

# **Public Information Ichihara**

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**Translated by**

**Ichihara International Association**

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## **Comprehensive Disaster-Preparedness Drill to be held**

Comprehensive disaster-preparedness drill will be held on September 2<sup>nd</sup> (Sun).

How do you take action when you hear earthquake early warning?

It's important to protect yourself at first. Keep your body low, protect your head, and don't move.

When you are inside, keep your body low and protect your head under a desk or table.

When you don't have anything to protect your head, use your arms or bag to protect your head. When you are outside, find a place away from buildings, trees, and electric wire. Protect your head while keep your body low there.

Don't move and stay there until it stopped shaking.

### **Check the Anti-Earthquake Measures at Home**

- TV and other furniture are fixed firmly.
- Glass scattering prevention films are stuck on windows.
- Have flashlight, alarm whistle, and slippers, in a bed room.
- Emergency bag is prepared.
- Backup battery of radio and cell phone is prepared.
- Emergency food and storage water are prepared at least for 3 days.
- Household medicine is prepared for 1 week or more.
- Have walked and checked the way to a shelter.
- How to contact/meet with families is decided.
- Have registered information distribution mail, and have a disaster prevention radio.

**Participate in the comprehensive disaster-preparedness drill**

Comprehensive disaster-preparedness drill will be held in each district in Ichihara City.

(See chart 1)

Date and place for Comprehensive disaster-preparedness drill

	<b>District</b>	<b>Assembly point</b>	<b>Contact number</b>
<b>Central Venue</b>	Shizu	Urutsu JH school	Disaster Prevention Division 23-9823
<b>District Venue</b>	Anesaki	Anesaki Elementary School	Anesaki Branch 61-0042
	Ichihara	Ishizuka Elementary School	Ichihara Branch 41-0141
	Goi	Tokai Elementary School	Goi Branch 21-2156
	Sanwa	Shisai Elementary School (main venue), Yoro Elementary School, Unakami Elementary School, Kofudai Elementary School, and Futaba Elementary School	Sanwa Branch 36-1111
	Tatsumi-dai	Tatsumidai JH School (main venue), Tatsumidai Higashi Elementary School, Tatsumidai Nishi Elementary School, and Shirahata Elementary School	Tatsumidai Branch 74-2211
	Nanso	Terayatsu Elementary School	Nanso Branch 92-1111
	Kamo	Kamo Gakuen	Kamo Branch 96-0101
	Yushu	Yushu Higashi Elementary School	Yushu Branch 66-0070
	Chiharadai	Mizunoe Elementary School	Chiharadai Branch 50-2311

### Drills at central venue

Drills of action to secure safety, support of refugees who need support, food and water distribution, disaster prevention awareness, etc. will be held.

### Drills at district venue

Drills consistent with regional conditions, such as refuge and evacuation guidance, establishment and operation of shelter, will be held.

**For more information, call 23-9823 Disaster Prevention Division.**

### Apply for Benefits

People with physical/intellectual/mental disabilities and meet the following requirements are available to receive benefits. People who are receiving the benefits at present don't need to apply for.

**Requirements:** People with disabilities as chart 1. Those who meet the followings ((1) and (2)) are not eligible. (1) Receiving special disability benefits or benefits for people with disability. (2) Being in a facility such as special elderly nursing home.

Allowance: 3,500 yen to 11,000 yen per a month (depending on kind and level of disability and age)

Age	Disability condition
Under the age of 20	Physical: grade 1-4 of physical disability certificate
	Intellectual: A-B1 of rehabilitation certificate
	Multiple disabilities: grade 1, 2 of physical disability certificate, and A-A2 of rehabilitation certificate
	Mental: grade 1 of mental disability certificate
20 and older	Physical: grade 1, 2 of physical disability certificate
	Severe intellectual: A1-A2 of rehabilitation certificate
	Mental: grade 1 of mental disability certificate, and A-A2 of rehabilitation certificate
	Bedridden physical: Under the age of 65 and don't use nursing-care insurance

**How to apply:** Write requirements on the application form available at Support for Persons with Disabilities Division, and apply at the window or by post.

**Note:** (1) When persons who fall into the category of bedridden person with disability apply for the benefits, social worker or counselor of people with disability need to prove it. (2) Persons who receive issuance will be tested income. (3) If persons apply at the window, bring hanko (seal), physical disability certificate/rehabilitation certificate/ mental disability certificate, and bank book for the money transfer.

**Where to apply:** Support for Persons with Disabilities Division (☎ 290-8501) (tel: 23-9815)

**For more information, call 23-9815 Support for Persons with Disabilities Division**

## **Classes at Sanwa Health and Welfare Center (San-Heart)**

### **Parent-Baby Yoga Class**

**Date and time:** September 7<sup>th</sup> (Fri), 10:00 am - 11:00 am

**Eligibility:** 11 months - 1 and a half years infants and their parent

**Number of participants:** First 10 pairs of applicants

**Fee:** Free

**How to apply:** Apply at the window or by phone.

**For more information, call 37-7100 San-Heart, or 23-9802 Child Welfare Division**

### **Health Tips by Laugh Class (Four times in all)**

**Data and time:** September 11<sup>th</sup> (Tue), 9:30 am - 11:30 am, for the first class

**Eligibility:** 60 and older

**Number of participants:** First 15 applicants

**Fee:** Free

**How to apply:** Apply at the window or by phone.

**For more information, call 37-7100 San-Heart, or 23-9814 Support for Senior Citizens Division**

## Once-Yearly Metabolic Syndrome Check-up ~Special Health Check-up and Specific Health Guidance~

Metabolic Syndrome check-up will be held in Ichihara City targeting insured citizens of National Health Insurance from 40 to 74 years old. (Coupon was already sent in April.)

**Deadline of check-up:** Friday, November 30<sup>th</sup>.

**Fee:** Free

### Check Your Metabolic Syndrome Status

**Obesity:** 85 cm or more of AC for male and 90 or more of AC for female

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- ① Abnormal fasting blood glucose level
- ② High-blood pressure
- ③ Lipid abnormality (NF, HDL Cholesterol)
- ④ Smoking

If you apply the above AC size and one of ①~③, risk of lifestyle disease begins to appear. Prevention and amelioration are needed.

If you apply the above AC size and two of ①~④, risk of lifestyle disease are piled up. Myocardial infarction and stroke are at increased risk, if you continue present lifestyle.



**Receive support and improve lifestyle habit!**

For more information, call 23-1185 National Health Insurance Division

## Ichihara Youth Hall to be Temporary Closed

Ichihara Youth Hall will be closed on September 3<sup>rd</sup> (Mon) for cleaning.

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