have headache.