

# HIGASHIHIROSHIMA

**Published by** Higashihiroshima City International Exchange Promotion Association  
(Civic Affairs Division, Higashihiroshima City Office) ☎ 082-420-0922



Living info

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

## Please avoid buying more designated garbage bags than you need

- ・ごみ指定袋の過度な買いだめはお控えください

Although the impact of the situation in the Middle East has been reported in the news, designated city garbage bags continue to be supplied as usual and remain available for purchase. Please purchase them as needed and in a planned manner.

Please refrain from purchasing more than necessary.

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

## Beware of heatstroke

- ・熱中症に気を付けましょう

Heatstroke is a condition that occurs when the body is exposed to high temperatures and humidity for an extended period, causing its temperature-regulating function to stop working properly. As a result, heat builds up in the body and various symptoms may occur. Heatstroke can develop even indoors or at night, and in severe cases, it can be life-threatening.

Multilingual leaflets on heatstroke prevention are available from the URL below, or from the QR code on the right.

[https://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou\\_iryuu/kenkou/nettyuu/nettyuu\\_taisaku/pamph.html](https://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou_iryuu/kenkou/nettyuu/nettyuu_taisaku/pamph.html)



Contact: Medical Treatment and Health Division (Iryo hoken-ka, 医療保健課), tel.: 082-420-0936, or Environmentally-Advanced City Promotion Division (Kankyo senshintoshi suishin-ka, 環境先進都市推進課), tel.: 082-420-0928.

## Cooling shelters are available to help you escape the heat!

- ・クーリングシェルターで熱さをしのぐことができます！

When the risk of heatstroke becomes extremely high, a Heatstroke Special Alert is issued to warn the public.

If you must go outside while such an alert is in effect, you can use a Cooling Shelter (Designated Heat Shelter) as a place to rest and cool down.

Higashihiroshima City has designated some public facilities and commercial facilities as Cooling Shelters.

For information on designated locations and opening hours, please check the City's website. Information (only in Japanese) is available from the URL below, or from the QR code on the right.

<https://www.city.higashihiroshima.lg.jp/soshiki/seikatsukankyo/2/ondannkataisaku/cool/42392.html>

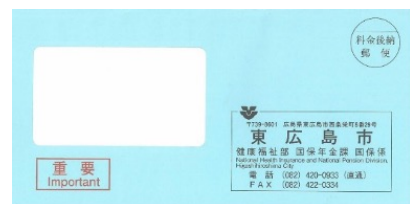


Contact: Medical Treatment and Health Division (Iryo hoken-ka, 医療保健課), tel.: 082-420-0936, or Environmentally-Advanced City Promotion Division (Kankyo senshintoshi suishin-ka, 環境先進都市推進課), tel.: 082-420-0928.

## To those enrolled in the National Health Insurance scheme

- ・国民健康保険の被保険者の皆さんへ

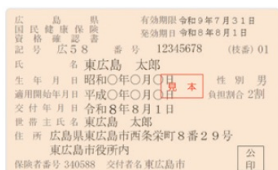
If you are enrolled in the National Health Insurance scheme, an Eligibility Confirmation Certificate or Notice of Eligibility Information will be sent to you by post in mid-July, in an orange envelope.



If you have not received either document by August, please contact us.

Eligibility Confirmation Certificates and Notices of Eligibility Information that have already been issued (sent in a light blue envelope) are valid until Friday July 31.

