

HIGASHIROSHIMA



Newsletter



Living info

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

Japanese Traditional Culture Workshop

- 日本伝統文化体験
- ワークショップ

This is an event at which participants can enjoy Japanese traditional culture. Participants can try Japanese calligraphy, flower arranging, and playing with traditional toys, and can watch a tea ceremony demonstration and a Japanese harp and flute performance. There will also be an origami exhibition.

The event will take place on Sunday January 8th, from 12:30 to 15:00, in Azalea Hall (3F, Sunsquare Higashiroshima). Admission is free, and there is no need to apply. There will be a small gift for the first 30 visitors. Contact: Communication Corner (コミュニケーションコーナー), tel.: 082-423-1922, email: corner@hhface.org

Vaccinations against COVID-19

- 新型コロナワクチン接種

Currently, the following vaccinations against COVID-19 are available. If you have a vaccination coupon, you can make a reservation and receive the vaccine.

For those aged 12 years of age and over:

- Initial vaccination (first and second doses)
- Vaccination with vaccine effective against the Omicron strain (third to fifth doses)

For those aged between five and 11 years of age:

- Initial vaccination (first and second doses)
- Booster vaccination (third dose)

For those aged between six months and four years of age:

- Initial vaccination (first to third doses)

Current vaccinations against COVID-19 will end on Friday March 31st, 2023 (the limit for the current national system).



For details online, please access the following URL, or use the QR code to the right.

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

To make a reservation or to have a vaccination coupon issued, please contact the Higashiroshima City Call Center, on 0120-022-894. The center is open from 8:30 to 20:00 seven days a week.

For other enquiries, please contact the Office for Measures Against Coronavirus (Shingata Coronavirus Taisakushitsu, 新型コロナウイルス対策室), tel.: 082-420-0935.

Certificates of income and tax withheld for public pensions for 2022 will be sent out

- 「令和4年分公的年金等の源泉徴収票」を送付します

Certificates of income and tax withheld for 2022 for those with public pensions, etc., will be sent out from the middle of January, from the Japan Pension Service. You will need this document when making a tax declaration for income tax, etc., so please keep it safe.

If you have registered to use the 'Pension Net' on the My Number portal site, you can receive this document as electronic data.

Contact: Kure Pension Office (Kure Nenkin Jimusho, 呉年金事務所), tel.: 0823-22-1691.

Please be careful that your water pipes, water meter, etc. don't freeze ・水道管や水道メーターなど
 ・の凍結にご注意ください

If you have water pipes or your water meter is outside, on the north-facing side of your accommodation or in a place exposed to the wind, or if the lagging for the pipes or meter is peeling away, wrap the pipes and meter in insulating material, etc., to keep them warm.

If your water pipes burst, shut the telescopic water shut-off valve (the stopcock) inside the meter box, and call a designated water supply works company to request repairs. To ensure that you are prepared for any bursts, check in advance the location of the stopcock, etc. and test to see if the water can be shut off completely.

If you require emergency repairs for a leak inside your house during the year end and new year period (Thursday December 29th - Tuesday January 3rd), please contact the following, between 9:00 and 22:00.

	Thursday Dec 29	Friday Dec 30	Saturday Dec 31	Sunday Jan 1	Monday Jan 2	Tuesday Jan 3
Saijo, Hachihonmatsu, Shiwa, Takaya, Fukutomi, Toyosaka, Kochi	(Higashihiroshima City Designated Plumbing Businesses Cooperative Association) (Higashihiroshima mizu no o-tasuketai, 東広島水のお助け隊), tel.: 082-430-4855.					
Kurose	Chugoku Jusetsu Kiki Tel.: 090-3740-4098	Yamamoto Pump- Ten Tel.: 090-4144-5377	Hiramoto Setsubi Tel.: 080-5230-5661	Aratani Setsubi Tel.: 090-3630-2543	Cobain Tel.: 090-3635-8346	Chugoku Jusetsu Kiki Tel.: 090-3740-4098
Akitsu	Hiramoto Setsubi Tel.: 080-5230-5661	Doi Tekko Tel.: 0846-45-1043	Doi Tekko Tel.: 0846-45-1043	Doi Tekko Tel.: 0846-45-1043	Hiramoto Setsubi Tel.: 080-5230-5661	Doi Tekko Tel.: 0846-45-1043



Meter Box



Telescopic water shut-off value. When the water is shut off, the white lever is perpendicular to the pipe.

(Other meter boxes may differ.)

Social Insurance Premiums: notice of amounts paid

- ・ 社会保険料納付証明書
- ・ を送付します

Paperwork detailing the amount of Social Insurance (National Health Insurance (kokumin-kenko-hokenzei, 国民健康保険税), Public Nursing Care Insurance (kaigo-hokenryo, 介護保険料), Latter Stage Elderly Health Insurance (koki-koreisha-iryō-hokenryo, 後期高齢者医療保険料)) paid during 2022 will be sent out.

