

Public Information Ichihara

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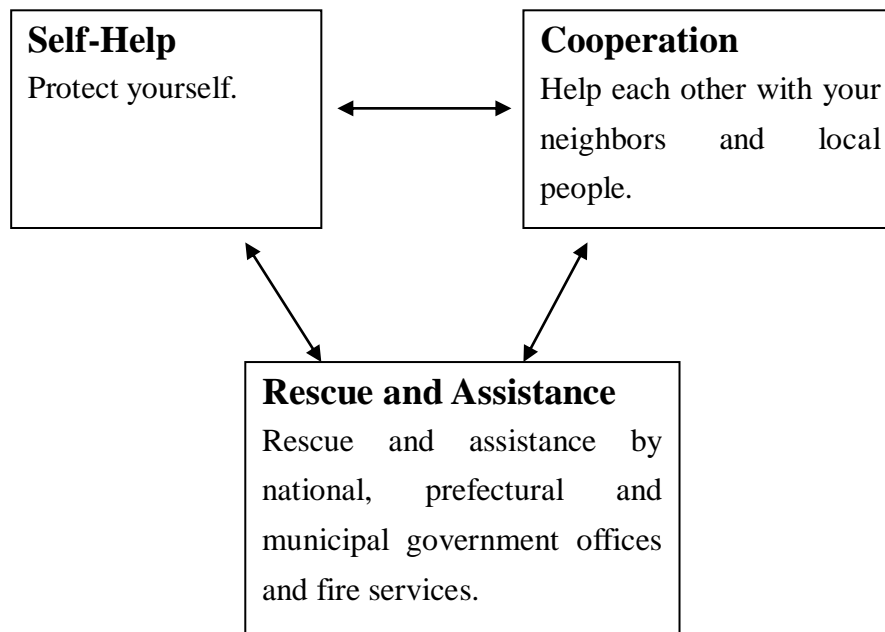
Translated by

Ichihara International Association

Tel (23)9826

Comprehensive Disaster-Preparedness Drill will be held

Comprehensive disaster-preparedness drill will be held on September 2nd (Sat) and 3rd (Sun).



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.

Drill for all citizens

Perform disaster prevention training by yourself by securing your own safety, when you get Earthquake Early Warning through emergency broadcast system. In addition, see the check list above and self-diagnose the earthquake countermeasures of your house.

Drill of shelters

Disaster drill and drill to open/operate shelters will be held.

Drill of central site

Drill of damage information collection, drill to carry refugees including people needing support, series of drill from lifesaving to disaster medical activity, etc. will be held.

Drill of district site

Disaster drill, information transfer drill, and drill to open shelters being or centered around neighborhood associations.

Date and place for Comprehensive disaster-preparedness drill

Drills	Date	District	Assembly point	Contact number
Drill of shelters	Sep 2nd (Sat) 9:00-12:30	Shizu	Shito JH School	Disaster Prevention Division 23-9823
Drill of central site	September 3rd (Sun) 9:00-12:30	Kamo	Kamo Gakuen (School of educational continuity from elementary through JH school)	
Drill of district site		Anesaki	Aobadai Elementary School	Anesaki Branch 61-0042
		Ichihara	Ichihara Elementary School	Ichihara Branch 41-0141
		Goi	Goi Elementary School	Goi Branch 21-2156
		Sanwa	Kofudai Elementary School	Sanwa Branch 36-1111

	Tatsumi-dai	Tatsumi Public Hall, Tatsumidai Higashi Elementary School, Shirahata Elementary School, Tatsumidai JH School	Tatsumidai Branch 74-2211
	Nanso	Ushiku Elementary School	Nanso Branch 92-1111
	Yushu	Yushu Nishi Elementary School	Yushu Branch 66-0070
	Chiharadai	Shimizudani Elementary School	Chiharadai Branch 50-2311

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

Once-Yearly Metabolic Syndrome Check-up

~Special Health Check-up and Specific Health Guidance~

Metabolic Syndrome check-up is held in Ichihara City targeting insured citizens of National Health Insurance from 40 to 74 years old.

How to apply:

Individual health examination⇒ Call designated medical institutions in the city and apply.

Mass health examination⇒ Come to Hoken Center, Public Hall, etc. on the day directly.

Deadline for check-up: Thursday, November 30th.

Fee: Free

Note: (1) Designated medical institutions for individual health check-up and schedule of group examination are available on the check-up ticket, city website, or Hoken Center.

(2) People, who lost check-up ticket or have taken out National Health Insurance in the city on April 1st 2017 or later, are required to call Hoken Center.

For more information, call 23-1185 Hoken Center

Class of Exercise for Health (4times in all)

Date and time: September 24th (Sun), 11:00 am – noon for the first class

Place: ANESSA

Eligibility: 60 years old or older

Number of participants: First 40 applicants

Fee: Free

How to apply: By phone or at the window.

Where to apply: ANESSA (tel: 62-8601)

For more information, call 62-8601 ANESSA, or 23-9814 Senior Citizens' Support Division

Your Cooperation on Water Saving is appreciated

We have a small amount of rainfall this summer, and amount of water reserved in dam decreases. We appreciate in advance for your cooperation on water saving.