Notices of amounts payable, calculated based on your 2025 income, and payment slips, will be sent to you by post in mid-July, in a gray envelope. National Health Insurance tax notices are sent to the head of the household.

| Eligibility Confirmation Certificate                                                                                        | Issued To:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>National Health Insurance</p>           | <ul style="list-style-type: none"> <li>• Those who do not have a My Number Health Insurance Card;</li> <li>• Those requiring special consideration who have difficulty using a My Number Health Insurance Card (such as people with disabilities or dementia);</li> <li>• Those who have applied to cancel their My Number Health Insurance Card registration;</li> <li>• Those whose My Number Card's electronic certificate has expired;</li> <li>• Those who have applied for a Qualification Confirmation Certificate for other reasons.</li> </ul> |
| <p>Notice of Eligibility Information</p>  | <p>Those who are not eligible to receive an Eligibility Confirmation Certificate for the National Health Insurance scheme.</p> <p>Note: The Notice of Eligibility Information alone cannot be used to receive medical treatment at medical facilities or other healthcare providers. If your My Number Health Insurance Card cannot be read, or in other similar situations, please present the Notice of Eligibility together with your My Number Health Insurance Card.</p>                                                                           |

Contact: National Health Insurance and Pension Division (Kokuho Nenkin-ka, 国保年金課), tel.: 082-420-0936.

## Measles and rubella vaccinations

- ・麻疹・風疹予防接種

Measles is highly contagious, and preventive measures such as handwashing and wearing a mask alone are not sufficient. Vaccination is the most effective way to prevent infection. Please have your child receive the vaccination within the recommended vaccination period.

Routine Vaccination:

Number of doses: One dose each for Stage 1 and Stage 2

① Phase 1

Eligibility: Children 1 year of age up to (but not including) 2 years of age

② Phase 2

Eligibility: Children in the final year of preschool (born between April 2, 2020 and April 1, 2021)

To have your child receive the vaccination, please make an appointment by phone with a medical facility offering the vaccinations. A list of these medical facilities is available on the City's website.

If you wish to receive the vaccination outside the city, advance procedures are required. Please contact the Medical Treatment and Health Division.

Vaccination screening questionnaires are available at the Medical Treatment and Health Division, branch office, and medical facilities offering the vaccinations.

Contact: Medical Treatment and Health Division (Iryo hoken-ka, 医療保健課), tel.: 082-420-0936.

## Single-Parent Household Medical Expense Recipient Certificates are due for renewal

- ・ひとり親家庭等医療費受給者証の更新時期です

|                 |                                       |
|-----------------|---------------------------------------|
| ひとり親家庭等医療費受給者証  |                                       |
| 公費負担者番号         | 9 2 3 4 0 5 8 7                       |
| 氏名              |                                       |
| 生年月日            |                                       |
| 住所              |                                       |
| 一部負担金<br>(自己負担) | 通院 500円/日(月4日まで)<br>入院 500円/日(月13日まで) |
| 有効期間            |                                       |
| 発行機関名<br>及び印    | 東広島市                                  |
| 交付年月日           |                                       |

Eligibility for the Single-Parent Household Medical Expense Subsidy will be renewed on Saturday August 1.

### If you currently have a recipient certificate:

Your eligibility will be reviewed. If you remain eligible, a new Recipient Certificate will be mailed to you. The new certificate is blue. If you are found to be ineligible, you will be notified.

### If you wish to apply for eligibility for the first time:

Please complete the application at the Children and Family Support Division or any branch office.

Please bring proof of the applicant's and eligible child's health insurance eligibility, and documents confirming that you are a single-parent household (such as a Child-Rearing Allowance Certificate or a certified copy of the family register (koseki tohon)).

The application deadline is Friday July 31.

Contact: Children and Family Support Division (Kodomo katei-ka, こども家庭課), tel.: 082-420-0941.

## Applications for exemption and deferral of National Pension premiums for the 2026-27 financial year are now being accepted

- ・令和8年度国民年金保険料免除・納付猶予申請受付開始

If you are unable to pay your National Pension Insurance premiums for financial reasons, by making an application you can be approved for exemption or deferral of payments of the premiums.

If you leave your premiums unpaid, you may not be able to receive basic disability pension or basic survivor pension in the event of an unforeseen event such as disability or death.

Applications are accepted from Wednesday July 1st, and the period of approval for exemption or deferral is from July 2026 to June 2027.

If you are applying for exemption due to unemployment, etc., when applying you will need proof of unemployment such as a notice of separation from employment (required only for the first time you apply).

