

HIGASHIHIROSHIMA



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A Very Happy New Year!

- 新年明けましておめでとう
- ございます！

A Happy New Year to you all. We hope that everyone is well.

This year's New Year has been very different from normal years, with many people not able to go out so much.

At the time of writing of this message (December 12th, 2020), cases of Covid-19 in Higashihiroshima City are increasing rapidly. We sincerely hope that by the time that you read this message, the spread of Covid-19 will already have settled down.

As in other years, it was planned to hold the New Year party for non-Japanese residents, but this year it has had to be cancelled. We know how many of you were looking forward to this event, and we are sorry.

Please help to prevent the spread of Covid-19:

- ① As much as possible, please avoid going to areas where there are large numbers of cases of Covid-19.
 - ② Please be sure to wear a mask when talking to others.
 - ③ If you feel ill, please do not go to work. Seek advice from the hospital you normally use.
 - ④ If you wonder whether you have a cold or not, please seek advice from the hospital you normally use.
- * If you don't know which hospital to speak to for advice, please call the Consultation & Advice Center. Telephone: 082-513-2567 (Japanese only, 24 hours a day)
- * If you are worried about whether or not you will be able to understand the Japanese, please call the Hiroshima International Center Advice Counter for Foreigners. Telephone: 0120-783-806 (Mondays-Fridays 8:30-19:00. Saturdays 9:30-18:00)

Please be careful that your water pipes, water meter, etc. don't burst

- 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 outside or 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 (Tuesday December 29th - Sunday January 3rd), please contact the following, between 9:00 and 22:00.

	Tuesday Dec 29	Wednesday Dec 30	Thursday Dec 31	Friday Jan 1	Saturday Jan 2	Sunday 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	Yumawari Seikatsu Tel.: 0823-82-6234	Iwatani Sanyo Kurose Office Tel.: 0823-82-2054	Yamamoto Pump- Ten Tel.: 090-4144-5377	Aratani Setsubi Tel.: 090-3630-2543	Kihara Kogyo Kurose Office Tel.: 090-9644-0113
Akitsu	Doi Tekko Tel.: 0846-45-1043	Ishikawa Setsubi Tel.: 090-2002-4697	Doi Tekko Tel.: 0846-45-1043	Ishikawa Setsubi Tel.: 090-2002-4697	Doi Tekko Tel.: 0846-45-1043	Ishikawa Setsubi Tel.: 090-2002-4697



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.)

Swimming lessons for beginners

- リフレッシュ初心者
- 水泳教室

Swimming lessons for beginners will be held on January 17th, January 24th, January 31st, February 7th and February 14th (all Sundays), from 10:30 to 12:00. The course will be held at the Kurose Indoor Pool. There are spaces for 15 people. If there are more than 15 applicants, participants will be decided by lottery.

To apply, please call, or send a postcard, fax or email, with the participant's name, sex, date of birth, age, address and telephone number. The deadline for applications is Monday January 11th. Participants will be notified by post of what items to bring, etc.

Contact: Kurose Indoor Pool (Kurose Okunai Pool, 黒瀬屋内プール), tel.: 0823-82-7075
Address: 10018-4 Narahara, Kurose-cho, 739-2613.
Email: center02@diary.ocn.ne.jp

Parent-and-child swimming lessons

- 親子水泳教室参加者募集

Swimming lessons, aimed at children in the first to third grades of elementary school and their parents/guardians, will be held on February 7th, February 14th, February 21st, February 28th and March 7th (all Sundays), from 10:30 to 12:00. The course will be held at the Akitsu B&G Ocean Center Indoor Pool. There are spaces for 8 groups, and participants will be decided by lottery.

To apply, please send a fax or email, with the name, sex, date of birth, age, address and telephone number of the participant. Please also include the child's school grade, and the name of the parent or guardian. The deadline for applications is Friday January 22nd. If there are still places available, applications will be accepted after this date.

Contact: Akitsu B&G Ocean Center (Akitsu B&G Kaiyo Center, 安芸津B&G海洋センター), tel.: 0846-45-3932.
Email: aki2@hhface.org

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-iryu-hokenryo, 後期高齢者医療保険料)) paid during 2020 will be sent to those for whom it is applicable, towards the end of January.

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.

Notice of Medical Expenses (usable when claiming deductions for medical expenses)

- 医療費控除に使用できる「医療費のお知らせ」の発行

You will be sent by post a 'Notice of Medical Expenses', which shows details of medical expenses paid during the 2019-2020 financial year. This 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. You do not need to apply to receive this notice.

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 when making the detailed list of medical expenses.

If you are enrolled in the National Health Insurance scheme, then the notice of medical expenses for the period January to October 2020 will be sent in the middle of January 2021, and the notice of medical expenses for the period November to December 2020 will be sent in the middle of March 2021.

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

(Covid-19) Exemptions from, or reductions to, National Health Insurance payments or Latter Stage Elderly Health Insurance payments • (新型コロナウイルス感染症) 国民健康保険税・後期高齢医療保険料の減免

If you are in one of the groups shown in the following table, there is a system under which you may be eligible for exemptions from, or reductions to, National Health Insurance payments or Latter Stage Elderly Health Insurance payments, if you make an application. National Health Insurance payments due to be paid between February 1st, 2020 and March 31st, 2021 are subject to reductions or exemption under the system. If the payment date is already passed, reductions or exemptions can be backdated.

For more details, please see the City website, or enquire at the National Health Insurance and Pension Division.

Eligibility for exemptions or reductions	Documents needed when applying (example)
Households in which the main breadwinner has died or suffered serious illness as a result of Covid-19	Proof of death and the date of death (death certificate, post mortem certificate, etc.), or proof of extent of illness or disability (doctor's diagnosis, etc.)
Households in which the main breadwinner has suffered a significant loss of income as a result of Covid-19	Certificate of wages, account book, or other proof of income

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

(Covid-19) Allowances for injury and illness under the National Health Insurance scheme or Latter Stage Elderly Health Insurance scheme • (新型コロナウイルス感染症) 国民健康保険税・後期高齢医療制度の傷病手当金

For those who are enrolled in the National Health Insurance scheme or the Latter Stage Elderly Health Insurance scheme, and who are eligible, there is a system under which you can apply to receive allowances for injury and illness.

Those to whom all of the following apply are eligible:

- 1: Those who are enrolled in the National Health Insurance scheme or the Latter Stage Elderly Health Insurance in Higashihiroshima City;
- 2: Those who are receiving a wage from their place of work;
- 3: Those who between January 1st, 2020 and March 31st, 2021, have not been able to work because of treatment or recuperation after having caught, or being suspected of having caught, COVID-19;
- 4: Those who have not been able to receive a part of their wage, or any wage, during the period while they were not able to work.

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

Deadline for payment of taxes: Monday February 1st

納期限は
2月1日(月)

Please pay Municipal and Prefectural Tax (the fourth installment) and the National Health Insurance Premium (the seventh installment) by Monday February 1st. 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: Tuesdays, Wednesdays, Thursdays: 9:00 to 17:00, Saturdays: 9:00 to 13:00, Mondays, 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 January 9th, at 13:00, 14:00 and 15:00. The date for February 2021 is Saturday February 13th. 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. Also, advice is available on the website (you can access the website from the QR code to the right), in Japanese, English, and Chinese (simplified and traditional). 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 November, 2020:

Population of Higashihiroshima City:
189,141

Population of foreign residents:
7,612