生活情報誌こまき 英語版 2015年3月号

# Life Information News KOMAKI

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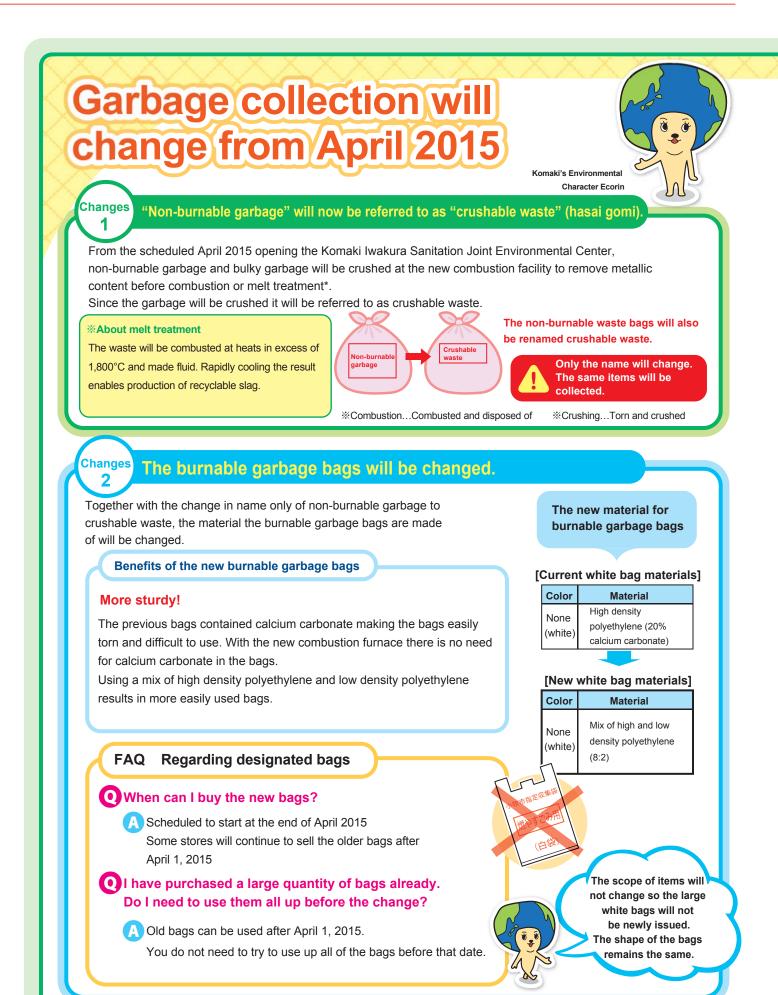
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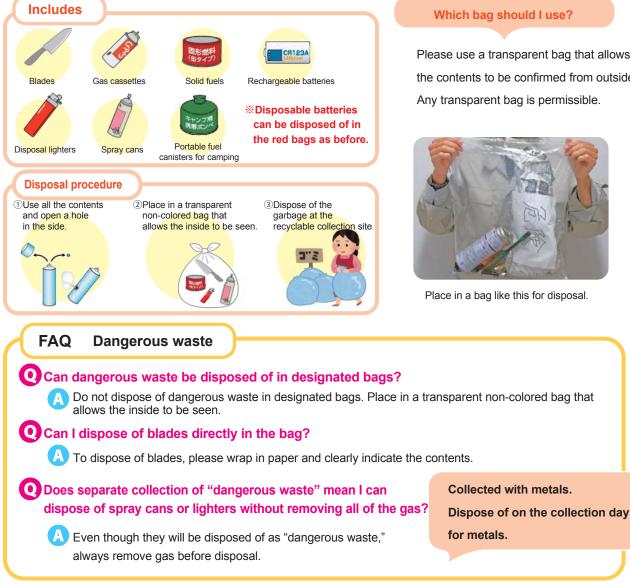


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Recent years have seen many fires occurring in waste treatment facilities and garbage trucks inconveniencing many people. To reduce accidents caused by improper waste disposal, starting April 1, 2015

