

NISSHIN NEWS

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People with special needs, who plan on attending or participating in events hosted by Nisshin City and who require special assistance, should contact the department in charge seven days prior to the event so that proper arrangements can be made.

★ **Daily Life Information (くらしの情報)** ★
Emergency Health Clinic for Weekends and Holidays in September 2024
 (9月の休日急病診療所)

Location: At the west entrance of Central Welfare Center ☎0561-73-7555

Departments	Date	Open hours
Internal Medicine Pediatrics	Sundays: 1, 8, 15, 22, 29 Holidays: 16(Mon), 23(Mon)	9:00 a.m. ~ 4:30 p.m. (excluding a one-hour lunch break)

Tax payments due in September (9月の納税・納付案内)

	Due Date	Payments
Tax Collection Div. ☎ 0561-73-4109	September 30 (Mon)	National Health Insurance Tax (3rd Term)
Insurance and Annuity Div. ☎ 0561-73-1430	September 30 (Mon)	Premium for Medical System for Those Aged 75 or Older (3rd Term)

NOTE: *Please make sure you have enough money in your bank account by the day before the due date when paying by automatic transfer. *Tax payment can be made electronically via websites of financial institutions that support unified local tax QR codes, local tax payment website, and smartphone apps. Refer to the Nisshin City website for details.

Temporary Closure of the Municipal Library (図書館休館のお知らせ)

Municipal Library ☎ 0561-73-4123

The Municipal Library will be closed in December 2024 to convert the lighting system from fluorescent to LED, and update the library system. Library services will be suspended as follows. Thank you for your understanding.

Closure of Library: Dec. 1 (Sun), 2024 through Jan. 3 (Fri), 2025

Suspension of Library Website (including search and reservation of books): Dec. 1 (Sun) through Dec. 5 (Thurs), 2024

Suspension of Book Delivery to Welfare Halls and other sites: Dec. 1 (Sun) through Dec. 16 (Mon), 2024

Note: Although book delivery will be suspended, you will be able to return library books at Welfare Halls and other designated sites.

Any changes in the closure/suspension schedule will be notified on the Library Website.

Health Services for Infants and Children (子どもの健康)

Health Promotion Div. (Health Center) ☎ 0561-72-0770 ☎ 0561-74-0244 ✉ kenko@city.nisshin.lg.jp

*Please bring your Parent-Child passbook (Maternity passbook) with you.

Individual vaccination	Hib, Pneumococcal, Hepatitis B, Rotavirus, BCG, Five kinds of vaccines (Diphtheria, Pertussis, Tetanus, the Inactivated Polio and Hib), Four kinds of vaccines (Diphtheria, Pertussis, Tetanus and the Inactivated Polio), the Inactivated Polio, DPT (Diphtheria, Pertussis, and Tetanus), DT (Diphtheria and Tetanus), MR (Measles and Rubella), Chickenpox, Japanese Encephalitis and HPV (cervical cancer vaccine) are given at the designated medical institutions in Nisshin. For more information, please contact the Health Center.
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Health Services for Adults (みんなの健康)
Cancer Screening Brings Peace of Mind ~受けて安心 がん検診~

Health Promotion Div. (Health Center) ☎ 0561-72-0770 ☎ 0561-74-0244 ✉ kenko@city.nisshin.lg.jp

* Breast and cervical cancer screenings and endoscopic screening for stomach cancer are available every two years. Other tests are available once a year per person.

Type of Medical Screening		Date & Time	Type of test	Eligibility	Expense (expense for those who receive reminders)
Examinations at Health Center	Stomach cancer	October 4 (Fri), 16 (Wed) and 29 (Tues) November 9 (Sat), 11 (Mon) and 22 (Fri) 8:45 a.m. - 11:15 a.m.	Barium X-ray radiography	People aged 30 or older	¥1,330 (¥660)
	Colorectal cancer		Fecal occult blood test (A sampling kit will be sent to you)	People aged 30 or older	¥610 (¥300)
	Breast cancer		Mammography	Women aged 40 or older*	¥1,550 (¥770)
	Cervical cancer		Cervical cytology	Women aged 20 or older*	¥1,020 (¥510)
	Osteoporosis		Calcaneal bone echography	Women aged 40 or older	¥820
<p>Place: Health Center 〒470-0131, Kaneba 101-1, Iwasaki-cho, Nisshin City; ☎ 0561-74-0244</p> <p>Application: To receive an examination at the Health Center on the date shown above, apply to the Health Center at least one month prior to the date by sending a postcard or a fax containing the following: 1) desired type and date of examination; 2) address (with the postal code); 3) full name; 4) birthdate; 5) telephone number of the applicant; and 6) nursery service request as necessary, specifying the number and age(s) of child(ren). Applications are processed on a first come, first served basis: Applicants who will be unable to get their desired screening(s) will be notified. Detailed information on screenings will be sent out 2 weeks prior to the screening date. For more information, please check the Health Center Guidebook.</p>					
Individual cancer screenings	Individual cancer screenings are conducted at designated medical institutions in Nisshin from June through November. Screening Tickets were sent at the end of May to people aged 40 or older and to people receiving municipal medical screening reminders. *Screening tickets will be enclosed with the leaflet for the Specific Health Checkups for those enrolled in the National Health Insurance System or Medical System for those aged 75 or older.				
Health checkup for those in their 30s	Health checkups for those in their 30s are conducted at designated medical institutions in Nisshin from June through November. Some people will receive screening tickets without application. Refer to the Nisshin City website.				
Routine Vaccination	Pneumococcal vaccination for the elderly (Notifications will be sent to persons eligible for the vaccination) and the additional vaccination for Rubella (Notifications were sent to persons eligible for the vaccination)				
Subsidy for Arbitrary Vaccinations	Expenses for the following arbitrary vaccinations will be partially subsidized; pneumococcus, rubella, and herpes zoster (shingles). Each type of vaccination has its conditions for receiving the subsidy. Contact the Health Promotion Div.(Health Center) for details.				

