

HIGASHIHIROSHIMA



Newsletter



Living info

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Website <http://www.city.higashihiroshima.lg.jp/koho/multilingual/3491.html>

Coronavirus vaccinations for those with underlying illnesses

- ・「基礎疾患のある方」の新型コロナワクチン接種の予約について

During June, vaccination coupons were sent out to those aged between 12 and 64, with a registered address in Higashihiroshima City. These coupons are needed when making a reservation and when receiving the vaccination, so please keep them safe until your second vaccination is finished.

Vaccination is not compulsory. The consent of the person being vaccinated (or a parent or guardian) is needed.

Those with underlying illnesses can make a reservation, and receive the vaccination, as soon as they receive the vaccination coupons. Those aged between 12 and 64 without any underlying illness will be notified by a letter from Higashihiroshima City when reservations and vaccinations begin for them.

The vaccine will not run out, so please wait until your turn comes. Details of provisional dates for posting, etc., are available on the City website.

For details of how to make a reservation, etc., please see the City website at the following address, or use the QR code.

https://www.city.higashihiroshima.lg.jp/soshiki/seikatsukankyo/14/2/1/covid19/vaccine_index.html



●For enquiries about vaccination reservations and locations, and the vaccination coupons, please contact the Higashihiroshima City Coronavirus Vaccination Call Center, tel.: 0120-022-894 (open 8:30-20:00 every day)

Available languages: Japanese, English, Chinese, Korean, Portuguese, Spanish, Vietnamese

If you have trouble using the telephone, fax: 050-3819-8287.

●For general enquiries, and enquiries where the medical opinion of an expert may be needed, please contact the Hiroshima Prefecture Coronavirus Vaccine Call Center, tel.: 082-513-2847 (open 24 hours a day)

Available languages: Japanese, English, Chinese, Korean, Portuguese, Vietnamese, Tagalog

To those covered by the National Health Insurance scheme

- ・国民健康保険の被保険者の皆さんへ

Current Health Insurance Certificates (hoken-sho, 保険証) expire on Saturday July 31st. New certificates will be sent out at the end of July. From August 1st, please make sure that you use the new certificate. If you do not receive a new Health Insurance Certificate by August, please contact the National Health Insurance and Pension Division.

The new Health Insurance Certificates are valid until July 31st, 2022. However, if you have unpaid National Health Insurance payments, the period of validity of the certificate could be shorter. If you are having difficulties paying the National Health Insurance premium, etc., please contact the National Health Insurance and Pension Division.

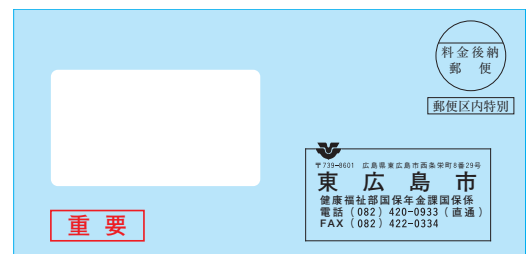
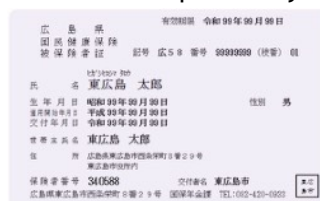
If you are a student due to graduate during the current academic year (by the end of March 2022), or a foreign resident whose status of residence is due to expire before July 31st, 2022, the period of validity of your Health Insurance Certificate will be shorter than one year. You will not be able to use a Health Insurance Certificate whose period of validity has expired.

If you have received a new Health Insurance Certificate, but you enrol in the health insurance scheme at your workplace, etc., you will need to complete the formalities for withdrawal from the National Health Insurance scheme. Please be aware that by joining a new insurance scheme, you are not automatically withdrawn from the National Health Insurance scheme.

If your medical treatment bills are likely to be expensive, please use a Certificate of Eligibility for Medical Expense Limits (gendo-gaku tekiyo ninteisho, 限度額適用認定証). If you show this certificate to the medical facility in advance, you may be able to limit the amount of medical expenses you have to pay directly yourself. It is necessary to apply for a Certificate of Eligibility for Medical Expense Limits in advance.

Notification of the amounts to be paid for the National Health Insurance premium for the financial year 2021-2022 will be sent by post to the head of each household around the middle of July. The amount payable is calculated based on the previous year's income of the person/people enrolled.

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To those covered by the National Health Insurance scheme

- 国民健康保険の被保険者の
• 皆さんへ

Continued from page 1...

This year, the period for the submission of income tax returns was extended because of the effects of the coronavirus. If you submitted your final income tax return on or after March 16th, 2021, the details may not be reflected in the notice of the amount payable for the National Health Insurance premium that you receive. As soon as the details of your tax return are confirmed, the amount of your premium will be changed, and you will be sent a new notice of the amount payable during or after August.

If ① or ② in the table below applies to you, you may be able to apply to receive a reduction in or exemption from National Health Insurance payments as a result of the effects of the coronavirus.

