

# **Public Information Ichihara**

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**Translated by**

**Ichihara International Association**

**Tel (23)9826**

## **Prevent Flail**

We call a condition having high risk of being in need of nursing care, "Flail".

### **Don't miss a sign, if you become fatigued**

Do you become fatigued or feel your walking speed became slow? Decline of physical and cognitive function and body weight could cause flail.

An early stage prevention can suppress progress and even restore to healthy condition.

### **Three pillars preventing flail**

#### **Nutrition**

It's important to have meat or fish containing protein, processed soy products, and dairy products making strong bones. Eat a well-balanced diet. In addition, have a dental checkup regularly.

#### **Exercise**

It's important to secure a timeslot to exercise. Exercise within your daily life, such as use stairs, go to meet your family or friends, and move 10 minutes longer than present.

#### **Public participation**

To keep up your mental and physical health, it's a key to have something to live for, such as hobby, volunteer work, and working.

**For more information, call 23-1187 Hoken Center**

## **Prevention of Emergency and First Aid**

### **Prevention of Emergency**

Number of calls for ambulances is growing in recent years. Breakdown list for the age

of people who had ambulance transport shows aged people accounts for large percentage. Infants also have the large number of ambulance transport.

Take measures against the accident to prevent emergency. (See chart 1)

Chart 1

### **Prevention of Emergency for aged people and infants**

#### ●For aged people

##### **Falling Accident**

###### **Room**

Don't lay power cord cross a room

Eliminate a step difference

###### **Stairs and floor**

Fix handrail and slip stoppers, and don't put things

###### **Bath room**

Put slip-proof mat

###### **Gardetn**

Avoid wearing sandals. Put on safety shoes.

##### **Choking by getting food caught in one's throat**

Use a small spoon and put a small amount of food into one's mouth

Don't eat while watching TV

Choose thickened or semi-solid food

Sit upright for two hours after meals

Brush one's teeth well

#### ●For infants

##### **Accidentally swallowing foreign materials**

Don't place things that pass the core of the toilet paper, size of 39mm or smaller, within the reach of children. For example, cigarettes, medicines, plastic materials, metal products, toys, etc.

##### **Accident in the bath room**

Don't leave water in the bathtub

Don't let children take a bath by themselves.

### **Use ambulance properly**

Number of calls for ambulances is growing, on the other hand, sometimes ambulance is easily requested; for example, because a person doesn't have a taxi fee, because a person get a cold.

When ambulance is unnecessarily requested, people who really need the ambulance cannot use it at the criminal moment.

Please understand to use ambulance properly.

### **When you cannot decide whether you request an ambulance**

When you see the symptoms of chart 2, don't hesitate to call an ambulance (tel: 119), since it may be a serious disease or injury.

When you wonder whether you should request an ambulance, call the following numbers. Nurse will give you an advice on the phone.

#### **【Telephone advice for emergency】**

Available hours: 6:00 pm – 11:00 pm (Monday – Saturday)  
9:00 am – 11:00 pm (Sunday, Holiday, New Year's holiday)

Phone number: #7009 or 03-6735-8305

#### **【Telephone advice for emergency of kids】**

Available hours: 7:00 pm – 6:00 am (everyday)

Phone number: #8000 or 043-242-9939

### Chart 2

#### **Call 119 immediately when you see the following symptoms**

- Sudden severe headaches
- Obviously looking pale
- Cannot speak clearly
- Sudden weakened hands and feet
- No reaction
- Difficult breathing
- Chest pain feeling tight
- Vomiting blood and melena

### **First Aid**

When every second counts, such as cardiopulmonary arrest, it's important that

bystanders give a person first aid while waiting the ambulance. (It takes 8 minutes 30 seconds to get to the scene on average.)

Check how to give first aid using AED properly. (See chart 3.)

Chart 3

### **First Aid using AED**

When you see a person fallen down, .....

**1. Say something to the person and see a reaction**

If the person doesn't react to you, take it as "no reaction".

**2. If the person have no reaction, call 119 and find cooperator**

Appoint someone and ask "please bring AED here."

**3. Check respiration**

See the chest and stomach in ten seconds and check whether the person has normal respiration. If the person has intermittent respiration like as heaving with sobs, it's not normal respiration.

**4. If the person doesn't have normal respiration, press breast bone 30 times, and practice artificial respiration twice on the person**

It's important to press breast bone "strongly, speedily, and constantly". Press breast being dented about 5cm (one third of chest depth for a child) speedily like 100 to 120 times per a minute. If you hesitate to practice artificial respiration, omit it and continue pressing breast bone.

**5. When you get AED, turn on power and stick the electrode pad on the chest**

Lay the person's breast bare, and stick the electrode pad on upper right of chest (below the clavicle) and lower left of chest (5-8cm below the person's side). Please be sure not to stick the pads touch each other.

**6. AED will analyze electrocardiogram automatically. When you hear a sound saying "Press the shock button", press the button**

When AED analyze electrocardiogram and press the shock button, make sure nobody is touching the person.