NOTE: Some screenings are not available depending on the examinee's health conditions. For further information, please call the Health Promotion Div. (Health Center) or refer to the Nisshin City website or the Health Center Guidebook. People in municipal tax-exempt households or households receiving welfare benefits are exempted from the fees of the examinations at the Health Center, osteoporosis screening and fluoride coating on teeth. A certificate and other documents are needed. For more information, please contact the Health Center. For more information about the annual schedule and seminar contents, please check the Health Center Guidebook or the Nisshin City website.

September is the Disaster Prevention Month

Prepare against earthquakes

(9月は防災月間です)

An earthquake may occur anytime, anywhere. We should prepare against earthquakes in our daily life.

●Disaster Preparedness Map

Take a close look at “The Nisshin Disaster Preparedness Map” and know the risks that could affect your area in case of disasters. Check your nearest evacuation shelter and route to get there. You can download “the Nisshin Disaster Preparedness Map” via Nisshin City website or get a copy at the window of Disaster Prevention and Traffic Safety Div. in the city hall.

●Emergency stocks at home

Prepare so you can stay and evacuate at home in case of an earthquake or a natural disaster. Stock emergency supplies of food, water, daily necessities and household medicines for about one week or at least for three days at home. A simple way to create a stockpile is to start “daily stockpiling”, or “rolling stock”, in which you buy a little more of what you normally use and replace them with what you have consumed.

When you go to an evacuation shelter, you might want to bring face masks, soap, and disinfectants to prevent infection, a thermometer, slippers, and spare clothes, in addition to drinking water, food and daily necessities since there may be none or not enough at the shelter.

< valuables >	< emergency food >	< emergency supplies >	< others >
<input type="checkbox"/> cash (including 10-yen coins)	<input type="checkbox"/> drinking water	<input type="checkbox"/> flashlight	<input type="checkbox"/> cell phone recharger
<input type="checkbox"/> copy of bankbooks, personal seal	<input type="checkbox"/> hard biscuits and crackers	<input type="checkbox"/> lighter, candle	<input type="checkbox"/> spare pair of glasses, hearing aids, and other prescribed items
<input type="checkbox"/> copy of passport and driver's license	<input type="checkbox"/> ready-to-eat food in retort pouches and cans	<input type="checkbox"/> portable radio	<input type="checkbox"/> emergency (portable) toilet
<input type="checkbox"/> copy of your health insurance card (My number card)	<input type="checkbox"/> knife, can-opener	<input type="checkbox"/> helmet	<input type="checkbox"/> toilet paper
	<input type="checkbox"/> chopsticks, spoons	<input type="checkbox"/> whistle	<input type="checkbox"/> feminine supplies and personal hygiene items
< medical supplies >	< daily necessities >	< clothing and other items >	<input type="checkbox"/> food and formula for infants
<input type="checkbox"/> extra supply of regular medicines and prescribed medication	<input type="checkbox"/> plastic bags	<input type="checkbox"/> dust masks	<input type="checkbox"/> diapers for infants and adults
<input type="checkbox"/> emergency medicines	<input type="checkbox"/> newspaper	<input type="checkbox"/> outerwear, underwear, socks	<input type="checkbox"/> special dietary items, allergy-free food
<input type="checkbox"/> Band-Aids, antiseptic	<input type="checkbox"/> tissue paper	<input type="checkbox"/> raincoat, coldproof garment	<input type="checkbox"/> oral care products (tooth brush, mouth wash, oral wet wipes)
<input type="checkbox"/> moist towelettes	<input type="checkbox"/> plastic film	<input type="checkbox"/> towels	
⇒ Our family emergency supply kit is kept 【(place) 】			
Emergency necessities vary by person. Please add items as necessary and check the contents regularly.			

●What to Do in the Event of an Earthquake

In the event of an earthquake, stay calm and take steps to protect yourself. If your home is not safe to stay in and may take time to recover, go to an evacuation shelter opened at elementary and junior high schools.

Cooperation among evacuees (local residents) is vital for smooth operation of these shelters. Check and see how to set up and operate evacuation shelters. You can see Nisshin City's manual for setting up and operating a shelter on YouTube.