If you have a My Number card, you can apply online using the My Number Portal site.

| Type             | Qualification | Reflection in pension amount |  |  |  |     |
|------------------|---------------|------------------------------|--|--|--|-----|
| Full exemption   | ○             |                              |  |  |  | 4/8 |
| 3/4 exemption    | ○             |                              |  |  |  | 5/8 |
| Half exemption   | ○             |                              |  |  |  | 8/6 |
| 1/4 exemption    | ○             |                              |  |  |  | 8/7 |
| Deferred payment | ○             |                              |  |  |  | x   |
| No payment       | x             |                              |  |  |  | x   |

Contact: National Health Insurance and Pension Division (Kokuho Nenkin-ka, 国保年金課) tel.: 082-420-0933.  
Kure Pension Office (Kure Nenkin Jimusho, 呉年金事務所), tel.: 0823-22-1691.

## Summer events in Higashihiroshima City

- ・東広島市内の夏イベント

### Higashihiroshima Fireworks Festival

*Fireworks light up the sea and night sky of Akitsu*

Date and time: Wednesday July 29th, 20:30-21:00

Location: Mitsuhamma area, Akitsu

Contact: Higashihiroshima Fireworks Festival Planning Committee, tel.: 090-6848-2618.



### Domannaka Toyosaka Heso Festival

Date and time: Saturday August 1, 4:00 p.m. - 9:30 p.m.

Location: Toyosaka Fureai Ground

Contact: Domannaka Toyosaka Heso Festival Planning Committee (Kiyotake Community Center), tel: 082-432-3393.



**Deadline for payment of taxes: Friday July 31**

- 次回の納期限は
- 7月31日(金)

Please pay the National Health Insurance Premium (the first installment), and Fixed Asset Tax and City Planning Tax (the second installment) by Friday July 31. 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 at the following times: Mondays-Saturdays, 9:00 to 17:00.

Communication Corner website (English): <https://www.hhface.org/wp/corner/home-2/>

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

• **40-minute free legal consultations** are available on **Saturday August 8**, at 13:00, 14:00 and 15:00. English, Portuguese and Chinese interpreting 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.

• **Communication Corner Facebook page:**

<https://www.facebook.com/hhface.communicationcorner>

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



Communication Corner website (English)



Facebook page

**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.

• **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.

<https://www.city.higashihiroshima.lg.jp/en/7/33907.html>

**The Medical Information Net**

The 'Medical Information Net' is a website that compiles information on medical institutions and pharmacies throughout Japan. You can also search for information on medical institutions that can provide support in foreign languages.

<https://www.iryuu.teikyouseido.mhlw.go.jp/znk-web/juminkanja/S2310/initialize?pref=34>

**Citizens' Affairs Division: Out-of-hours opening**

- 市民課窓口:木曜延長・日曜開庁

The counters of the Citizens' Affairs Division are open until 19:00 on the first and third Thursdays of the month (except national holidays and the new year/year-end period). The dates for July are July 2 and July 16.

In addition, there is Sunday opening on July 12 and July 26, from 9:00 to 12:00. Wherever possible, please take someone with you who speaks Japanese. **Please note that divisions other than the Citizens' Affairs Division are not open at these times.** For details of what matters can be dealt with during these extended opening hours, and what you need to bring with you, please access the QR Code to the right to check the city website.

If you have a My Number Card, you can use it to obtain Certificates of Residence, etc., at convenience stores.

Please be aware that formalities relating to My Number Cards cannot be dealt with.

Contact: Citizens' Affairs Division (Shimin-ka, 市民課), tel.: 082-420-0925.

<https://www.city.higashihiroshima.lg.jp/en/3/35917.html>

**Population and households as of the end of May, 2026:**

Population of Higashihiroshima City: 191,092 (37 more than April)  
Population of foreign residents: 10,231 (9 fewer than April)

Households: 94,103 (42 more than April)  
Foreign households: 8,044 (24 fewer than April)