

Public Information Ichihara

No.1487 May 1st 2017

Translated by
Ichihara International Association
Tel (23)9826

Beware of Invasive Alien Species

It is banned to move or raise invasive alien species without permission. When you see the followings, give a proper response as follows.

Raccoon	Do not stimulate it and move away from it calmly, or just wait until it moves away. Do not feed.
Coreopsis Lanceolata	Land owner must pull out from the roots being careful that seeds will not fly, and put it in a burnable garbage bag on the spot.
Redback Spider	Do not touch with bare hands. Exterminate it with household pesticide or stomp it with shoes. When you get bitten, rinse off with water immediately and visit a clinic without delay, bringing killed spider if possible.
Snapping Turtle	Do not touch, and contact Environmental Management Division immediately. (Tel: 23-9867)

For more information, call 23-9867 Environmental Management Division

Health Check-up

It is important to take a regular health check-up, to detect a disease before it progresses. Take the check-up for yourself and your beloved family.

How to take an exam

Apply by phone at Hoken Center (23-1199), or through city website.

(When you apply by phone, tell them your option of check-ups, your name, address, date of birth, gender, phone number.)



Ticket and other documents will be sent in a week.

Bring your ticket, needed documents, and the amount of your personal payment, to the designated place.

Note:

1. People who meet any of the followings cannot take check-ups.
 - (1) Having opportunities to take similar health check-up at your work place, etc.
 - (2) Taking Kokuho Tanki Ningen Dock (National Health Insurance short term complete medical checkup) or Haturatsu Tanki Ningen Dock (Complete medical checkup for members of Kokikoreisha Iryo Seido) (ref. Public Information Ichihara No. 1486, April 15th 2017.)
 - (3) Be under medical treatment or follow-up period on the same disease as the check-up.
 - (4) Received the same check-up in the fiscal year of 2017.
2. If there are 2 types of exam, choose one.

Individual: held at a designated medical institution in the city.

Group: held in an examination car at Hoken Center, Public hall, etc.
3. The list of the places for group exam and designated medical institutions is available on the sheet enclosed with a ticket, at the city website, and a call at 23-1187 (Hoken Center)

Cancer Check-up and others

	Name of examination		Target	Type of check-up	Period	Fee of your own	When to apply
Cancer Check-up	Uterine Cancer Screening		Female at age 20 or over and even numbered age	Group	June -December	¥500	By December 5 th (Tue)
				Individual	May -March	¥600	By March 15 th (Thu)
	Breast Cancer Screening	Supersonic Wave	Female at age 30-39	Group	June -January	¥500	By December 20 th (Wed)
				Individual	May -January	¥600	

	Breast Cancer Screening	Supersonic Wave	Female at age 41 or over, and odd numbered age	Individual	May -January	¥600		
		Mammography	Female at age 40 or over, and even numbered age	Group	June -January	¥500		
				Individual	May -January	¥800		
	Lung Cancer/ Tuberculosis Check-up (Only Individual examination is available for sputum examination)		Those at age 40 or over	Group	May -November	¥200	By November 20 th (Mon)	
				Individual	May -November	¥600		
	Stomach Cancer Screening	Barium Exam	Those at age 40 or over	Group	August -November	¥500	By November 20 th (Mon)	
				Individual	May -November	¥2,000		
			Endoscopic Exam	Those at age 50 or over, and even numbered age	Individual	May -November	¥3,000	By November 20 th (Mon)
	Large Intestinal Cancer Screening		Those at age 40 or over	Individual	May -November	¥500	By November 20 th (Mon)	
	Prostate Cancer Screening		Male at age 50 or over (every 5 years)	Individual	May -November	¥500	By November 20 th (Mon)	
Other Check-ups	Hepatitis Virus Check	Those at age 40 or over (who have not taken this optional exam before)	Individual	May -November	Free	By November 20 th (Mon)		

Youth Health Checkup	People of 20~39	Individual	May -November	¥1,000	By November 20 th (Mon)
-------------------------	--------------------	------------	------------------	--------	--

* Age is based on your age on 1st April 2017.

* Those who took Lung Cancer/ Stomach Cancer Screening, Large Intestinal Cancer Screening, or Breast Cancer Screening in the fiscal year of 2015 or 2016, or those who took Uterine Cancer Screening in the fiscal year of 2015, will receive a medical ticket, if the condition is not abnormal at the checkup. (Application is not needed.)

* Chest X-ray and sputum examination of the lung cancer check-up will be done at the same medical institute.

Specific Health Screening and Kokikoreisya Health Screening (Kokikoreisya: insured people aged 75 and over)

Name of exam	Target	Type of Check-up	Period	Fee of your own	How to apply
(1) Specific Health Screening	National Health Insurance Members who are 40 - 74 years old (as of March 31st, 2018)	Group	May -November	Free	Reservation is not required. People who joined National Health Insurance or Public Medical Insurance for the elderly aged 75 or over, on or after April 2nd, 2017, need to apply by phone at 23-1185 by November 20 th (Mon).
		Individual			
(2) Kokikoreisya Health Screening	Members of Public Medical Insurance for the elderly aged 75 or over	Group			
		Individual			

* Both screening of (1) & (2) do check height, weight, blood-pressure check, urinary test, blood test and internal examination.