#### Changes Separate collection of dangerous waste



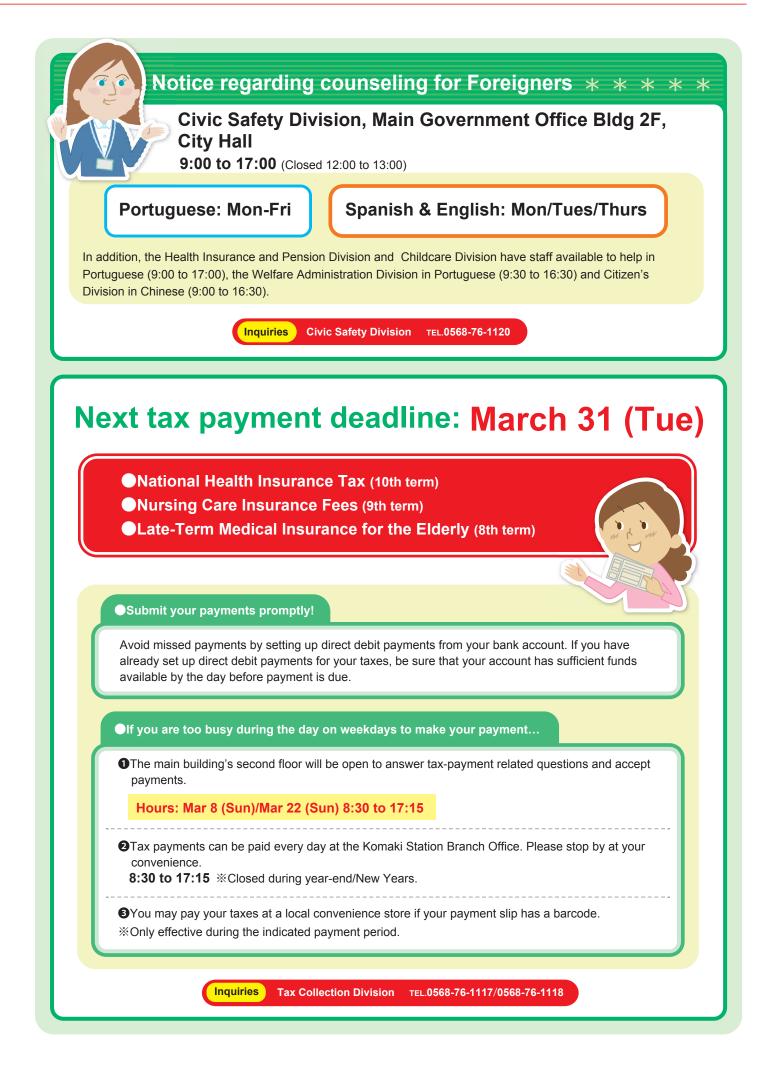
Which bag should I use?

Please use a transparent bag that allows the contents to be confirmed from outside. Any transparent bag is permissible.



Place in a bag like this for disposal.

Inquiries Waste Management Division TEL.0568-76-1187



# Household earthquake measures: emergency stockpiles

It is important to prepare a stockpile of emergency supplies for when an earthquake occurs. You should prepare emergency goods for during an emergency (primary goods) and for daily living for about one week until rescue materials can reach you after an emergency strikes (secondary goods). Please prepare as appropriate for your family.

#### **Primary goods**

Put the goods in a backpack to allow you to use both hands freely so that you can carry it away at any time. Valuables (cash, bankbooks, health insurance certificates), portable radio, flashlight, emergency medical supplies, emergency foods, water, clothes, towels, etc.

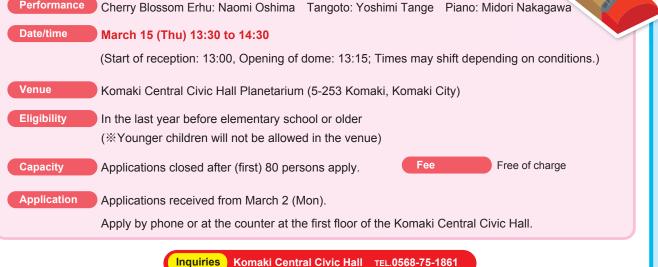
#### Secondary goods

Things you will need to survive for a few days until normal circumstances are restored. Food, drinking water (about 3 liters per person per day), fuel (simple stove, solid fuel, etc.), and other everyday goods (toiletries, cling film, newspaper, etc.)

