

Life Information News KOMAKI

3
2017

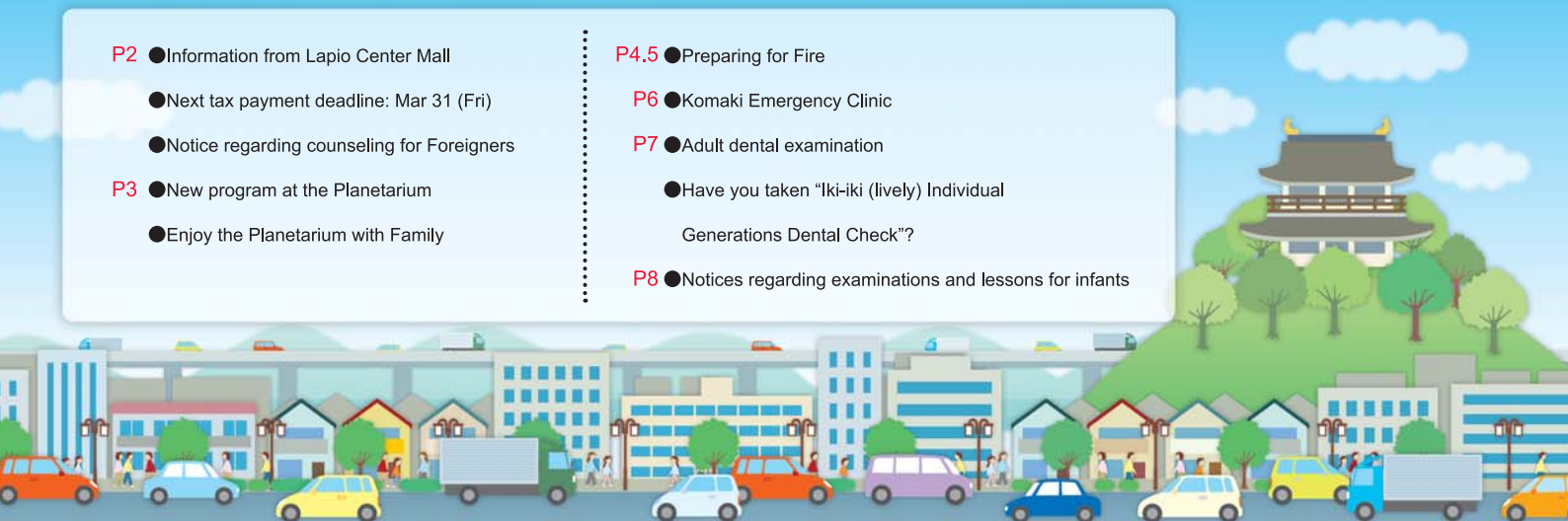
March is a season for new changes like moving up to next grade, new workplace, graduations or moving.
Wish you all the best to catch the wind of new changes just like the MRJ took off safely.



MRJ which made its maiden flight at Nagoya Prefectural Airport on November 2015,
and cherry blossom in Mt. Komaki.

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Information from Lapio Center Mall

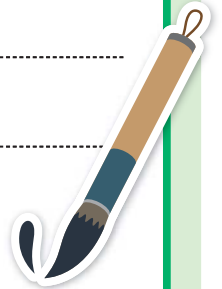


Sharaku Club Photo Exhibition **Mar 1 (Wed) to Mar 10 (Fri)** 40 photos will be exhibited.

**Komaki Calligraphy Federation
Rinsho (free-hand copy) Exhibition** **Mar 6 (Mon) to 12 (Sun)** 30 pieces will be exhibited.

Venue Komaki Manabi Sozo Hall (Lapio 5F) Center Mall

Inquiries Manabi Sozo Hall TEL.0568-71-9848



Next tax payment deadline: Mar 31 (Fri)

- National Health Insurance Tax (10th term)
- Nursing Care Insurance Fees (9th term)
- Late-Term Medical Insurance for the Elderly (8th term)



Submit your payments promptly!

Avoid missed payments by setting up direct debit payments from your bank account.