Eligibility for reduction in or exemption from payments	Items needed when applying (example)
① If the head of the household has died or suffered serious illness as a result of coronavirus.	A document to prove death, showing the date of death (death certificate, post-mortem certificate, etc.), a document showing the extent of the illness or disability (doctor's report, etc.)
② If the income of the main breadwinner for the household (for National Health Insurance, the head of the household) has been reduced significantly as a result of the coronavirus.	Wage slip, account book, or another document showing income.

If ① to ④ in the table below all apply to you, you can apply to receive injury and illness allowance.

Conditions for payment
① You are covered by the Higashiroshima City National Health Insurance scheme or Latter Stage Elderly Health Insurance scheme.
② You are receiving wage payments from your place of work.
③ Between January 1st 2020 and September 30th, 2021, you were not able to work for a time because of treatment for or recuperation from coronavirus, or because of the possibility that you may have caught coronavirus.
④ During the period while you were unable to work, you were unable to receive all or part of your wages.

Contact: National Health Insurance and Pension Division (Kokuho Nenkin-ka, 国保年金課), tel.: 082-420-0933.

Support Benefits for Nursing and Expectant Mothers

- 妊産婦応援給付金

As a way of supporting nursing and expectant mothers who are feeling unease and stress because of the changes to their living environment as a result of the spread of the coronavirus (having to stay at home, having to avoid the 'Three Cs', etc.), each nursing or expectant (pregnant) mother will be paid a Support Benefit for Nursing and Expectant Mothers.

Those to whom all of the following conditions (①~③) apply are eligible.

- ① Those whose due date is between April 1st 2021 and March 31st 2022.
- ② Those whose registered address as of April 30th 2021 and at the time of application is in Higashiroshima City.
- ③ Those who have been issued with a Mother and Child Health Handbook.

Each nursing or expectant (pregnant) mother who is eligible will be paid a sum of 30,000 yen.

The deadline for applications is Tuesday December 28th. Applications postmarked on this date are eligible. Application documents were sent at the beginning of June to those who had been issued with a Mother and Child Health Handbook by May 31st. If you think you are eligible but you have not received the application documents, please contact the Children and Family Support Division. (If you were issued with your Mother and Child Health Handbook on or after June 1st, the documents will be sent to you during the month after you were issued with the handbook.)

Contact: Children and Family Support Division (Kodomo-Katei-ka, こども家庭課), tel.: 082-420-0407.

The way to separate garbage will be changing from October 1st

- ・10月1日から「ごみ」の分別方法が変わります

Hiroshima-Chuo Ecopark, a new garbage processing facility, will become operational from October 2021, and with this, there will be changes to how you need to separate garbage.

You should have received the Higashihiroshima City Garbage Book with the July issue of the City newsletter (the Japanese edition). This book contains details of garbage types, and how they should be disposed of. Please refer to it when disposing of garbage.

From October, there will be a new category of 'Other Plastics', which will be collected in purple bags. Items made

The current system (until September 30th)	The new system (from October 1st)
Burnable waste	Burnable waste
Landfill waste (abolished)	Dangerous waste (new)
Hazardous waste	Hazardous waste
Recyclable plastics	Recyclable plastics
	Other plastics (new)
PET bottles	PET bottles
Bottles and cans	Bottles and cans
Newspapers	Newspapers
Magazines, miscellaneous paper, cardboard	Magazines, miscellaneous paper, cardboard
Oversized burnable garbage	Oversized burnable garbage
Oversized non-burnable garbage	Oversized non-burnable garbage

only of plastic without the plastic mark, that will fit into a designated garbage bag, will fall into this category.

Hiroshima-Chuo Ecopark is a facility that melts down garbage at high temperatures, so there will no longer be the need to dispose of garbage in landfill, and the category of 'landfill waste' will be abolished. Also, glass, pottery and knives, etc., will also be melted down, but when you dispose of such items, and when they are collected, they may be dangerous, so with regard to safety, a category of 'dangerous waste' will be created. Such items will be collected in orange bags. Please wrap the items in newspaper, etc., when disposing of them. Pottery,

glass (mirrors), knives, etc., that will fit into a designated garbage bag fall into this category.

With the opening of Hiroshima-Chuo Ecopark, the following facilities will close on Friday October 1st.

Garbage processing facilities: Kamo Environmental Sanitation Center Takehara Akitsu Environmental Center
Takehara Akitsu Disposal Site

Raw sewage processing facility: Akitsu Clean Center

In Akitsu, the way of disposing of business waste will also change. From October 1st, please dispose of such garbage using the Higashihiroshima City designated garbage bags for business waste. Please be aware that garbage not in designated garbage bags will not be collected.

Contact: Waste Management Division (Haikibutsu-taisaku-ka, 廃棄物対策課), tel.: 082-420-0926.

Parent and child activities for summer

- ・親子でチャレンジ in Summer

The following events will take place at the Citizens' Culture Center.