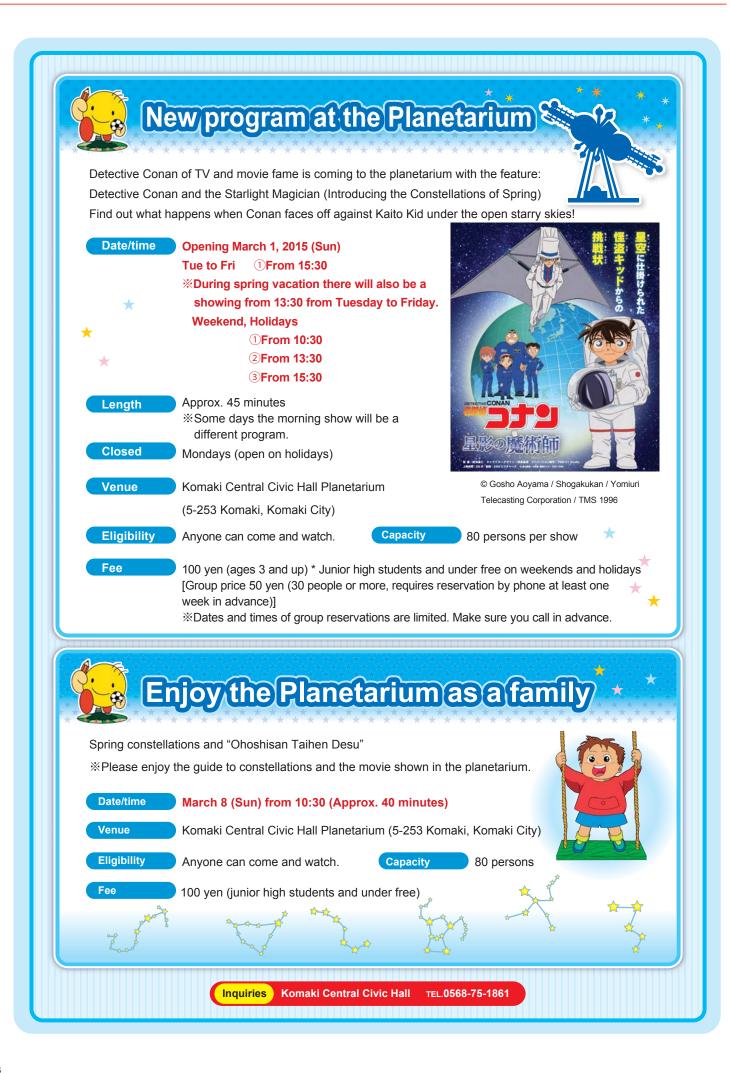


Inquiries Crisis Management Division TEL.0568-76-1171

# Discover the beauty of spring through this trio ensemble Image: Construction of the stars at the planetarium. Children and adults alike can enjoy the concert and explanation of the stars at the planetarium. Image: Construction of the stars at the planetarium. This event is held in cooperation with the Jido Center. Image: Construction of the stars at the planetarium. Performance Cherry Blossom Erhu: Naomi Oshima Tangoto: Yoshimi Tange Piano: Midori Nakagawa



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## **\*** \* \* Medical checkup information Information about examinations for adults

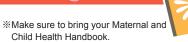
Туре	Schedule	Time	Venue	Eligibility/Description/Application/etc.
Screening test for stomach cancer (Abdominal X-ray)	Mar 3 (Tue) This is the last time for this fiscal year.	9:00 to 11:00	Health Center	<ul> <li>Eligibility: Registered Komaki residents over 30 years old</li> <li>Capacity: 40</li> <li>Fee: 1,000 yen, 500 yen if 70 or older</li> <li>Application: Health Center</li> </ul>
Screening test for colorectal cancer (Testing of the stool for occult blood)	※A feces sample cont collected on the day cancer screening is i	stomach	Health Center Feb 19 Tobu Shimin Center	<ul> <li>Eligibility: Registered Komaki residents over 30 years old</li> <li>Fee: 500 yen</li> <li>Application: Health Center</li> </ul>
Screening test for breast cancer (Mammography screening) ※Persons that have received a free coupon may apply.	Mar 2 (Mon) This is the last time for this fiscal year.	9:00 to 15:30	Health Center	<ul> <li>Eligibility: Registered Komaki residents over 40 years old</li> <li>Persons over 40 born in even years</li> <li>Persons born in odd years that did not receive an examination in 2013</li> <li>Persons turning 40 that were born in 1974</li> <li>Capacity: 115</li> <li>Fee: 1,000 yen, 500 yen if 70 or older</li> <li>Application: Health Center</li> </ul>
Cervical cancer facility screening (Gynecological, visual and cytological screening) ※Persons that have received a free coupon may apply.	Consultation period June 2 (Mon) 2014 to March 31 (Tue) 2015		Local Ob/ Gyn clinic	<ul> <li>Eligibility: Registered Komaki residents over 20 years old</li> <li>Persons over 20 born in even years</li> <li>Persons born in odd years that did not receive an examination in 2013</li> <li>Fees: cervical cancer examination 1,000 yen, cervix/body cancer examination 2,000 yen, 70 years old and over 500 yen</li> <li>(Body cancer examination is only for people determined to require the examination by the physician)</li> <li>Application: Health Center (Persons that have received a free coupon may apply directly to a medical facility.)</li> </ul>
Uterine cancer screening (Cervical cancer screening)	Mar 5 (Thu) (This is the last time for this fiscal year.)	14:00 to 15:30	Health Center	<ul> <li>Eligibility: Registered Komaki residents over 20 years old</li> <li>Capacity: 100 people</li> <li>Fee: 1,000 yen</li> <li>Application: Health Center</li> </ul>