For more information, call 23-9861 Water Supply Division

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

Health Promotion Center and Jogging Course are not available from 2:00 pm to 4:00 pm on Fridays from September 1st (Fri) to October 20th (Fri).

ZA Martial Arts Hall is closed on September 7th (Thu) for floor cleaning.

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 4th (Mon) 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 9th (Sat) for maintenance of equipment.

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

Body Care and Fitness Class after Delivery (2 times in all)

Date and time: September 22nd (Fri), 9:30 am - noon, for the first class

Place: Hoken Center

Contents: Balance ball exercise, body self-care, etc.

Eligibility: Babies born in June 2017 and their mothers

Number of participants: 14 pairs of babies and mothers (We will have drawing for many participants.)

Fee: 500 yen

How to apply: Apply by phone by August 29th (Tue)

Note: Baby's brother and sister, people who have restricted exercise, and expectant mother, cannot apply. Those under medical treatment need approval by a doctor.

For more information, call 23-1215 Childrearing Neuvola (Advice) Center

Infant Food Class

Date and time: September 5th (Tue), 10:00 am - 11:30 am

Place: Hoken Center

Contents: Food tasting of infant food, lecture, etc.

Eligibility: Infants age from 1 year and 8 months, who have finished 3 years old health check-up, to less than 3 years old, and their guardians who are worried about infant food. Only those who have not participate in the class can attend.

Number of participants: First 10 pairs of applicants

Fee: 100 yen

How to apply: Call by August 29th (Tue)

Where to apply: Childrearing Neuvola (Advice) Center (tel: 23-1215)

For more information, call 23-1215 Childrearing Neuvola (Advice) Center

Postnatal Care Service

Available days to use the service: Up to 6 nights and 7 days for 'Stay' type of service.
Up to 7 times for 'Day trip' type of service.

Contents: Consultant about breast milk, check of health status, mother's rest, bathing babies, child-care consultation, etc.

Eligibility: Mothers without enough support from their families, who are worried about child rearing or are in illness, and their child

How to apply: Consult over the phone, and apply

Note: Only 'Day trip' type of service is available at Mizuki Maternity Hospital.

Medical Institutions available for Postnatal Care Service

Medical Institutions	Address
Iijima Mothers Clinic	2223, Anesaki
Muneta Maternity Clinic	320-7, Neda
Yushudai Iin	1-7, Yushudai Nishi
Mizuki Maternity Hospital	2-3-15, Kita Kokubunji-dai

Fee

		Household paying municipal tax	Household getting municipal tax exemption	Household on welfare
'Stay' type of service	1 night and 2 days	6,000 yen	3,000 yen	800 yen
	Prolong 1 day	3,000 yen	1,500 yen	400 yen
	Additional fee for multiple birth for 1 day	400 yen	200 yen	Free
'Day trip' type of service	1 time	2,000 yen	1,000 yen	200 yen
	Additional fee for multiple birth for 1 day	200 yen	100 yen	Free

For more information, call 23-1215 Childrearing Neuvola (Advice) Center

Apply for Welfare Allowance ~to support people with disability

Eligible: People with conditions of disabilities as the chart below. Those who meet one of the followings are not eligible. (1) Receiving special disability benefits or welfare benefits for disabled children. (2) Place in a facility such as special elderly nursing home.

Allowance: 3,500 yen - 11,000 yen per a month, depending on a kind, level, and age.

How to apply: Fill in the blanks on the application form available at Disabled Persons' Support Division, and post it or bring it to the division.

Note: (1) When bedridden physically disabled person applies, certification by social worker or consultant for physically disabled person is needed.
 (2) Income restrictions are imposed.
 (3) If you apply at the desk, bring inkan (seal), ID booklet for the physically disabled/Rehabilitation Certificate/health and welfare certificate of persons with mental disorders, and passbook of a banking institution to be transferred into.

Age	Condition of disabilities
Younger than 20 years old	Physical: Grade 1 - 4 on ID booklet for the physically disabled
	Intellectual: Up to Grade B1 on Rehabilitation Certificate A
	Double disabilities: Grade 1 and 2 on ID booklet for the physically disabled and up to Grade A2 on Rehabilitation Certificate A
	Mental: Grade 1 on health and welfare certificate of persons with mental disorders
20 years old and older	Physical: Grade 1 and 2 on ID booklet for the physically disabled
	Severe Intellectual: Grade 1 - A2 on Rehabilitation Certificate A
	Mental: Grade 1 on health and welfare certificate of persons with mental disorders
	Bedridden Physical: Younger than 65 years old and doesn't use nursing insurance

Where to apply and for more information, call 23-9815 Disabled Persons' Support Division (〒290-8501 Ichihara City Hall, 1-1-1, Kokubunjidai Chuo, Ichihara-shi)

Security Card for Elderly People

Portable card is handed out to 65 years old or elder people. The card enable people around one to make a contact to institutions concerned and families in an emergency, such as sudden illness, accident, etc.

Where to get the card: Senior Citizens' Support Division, and branches

For more information, call 23-9814 Senior Citizens' Support Division