Event	Date	Capacity	Cost
Ancient bead making	Saturday July 24th, 14:00-16:00	10 pairs	400 yen
Bamboo flute making	Saturday July 31st, 14:00-16:00	10 pairs	400 yen
Gem soap making	Saturday August 7th, 14:00-16:00	10 pairs	600 yen

The events are for elementary school children and their parents (please apply as a pair of one child and one adult). The deadline for applications is Tuesday July 13th. If there are more applicants than places available, participants will be chosen by lottery, and only successful applicants will be notified.

Please apply by postcard, fax, email or in person, to the address below. Please give details of the event you wish to apply for, your postcode and address, your telephone number, the child's name (with furigana), the child's grade, and the parent's name (with furigana).

Contact: Higashihiroshima Foundation for Affairs of Culture and Education,

〒739-0043, 28-6 Saijo Nishi-Honmachi

Tel.: 082-424-3811, fax: 082-423-5251, email: center01@hhface.org



Deadline for payment of taxes: Monday August 2nd

・ 納税・納期限は
・ 8月2日(月)

Please pay Fixed Asset Tax and City Planning Tax (the second installment), and the National Health Insurance Premium (the first installment) by Monday August 2nd. You can pay at convenience stores and by your smartphone (using PayB or PayPay).

A notice of non-payment (Tokusokujo, 督促状) will be sent to residents who have not paid their tax by the deadline. If you receive a Tokusokujo, please pay the tax immediately, using the payment slip enclosed.

※ **Note:** it takes about ten days for the Tax Collection Division to confirm payment of tax, and therefore you may receive a Tokusokujo even after you have completed payment. In this case, please ignore the letter.

Contact: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

Consultation services for non-Japanese residents

・ 外国人相談窓口

Consultation services for non-Japanese residents are available at the Communication Corner, in Sunsquare Higashihiroshima. English-speaking staff are available daily, at the following times: Mondays, Tuesdays, Wednesdays, Thursdays: 9:00 to 17:00, Saturdays: 9:00 to 13:00, Fridays, Sundays: 13:00 to 17:00.

Communication Corner website (English): <http://hhface.org/corner/en.html>

You can also access the Communication Corner website by using the upper QR code on the right.



Communication Corner website (English)

40-minute free legal consultations are available on Saturday July 10th, at 13:00, 14:00 and 15:00. The date for July is Saturday August 7th. English translation is available. **Please make an appointment at least one week in advance.**

Contact: Communication Corner (コミュニケーションコーナー), tel.: 082-423-1922.



Facebook page

Communication Corner Facebook page:

<https://www.facebook.com/Communication-Corner-544685425697277>

You can also access the Communication Corner Facebook page by using the lower QR code on the right.

Night-time and holiday hospitals

・ 夜間休日当番医

Night-time and holiday duty hospitals:

Full information about night-time and holiday duty hospitals within Higashihiroshima City is published in the Japanese-language version of the monthly city newsletter 'Higashihiroshima' (the page inside the back cover; only in Japanese), and on the Higashihiroshima City website (in Japanese and English).

The information is subject to change at short notice, so before going to a medical facility, please be sure to call to confirm details.

Recently, there are more and more patients using emergency medical facilities at night and on holidays even though their situation is not serious. In some cases, these patients have prevented or delayed the treatment of patients with truly serious illnesses, and additionally, such cases are one of the reasons for doctors becoming overworked. Emergency medical facilities open at night and on holidays are for patients with serious, emergency conditions. Please try to visit the medical facility you use normally, during opening hours on weekdays.



English



Japanese

Emergency medical treatment for children:

Please call the advice line on #8000 (if you cannot get through on this number, please call 082-505-1399). The service is available every day between 19:00 and 8:00 the following morning. You can obtain information about whether or not you should take your child to a medical facility outside of normal opening hours (at nights, on weekends or holidays, etc.).

If you have a medical problem at night or on weekends, and you are unsure about whether or not you should go to a medical facility:

Please call the Hiroshima area emergency consultation center on #7119. The service is free, and is available 24 hours a day, 365 days a year. The staff will be able to give you advice on whether to rest at home and see how symptoms develop, or whether you should go to a medical facility. If necessary, they can give you information about which facility to go to, or they can connect you directly to the 119 emergency service.

In an emergency, do not hesitate to phone 119.

This newsletter contains translations of selected articles from the Monthly City Newsletter 'Koho Higashihiroshima', published each month by the City Office. The newsletter contains details of official procedures, public housing available at low cost, subsidies available by applying at the City Office, event information, etc. This newsletter is available at the beginning of each month at the City Office (Citizens' Affairs Division, 1F), branch offices and sub-branch offices of the City Office, Kurose Library, Communication Corner (Sunsquare Higashihiroshima, 1F), Hiroshima University, Kindai University, Hiroshima International University, Fuji Grand (Higashihiroshima store), Youme Town (Higashihiroshima and Kurose stores), Shoji (Route 375 bypass and Toyosaka stores), Gyomu-yo Shokuhin Super (Saijo store), Manso (Takaya store), Bankok Store, Motonaga Hospital, Hello Work Hiroshima Saijo, Higashihiroshima Catholic Church (Takamigaoka), etc.

As of the end of May, 2021:

Population of Higashihiroshima City: 189,181
Population of foreign residents: 7,453