If you have already set up direct debit payments for your taxes, be sure that your account has sufficient funds available by the day before payment is due.

If you are too busy
during the day on
weekdays to make
your payment...

- ① The main building's second floor will be open to answer tax-payment related questions and accept payments.

Hours: March 12 (Sun)/March 26 (Sun) 8:30 to 17:15

- ② Tax payments can be paid every day at the Komaki Station Branch Office. Please stop by at your convenience.

8:30 to 17:15 ※Closed during year-end/New Years.

- ③ You can pay for payment notices with bar codes at convenience stores.

※Only effective during the payment period.

Inquiries Tax Collection Division TEL.0568-76-1117

Notice regarding Counseling for Foreigners

**Portuguese:
Monday through Friday**

**Spanish/English:
Monday/Tuesday/Thursday**



Civic Safety Division, Main Government Office Bldg. 2F, City Hall 9:00 to 17:00 (Closed 12:00 to 13:00)

In addition, the Health Insurance and Pension Division and Childcare Division have staff available to help in Portuguese (9:00 to 17:00), the Welfare Administration Division in Portuguese (9:30 to 16:30) and in Chinese (9:00 to 16:30) as well.

Inquiries Civic Safety Division TEL.0568-76-1120 (Direct consultation)



New program at the Planetarium

Planetarium Chibi Maruko-chan When You Wish upon a Star

(With commentary of spring constellations)

This is an original story featuring popular character, Chibi Maruko-chan

It is a family friendly program, combining the Chibi Maruko-chan universe and the fascination of stars.

Date/time

From March 1 (Wed)

Tuesday to Friday Starts ①**15:30~** (※Another show from 13:30 from Tuesday to Friday during Spring break.)

Saturday, Sunday and Holidays ①**10:30~** ②**13:30~** ③**15:30~**

Program time: 45min

※Program may change due to other programs or events on Saturday, Sunday and Holidays.

Venue

Komaki Central Civic Hall Planetarium (5-253 Komaki, Komaki City)

Closed

Monday (open on holidays)

Eligibility

Open to all

Number of participants

80 per showing

Fees

100 yen (2 years old and under free)

※Junior high school students and under free on weekends and holidays

[Group price 50 yen (30 people or more, requires reservation by phone at least one week in advance)]

※Dates and times of group reservations are limited. Please inquire in advance.



Enjoy the Planetarium with Family

Spring constellations and “Ohoshisan Taihen Desu”

※Please enjoy the guide to constellations and the movie shown in the planetarium.

※We are going to have an astronomy quiz show at the end of the program! The prize of the quiz is a Constellation Can Badge!!

Date/time

Mar 11 (Sat) Start at 10:30 (Approx. 40 min)

Venue

Komaki Central Civic Hall Planetarium

(5-253 Komaki, Komaki City)

Eligibility

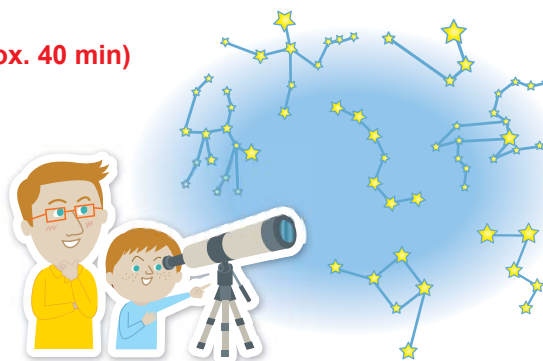
Open to all

Number of participants

80 people

Fees

100 yen (※Junior high students and under free on Saturday, Sunday and Holidays)



Inquiries Komaki Central Civic Hall TEL.0568-75-1861

Preparing for Fire



House Fire Prevention

It is important to prevent fires daily.

Check the 7 points below and be diligent for fire prevention.

House Fire Prevention **7 points** to save your life.

Measures

- ① **Install smoke detectors** to prevent the delay of evacuation.
- ② **Use fire-proofed items** to prevent the fire from beddings, clothes and curtains.
- ③ **Use fire extinguishers** to extinguish fires while they are small.
- ④ **Organize a cooperating system in your neighborhood** to protect elders and physically handicapped people.