**For more information, call 22-8117 Fire suppression & Emergency Medical Service Division**

## Consultation Services

**Place:** ShiminSodanShitsu (Citizens' Counseling Room/ 10<sup>th</sup> floor of the city hall)

**Fee:** Free

\*If your problem or concern is on trial or arbitration, you are not allowed to get consultations below.

**Appointment & Contact:** Call 23-9808 ShiminSodanShitsu (Citizens' Counseling Room)

### Consultation services

<p><b>General Consultation</b> (Telephone consulting service available) For example, problem in a private life</p>	<p>Monday-Friday 9:00 a.m.- 4:00 p.m.</p>	<p>Go to ShiminSodanShitsu (Citizens' Counseling Room/ 10<sup>th</sup> floor of the city hall), or call 23-9808</p>
<p><b>Legal Consultation</b> Consult with a lawyer about legal problems on civil and criminal case. (20 minutes per person.)</p>	<p>Tuesdays &amp; Thursdays (Except on Sep 6 (Thu) and Sep 20 (Thu))  9:30 a.m.-3:30 p.m. (2:00 p.m.-7:00 p.m. on Sep27 (Thu))</p>	<p>Reservation is required. *Reservation is available from 1:00 p.m., one day before the consultation. If the day is a holiday, one more before the day. (Weekday only) *1 time only for 1 case.</p>
<p><b>Human Rights Consultation</b> For example, harassment, bullying, and discrimination</p>	<p>Mondays (Except Sep 17<sup>th</sup> (Hol) and Sep 24 (Hol))  10:00 a.m.-3:00 p.m.</p>	<p>Go to ShiminSodanShitsu (Citizens' Counseling Room/ 10<sup>th</sup> floor of the city hall)</p>
<p><b>Administrative Consultation</b> For example, request and opinion for national government and organization's work</p>	<p>September 19<sup>th</sup> (Wed) 10:00 a.m.-3:00 p.m.</p>	<p>Go to ShiminSodanShitsu (Citizens' Counseling Room/ 10<sup>th</sup> floor of the city hall)</p>
<p><b>Real Estate Consultation</b> For example, home sale, rental</p>	<p>September 14<sup>th</sup> (Fri) 10:00 a.m.-3:00 p.m.</p>	<p>Reservation is required.</p>
<p><b>National Tax Consultation</b> For example, refund claim of national tax, and other tax problems</p>	<p>September 21<sup>st</sup> (Fri) 10:00 a.m.-3:00 p.m.</p>	<p>Reservation is required.</p>

<b>Construction Consultation</b> Regarding construction	September 28 <sup>th</sup> (Fri) 10:00 a.m.-3:00 p.m.	Go to ShiminSodanShitsu (Citizens' Counseling Room/ 10 <sup>th</sup> floor of the city hall)
<b>Home Consultation (Extension &amp; Reconstruction)</b> For example, renovation of a house, and remodel a house design to elderly people	September 26 <sup>th</sup> (Wed) 10:00 a.m.-3:00 p.m.	Go to ShiminSodanShitsu (Citizens' Counseling Room/ 10 <sup>th</sup> floor of the city hall)
<b>Consultation about authorization, inheritance, and real property registration</b> For example, how to make official documents, and how to register real property	September 12 <sup>th</sup> (Wed) 10:00 a.m.-3:00 p.m.	Reservation is required.
<b>Traffic Accident Consultation</b> For example, liability for damages, percentage of fault determination, and how to settle a matter privately	Wednesdays & Fridays 9:00 a.m.-4:00 p.m.	Go to ShiminSodanShitsu (Citizens' Counseling Room/ 10 <sup>th</sup> floor of the city hall), or call 23-9808
<b>Marriage Consultation</b> For people who would like to find a right marriage partner (please contact before going to ShiminSodanShitsu)	Tuesdays & Fridays (Except Sep 21 <sup>st</sup> (Fri)) 9:00 a.m.-4:00 p.m.	Reservation is required.

## Air Conditioner to be installed in all class rooms at municipal elementary and junior high schools

Responding to a request from citizens and city council, air conditioner will be installed in all class rooms at municipal elementary and junior high schools by next summer.

For more information, call 23-9846 Educational Facilities Division





## **ZA Martial Arts Hall to be Temporary Closed and Partially Restricted to Use**

ZA Martial Arts Hall will be closed on September 5<sup>th</sup> (Thu) for floor cleaning.

Health Promotion Center and Jogging Course are not available from 2:00 pm to 4:00 pm on Fridays from September 7<sup>th</sup> (Fri) to October 26<sup>th</sup> (Fri).

**For more information, call 41-9825 ZA Martial Arts Hall, or 23-7015 Sports Promotion Division**

## **Ichihara Youth Hall to be Temporary Closed**

Ichihara Youth Hall will be closed on September 8<sup>th</sup> (Sat) for cleaning.

**For more information, call 43-3651 Ichihara Youth Hall, or 23-9850 Lifelong Learning Division**

## **Sun Plaza Ichihara to be Temporary Closed**

Sun Plaza Ichihara will be closed on September 9<sup>th</sup> (Sat) for maintenance of equipment.

**For more information, call 24-1151 Sun Plaza Ichihara, or 23-9801 citizens Activity Support Division**