Regarding breast cancer / cervical

% From 2007 we have promoted screening once every two years based on even and odd years (using the Japanese calendar). Thank you for your understanding and cooperation. cancer screening % Free coupons are sent in early June to eligible persons.

Inquiries Health Center TEL.0568-75-6471

#### **Medical checkup information**



### **\*** Mother/child Health Examination Calendar

Description	Date/time	Venue	Time	Eligibility/Description/Application/etc.	
Health examinations for 4-month-old infants, dental examinations for mothers	Mar 17 (Tue)	- Health Center	13:05 to 13:55	Born Nov 1 to 10, 2014	
	Mar 24 (Tue)			Born Nov 11 to 17, 2014	
	Mar 31 (Tue)			Born Nov 18 to 23, 2014	
	Apr 7 (Tue)			Born Nov 24 to 30, 2014	
Health examinations for 18-month-old infants	Mar 6 (Fri)	- Health Center	13:05 to 14:15	Born Sep 1 to 10, 2013	
	Mar 13 (Fri)			Born Sep 11 to 20, 2013	
	Mar 20 (Fri)			Born Sep 21 to 30, 2013	
Dental examinations for children aged 2 years, 3 months	Mar 5 (Thu)	Health Center	9:00 to 10:10	Born Dec 1 to 15, 2012	
	Mar 19 (Thu)			Born Dec 16 to 31, 2012	
Health examinations for 3-year-old children	Mar 4 (Wed)	Health Center	13:05 to 14:15	Born Mar 1 to 11, 2012	
	Mar 11 (Wed)			Born Mar 12 to 20, 2012	
	Mar 25 (Wed)			Born Mar 21 to 31, 2012	
BCG Vaccination	Mar 9 (Mon)	Health Center	13:45 to 14:30	From 5 months old to under 8 months old (standardized vaccination period)	
	Mar 18 (Wed)				
	Mar 27 (Fri)				

% 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 12 (Thu)	Health Center	10:00 to 11:00 (approx.)	27 sets of parents and children 4 months old Fees: Free Application: Health Center Reservation required		
Baby food class (Later kami-kami (biting) class)	Mar 27 (Fri)	Health Center	10:00 to 11:00 (approx.)	21 sets of parents and children 9 months old Fees: Free Application: Health Center required		
Class for new moms and dads	Mar 1 (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, practice holding babies and pregnancy experience What to bring: Parent-child (maternal and child) health handbook Application: Health Center					
	Mar 3 (Tue)	Health Center	10:00 to 12:00	Fees: Free      Application: Health Center     Reservation     required		
Nursing counseling	Mar 10 (Tue)					
	Mar 17 (Tue)					
	Mar 24 (Tue)					
	Mar 30 (Mon)		13:00 to 16:00			
	Mar 31 (Tue)		10:00 to 12:00			
Parenting, pregnancy, and giving birth health counseling	Mar 13 (Fri)	Oshiro Jidokan	10:00 to 11:15	<ul> <li>Content: Consultation regarding worries/concerns for raising children, body measurements, blood pressure measurement, urine inspection (optional)</li> <li>Fees: Free</li> </ul>		
Niko niko cavity prevention class	Mar 13 (Fri)	Oshiro Jidokan	10:00 to 11:15	Nursing children (especially about one-year-old)		
	<ul> <li>Content: Consultation regarding worries/concerns about brushing teeth, teeth alignment or raising children,</li> <li>What to bring: Parent-child (maternal and child) health handbook, toothbrush </li> </ul>					
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. Submit your notice to the Health Center or Health Insurance & Pension Division					

Edited Activity Creation, City Promotion Section, Regional Revitalization Division, Komaki City Hall

Please see the relevant service counter for more details regarding any of the items contained herein.

3-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650 TEL: 0568-76-1173 FAX: 0568-75-8283 http://www.city.komaki.aichi.jp/otherlanguage/japanese.html

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