Habbits

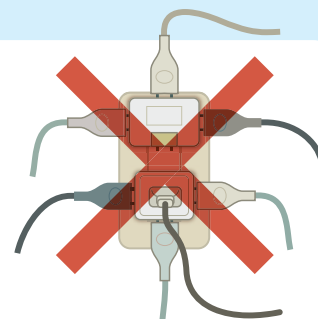
- ⑤ **Never smoke in bed.**
- ⑥ **Use heaters away from burnable items.**
- ⑦ **Always turn off gas stoves when leaving.**



(Reference: Fire and Disaster Management Agency Website)

How to use electrical appliances and daily guideline.

- ① Do not overload an electrical circuit. (See the picture on right)
- ② Do not pull the cord forcibly to disconnect a plug.
- ③ Disconnect a plug from the outlet when it is not used.
- ④ Clean the plug regularly to prevent tracking phenomenon.
(remove dust and rust)



What is Tracking Phenomenon?

Fire breaking out caused by a spark out of accumulated dusts and collected moisture on a plug left on the outlet. (Photo is from Tokyo Fire Department Website)



Install smoke detectors in houses.

Due to the recent increase of fatalities caused by residential fires, installation of smoke detectors in houses, apartments and condominiums is urged by law.

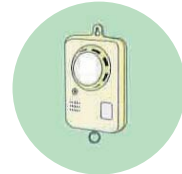
Required places to install.

- **Bed room**: Install in rooms that are slept in.
- **Staircase**: Install at staircases connected to floors where bed rooms are.
- **Kitchen**: Recommended, but not required.

Detects heat and smoke caused by a fire and notifies of the outbreak of a fire by buzzer or recorded voice.



Ceiling type



Wall type

Beware of clothes catching on fire!

Beware of your clothes catching on fire.

It is a common fire accident, and some casualties have occurred in Komaki City as well.

If the clothes you are wearing caught on fire, roll on the ground to extinguish the fire. In case you find drawn water such as in bath tub, throw water to extinguish the fire. ※The fire victim must go to see a doctor at medical institution after the fire is extinguished.

Guide to actions when fire breaks out.

In case fire breaks out, remain calm and practice the 3 steps described below.

First-aid fire fighting

Report

① Report as soon as possible

- Shout "Fire" as loud as possible and tell the neighbors.
- Call 119.

Extinguish the fire

② Extinguish as soon as possible

- Extinguish the fire carefully use the fire extinguisher.

Evacuation

③ Evacuate as soon as possible

- In case of interior fire, stop fighting the fire and run away if the fire reaches to the ceiling.
- Cover your mouth and nose, and keep your self as low as possible when evacuating in the smoke.



How to use fire extinguishers

- ① Pull off the safety pin.



- ② Take the hose and point to the fire.



- ③ Grip the lever tight.



● Use the fire extinguishers on the street.

Public fire extinguishers are set on the streets except for around condominiums and apartments, for first-aid fire fighting use.



Komaki Emergency Clinic

Oh, no... Sudden illness or injuries on a holiday.

Have you had an experience like this on a holiday?

- Sudden fever of child.
- Child's injury at a park.
- Accidentally cutting yourself with a knife, and bleeding won't stop.
- Teeth hurting too bad to eat.

Emergency Clinics are prepared for such cases.

It is located at the Health Center.



Departments available

Departments available Internal medicine/pediatrics/surgery/dentistry

Open **Sunday, holiday, year end/new years (Dec 31 to Jan 3)**

Reception Hours Internal medicine/pediatrics/surgery **8:30 to 11:30, 13:00 to 16:30**
Dentistry **8:30 to 11:30**

Consultation Hours Internal medicine/pediatrics/surgery **9:00 to 12:00, 13:00 to 17:00**
Dentistry **9:00 to 12:00**

This clinic is not a worker's compensation insurance designated health facility. Please use a designated facility for work related injury covered by worker's compensation insurance.