* For Specific Health Screening, abdominal circumference will be also measured. For the both screening of (1) & (2), other exams (electrocardiogram exam, fundus exam, or anemia test) would be added at doctor's discretion.

For reservation: call 23-1199

For inquiries: call 23-1187, Hoken Center

Consultation Services

Place: Shimin Sodan Shitsu (Citizens' Counseling Room/ 10th 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>General Consultation (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 Shimin Sodan Shitsu (Citizens' Counseling Room/ 10th floor of the city hall), or call 23-9808</p>
<p>Legal Consultation Consult with a lawyer about legal problems on civil and criminal case. (20 minutes per person.)</p>	<p>Tuesdays & Thursdays (Except May 2nd (Tue)) 9:30 a.m.-3:30 p.m. (2:00 p.m.-7:00 p.m. on May 30th (Tue))</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>Human Rights Consultation For example, harassment, bullying, and discrimination</p>	<p>Mondays (Except May 1st (Mon) and May 15th (Mon)) 10:00 a.m.-3:00 p.m.</p>	<p>Go to Shimin Sodan Shitsu (Citizens' Counseling Room/ 10th floor of the city hall)</p>
<p>Administrative Consultation For example, request and opinion for national government and organization's work</p>	<p>May 17th (Wed) 10:00 a.m.-3:00 p.m.</p>	<p>Go to Shimin Sodan Shitsu (Citizens' Counseling Room/ 10th floor of the city hall)</p>
<p>Real Estate Consultation For example, home sale, rental</p>	<p>May 12th (Fri) 10:00 a.m.-3:00 p.m.</p>	<p>Reservation is required.</p>

<p>National Tax Consultation For example, refund claim of national tax, and other tax problems</p>	<p>May 19th (Fri) 10:00 a.m.-3:00 p.m.</p>	<p>Reservation is required.</p>
<p>Construction Consultation Regarding construction</p>	<p>May 26th (Fri) 10:00 a.m.-3:00 p.m.</p>	<p>Go to Shimin Sodan Shitsu (Citizens' Counseling Room/ 10th floor of the city hall)</p>
<p>Home Consultation (Extension & Reconstruction) For example, renovation of a house, and remodel a house design to elderly people</p>	<p>May 24th (Wed) 10:00 a.m.-3:00 p.m.</p>	<p>Go to Shimin Sodan Shitsu (Citizens' Counseling Room/ 10th floor of the city hall)</p>
<p>Consultation about authorization, inheritance, and real property registration For example, how to make official documents, and how to register real property</p>	<p>May 10th (Wed) 10:00 a.m.-3:00 p.m.</p>	<p>Reservation is required.</p>
<p>Traffic Accident Consultation For example, liability for damages, percentage of fault determination, and how to settle a matter privately</p>	<p>Wednesdays & Fridays (Except May 19th (Fri)) 9:00 a.m.-4:00 p.m.</p>	<p>Go to Shimin Sodan Shitsu (Citizens' Counseling Room/ 10th floor of the city hall), or call 23-9808</p>
<p>Marriage Consultation For people who would like to find a right marriage partner (please contact before going to ShiminSodanShitsu)</p>	<p>Tuesdays & Fridays (Except May 19th (Fri) and May 26th (Fri)) 9:00 a.m.-4:00 p.m.</p>	<p>Reservation is required.</p>
<p>Consultation in English For people who cannot speak in Japanese.</p>	<p>Monday & Thursday 9:30 a.m. – 3:30 p.m. (Last order must be by 3:00 p.m.)</p>	<p>Call 23-9866 before going to Shimin Sodan Shitsu.</p>

Disaster Prevention Bus Tour with Foreign Residents

Date & Time: May 28th (Sun), 8:30 am - 4:30 pm

Visiting places: Kenseibu Bosai Center (Disaster Prevention Center in west prefecture), etc.

Eligibility: 3 years old or older.

Number of participants: 15 participants selected in a drawing

Fee: 1,200 yen for adult, 1,000 yen for children

How to apply: Apply by postcard, fax, or email with your name, telephone number, address and age by May 12th (Fri).

Where to apply:

Address: Ichihara International Association (IIA), c/o Human Rights and International Affairs Division (〒290-8501)

Email: iaa@city.ichihara.lg.jp

Fax: 23-7252

For more information, call 23-9826 Ichihara International Association (IIA) or Human Rights and International Affairs Division

Ichihara Youth Hall (Ichihara Seishonen Kaikan) to be Temporary Closed

Ichihara Youth Hall will be temporary closed on June 5th (Mon) for floor cleaning.

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

ZA Martial Arts Hall to be Temporary Closed and Use Restriction

ZA Martial Arts Hall will be temporary closed on May 15th (Mon) for floor cleaning.

Health Improvement Center and a jogging course are not available from 2 pm to 4 pm on every Fridays from May 12th (Fri) to June 30th (Fri).

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



Tsunami Evacuation Planning was Modified

Evacuation Directive will be issued to the evacuation needed area, when Japan Meteorological Agency issued tsunami advisory or higher alert in inland bay of Tokyo Bay.