Please use this when making final tax declarations, etc.

Contact: For Public Nursing Care Insurance: Long-term Care Insurance Division (Kaigo-hoken-ka, 介護保険課), tel.: 082-420-0937.

For National Health Insurance: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

For Latter Stage Elderly Health Insurance: National Health Insurance and Pension Division (Kokuho-nenkin-ka, 国保年金課), tel.: 082-420-0933.

You only have a month left to take the Genki Sukoyaka Health Check! ・「元気すこやか健診」の受
 ・ 診期間は残り1カ月!

令和4年度 東広島市 元気すこやか健診
**元気すこやか健診
 受診券**
 (集団健診、医療機関共通)
 ※受診の前に『元気すこやか健診の手引き』
 をよく読んでください。

ぜひ
この機会に
受診して
ください。

[対象者抽出日] 令和4年4月1日

The deadline for taking the Genki Sukoyaka Kenshin health check for this financial year is Tuesday January 31st. If you have received the coupons for the health check, please use them before this date.

If you have lost the coupons you received, they can be reissued. Please contact the Medical Treatment and Health Division.

Those in the following categories should have received coupons for the health check:

- ・Citizens of Higashihiroshima City aged 40 or over
- ・Females aged 20 and over, of an even-numbered age.

Please note that ages are calculated as of March 31st, 2023.

Health checks at medical facilities for the next financial year will begin from June 1st.

Contact: Medical Treatment and Health Division (Iryo Hoken-ka, 医療保険課), tel.: 082-420-0936, fax: 082-422-2416.

Notice of Medical Expenses for National Health Insurance and Latter Stage Elderly Health Insurance

- 国民健康保険と後期高齢者医療
- 保険の医療費通知を送付します

Twice a year, 'Notices of Medical Expenses' are sent by post. These documents show details of treatments, medical expenses, etc., and checking them contributes to the provision of accurate and appropriate treatment. You do not need to apply to receive these documents. The details are as shown in the table.

These 'Notices of Medical Expenses' can be used when making a detailed list of medical expenses, in order to claim for deductions from income tax, etc., for medical expenses paid.

If you had medical expenses which were eligible to be counted towards deductions, etc., but which were not shown on the notice of medical expenses, please check your receipts from the medical facility, etc., when making the detailed list of medical expenses.

If you have registered to use your My Number Card as a Health Insurance Certificate, you can obtain the information about your Notice of Medical Expenses from the My Number portal site, and use it in the e-Tax system. The data for one year, which you can use in the e-Tax system, will be available from February 9th.

	Applicable period	Period sent	Enquiries
Those enrolled in National Health Insurance	Expenses between January and October 2022	Beginning of February (provisional)	National Health Insurance and Pension Division Tel.: 082-420-0933
	Expenses in November and December 2022	Middle of March (provisional)	
Those enrolled in Latter Stage Elderly Health Insurance	Expenses between January and October 2022	End of January (provisional)	Call Center Tel.: 050-3504-0127 (Available after notices have been sent out.)
	Expenses in November and December 2022	Middle of March (provisional)	

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

Issuing of documents from conveniences stores will not be available

- コンビニ交付サービスの
- 発行が休止します

Because of system maintenance, issuing of documents from convenience stores will not be available on Saturday January 28th and Sunday January 29th.

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

Deadline for payment of taxes: Tuesday January 31st

- 1月の納税・納期限は
- 1月31日(火)

Please pay Municipal and Prefectural Tax (the fourth installment) and the National Health Insurance Premium (the seventh installment) by Tuesday January 31st. 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, Fridays: 9:00 to 17:00, Saturdays: 9:00 to 13:00, Sundays: 13:00 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 January 14th, at 13:00, 14:00 and 15:00. The date for February is Saturday February 18th. English 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.



English



Japanese

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 every Thursday evening (except national holidays and the new year/year-end period. There is Sunday opening on January 8th and 22nd, from 8:30 to 12:30. Wherever possible, please take someone with you who speaks Japanese. For details of what matters can be dealt with during these extended opening hours, and what you need to bring with you, please see the city website: <https://www.city.higashihiroshima.lg.jp/kurashi/todokede/8/23724.html>

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

Please be aware that it is necessary to make a reservation in advance if you wish to be issued with your My Number Card during an out-of-hours opening period. Please also note that matters concerning My Number Cards cannot be dealt with on January 22nd.

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 November, 2022:

Population of Higashihiroshima City: 190,504
Population of foreign residents: 8,174