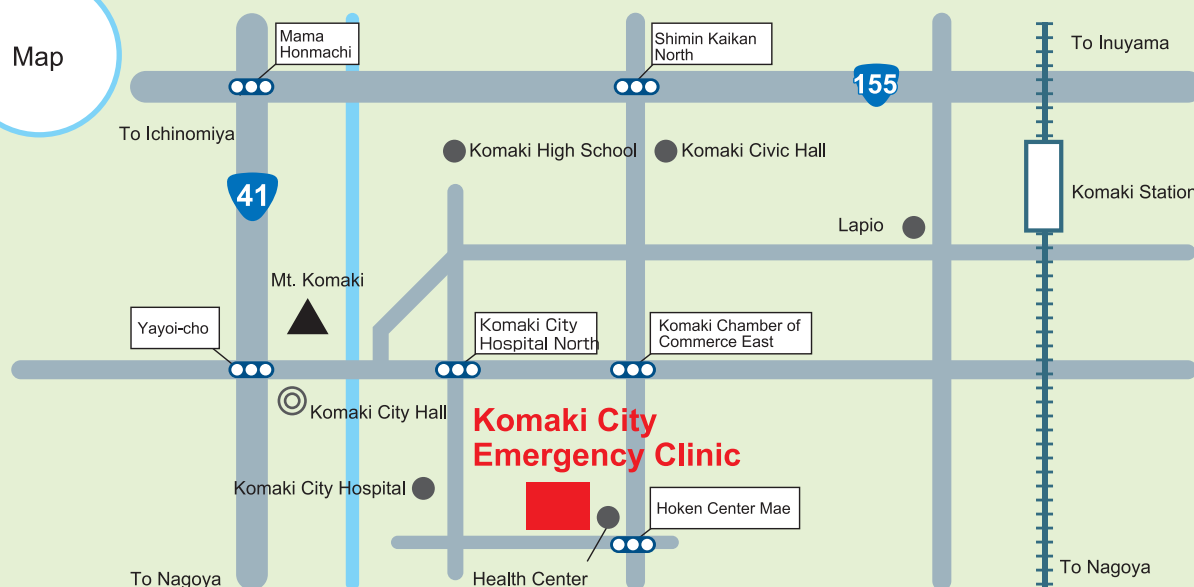
**Application/
Inquiries**

Emergency Clinic

TEL.0568-75-2070

1-318 Joubushi, Komaki City ☎485-0044

Map



Adult dental examination

It is said that roughly 4 out of 5 adults has periodontal disease. Diabetic persons and pregnant persons have remarkably high risk of suffering periodontal disease.

Receive Adult dental examination for this opportunity if you are concerned of dental caries or looking for a suitable dental clinic.



Content	Dental examination, gum and jaw joint examination, brushing instruction, etc.		
Date/time	① Feb 23, (Thu) 9:15 to 11:15 ② Mar 16, (Thu) 9:15 to 11:15 (Reception Hours are different. Please inquire for more information.)		
Venue	Health Center		
Eligibility	20 years old or older, or pregnant women (registered residents)		
Number of participants	30	Fee	Free
Application	①Feb 22 (Thu), ②Mar 15 (Wed).Call the health center by		

Inquiries Health Center Adult Health Section TEL.0568-75-6471

Information about the free dental check, “Iki-iki (lively) Individual Generations Dental Check”

Are you taking your teeth for granted?

It is essential to keep you teeth and gum healthy to have a lively healthy life.

If you haven't seen a dentist for a while or you are looking for a new regular dentist, don't miss this opportunity to receive dental check for free!



Date/time

Until Mar 31, (Fri)

(The reception limit is coming close. Please come early for free dental check.)

Venue

Participating local dental medical institution

Eligibility

*Information postcard is sent to eligible persons described on the right. Please check for reception method and participating medical institutions.

40 years old (April 2, 1975 to April 1, 1976)

50 years old (April 2, 1965 to April 1, 1966)

60 years old (April 2, 1955 to April 1, 1956)

70 years old (April 2, 1945 to April 1, 1946)

Fee

Free

Application

Please call the participating medical institutions in advance to apply.

Inquiries

Please inquire to the health center on phone.

Inquiries Health Center TEL.0568-75-6471

Medical checkup information

母子手帳

Mother/child Health Examination Calendar

※Make sure to bring your Maternal and Child Health Handbook.

Content	Date/time	Venue	Reception Hours	Eligibility/Description/Application/etc.
Health examinations for 4-month-old infants, dental examinations for mothers	Mar 14 (Tue)	Health Center	13:05 to 13:55	Born Nov 1 to 8, 2016
	Mar 21 (Tue)			Born Nov 9 to 15, 2016
	Mar 28 (Tue)			Born Nov 16 to 24, 2016
	Apr 4 (Tue)			Born Nov 25 to 30, 2016
Health examinations for 18-month-old infants	Mar 3 (Fri)	Health Center	13:05 to 14:15	Born Sep 1 to 8, 2015
	Mar 10 (Fri)			Born Sep 9 to 18, 2015
	Mar 17 (Fri)			Born Sep 19 to 30, 2015
Dental examinations for children aged 2 years, 3 months	Mar 2 (Thu)	Health Center	9:00 to 10:10	Born Dec 1 and 15, 2014
	Mar 9 (Thu)			Born Dec 16 to 31, 2014
Health examinations for 3-year-old children	Mar 1 (Wed)	Health Center	13:05 to 14:15	Born Mar 1 to 10, 2014
	Mar 8 (Wed)			Born Mar 11 to 19, 2014
	Mar 15 (Wed)			Born Mar 20 to 31, 2014
BCG Vaccination	Mar 13 (Mon)	Health Center	13:45 to 14:30	From 5 months old to under 1 year old
	Mar 22 (Wed)			(Standardized vaccination period is from 5 months old to under 8 months old)
	Mar 27 (Mon)			

※You will be sent a letter in advance if it applies to you. Please check the reception time details on the letter.

※Please receive your checkup. If you are unable to attend for some reason, please contact the Health Center.

Baby food class (Initial Gokkun (swallowing) class)	Mar 8 (Wed)	Health Center	10:00 to 11:00	27 guardians of children 4 months or older (babies can participate too) ●Fee: Free ●Application: Health Center	Reservation required
Baby food class (Later kami-kami (biting) class)	Mar 24 (Fri)	Health Center	10:00 to 11:00	21 sets of parents and children 9 months old ●Fee: Free ●Application: Health Center	Reservation required
Class for new moms and dads	Mar 5 (Sun)	Health Center	10:00 to 12:00	30 Komaki resident pregnant women and their husbands (woman can also participate alone) ●Description: Information about life with a baby, the role of the father, nutrition during pregnancy, dental health and parenting in Komaki, practice holding babies and pregnancy experience ●What to bring: Parent-child (maternal and child) health handbook ●Application: Health Center	Reservation required
Nursing counseling	Mar 7 (Tue) Mar 14 (Tue) Mar 21 (Tue) Mar 27 (Mon) Mar 28 (Tue)	Health Center	10:00 to 12:00 13:00 to 16:00 10:00 to 12:00	●Fee: Free ●Application: Health Center	Reservation required
Parenting, pregnancy, and giving birth health counseling	Mar 10 (Fri)	Oshiro Jidokan	10:00 to 11:15	●Content: Consultation regarding worries/concerns for raising children, body measurements, blood pressure measurement, urine inspection (optional)	
Niko niko cavity prevention class	Mar 10 (Fri)	Oshiro Jidokan	10:00 to 11:15	Nursing children (especially about one-year-old) ●Content: Consultation regarding worries/concerns about brushing teeth, teeth alignment or raising children ●What to bring: Parent and child (maternal and child) health handbook, toothbrush ●Fees: free	Applications not required
Baby visit	About 2 or 3 months after birth, a health contact and veteran health contact will come visit your home with a few gifts to congratulate you on the birth of your baby. (You will be contacted in advance to set a convenient time.)				
Low-weight Infant Notice	Please submit a Low-weight Infant Notice if your child's birth weight is under 2,500g. Send to: Health Center or Health Insurance & Pension Division				

Inquiries Health Center TEL.0568-75-6471 FAX.0568-75-8545

Edited
and
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