

# Life Information News KOMAKI

3

2019

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## Next tax payment deadline: April 1 (Mon)

- 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.

Payments are accepted as well. Hours ▶ Mar 10 (Sun)/Mar 24 (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 \*Komaki Station Branch Office is open until Mar 31 (Sun).

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

## Garbage Sorting App is available in foreign languages!!

Komaki City has released a **Garbage Sorting App "3R"** in foreign languages!

It is useful for garbage sorting. Please try it.

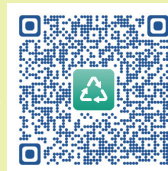


Komaki's Environmental  
Character Ecorin

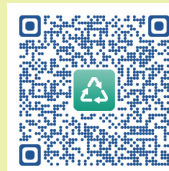
### Available Languages

- ☐ Portuguese    ☐ Indonesian  
☐ Spanish       ☐ Tagalog  
☐ English       ☐ Vietnamese  
☐ Chinese       ☐ Japanese

Download here



iOS



Android

### Useful features

#### 1 Calendar

You can check the Calendar schedule of when to dispose garbage in your local area.

#### 2 Sorting/setting out recyclables and garbage

You can check how to sort and set out recyclables and garbage

#### 3 Sorting Chart

You can search which garbage category each item should be sorted as from the item names.



I used to be so confused how should I sort garbage, but this app helped me so much that I can sort them properly now!

**Inquiries** Waste Management Division TEL.0568-76-1187

## Medical Checkup

### Information about examinations for adults



Individual examination	Individual cervical cancer screening (Gynecological, visual and cytological screening)	● Consultation period: until March 31 (Sun)	Ob/Gyn clinic in Komaki City	<ul style="list-style-type: none"> <li>● Eligibility: Registered Komaki residents over 20 years old who applies to the chart below</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>● Applications: Persons applies to ① ② ③ in the chart below: Ob/Gyn clinic in Komaki City Persons applies to ④ in the chart below: Please contact the Health Center in advance.</li> </ul>
	Individual screening test for breast cancer (Mammography screening)		Miwa Lady's Clinic	<ul style="list-style-type: none"> <li>● Eligibility: Registered Komaki residents over 40 years old who applies to the chart below</li> <li>● Fees: 1,500 yen, 500 yen if 70 or older</li> <li>● Applications: Persons applies to ① ② ③ in the chart below: Miwa Lady's Clinic (0568-76-2603) Persons applies to ④ in the chart below: Please contact the Health Center in advance.</li> </ul>

Regarding breast cancer / cervical cancer screening

\* Breast cancer (Mammography screening) and cervical cancer screening are promoted to receive once in every two years according to Ministry of Health, Labour and Welfare's Guideline of Cancer Screening.

#### ● Eligibility table

① Persons that have received a free coupon	② Born on Jan 7, 1989 and odd numbered years before
③ Born on Jan 8, 1989 and even numbered years after	④ Persons don't apply to ①, ② or ③ and did not receive the screening on FY2017.

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

# Medical Checkup Information



## \*Mother/child Health Examination Calendar \*Make sure to bring your Maternal and Child Health Handbook.

Type	Date	Venue	Reception Hours	Eligibility/Description/Application/etc.
Health examinations for 4-month-old infants, dental examinations for mothers	Mar 5 (Tue)	Health Center	13:05 to 13:35	Born Nov 1 to 8, 2018
	Mar 12 (Tue)			Born Nov 9 to 16, 2018
	Mar 19 (Tue)			Born Nov 17 to 23, 2018
	Apr 2 (Tue)			Born Nov 24 to 30, 2018
Health examinations for 18-month-old infants	Mar 1 (Fri)	Health Center	13:05 to 14:15	Born Sep 1 to 10, 2017
	Mar 8 (Fri)			Born Sep 11 to 20, 2017
	Mar 15 (Fri)			Born Sep 21 to 30, 2017
Dental examinations for children aged 2 years, 3 months	Mar 7 (Thu)	Health Center	9:00 to 10:10	Born Dec 1 to 15, 2016
	Mar 14 (Thu)			Born Dec 16 to 31, 2016
Health examinations for 3-year-old children	Mar 6 (Wed)	Health Center	13:05 to 14:15	Born Mar 1 to 10, 2016
	Mar 13 (Wed)			Born Mar 11 to 20, 2016
	Mar 20 (Wed)			Born Mar 21 to 31, 2016
BCG Vaccination	Mar 4 (Mon)	Health Center	13:45 to 14:30	From 5 months old to under 1 year old (Standardized vaccination period is from 5 months old to under 8 months old)
	Mar 14 (Thu)			
	Mar 25 (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 6 (Wed)	Health Center	10:00 to 11:00	●Eligibility: 27 guardians of children 4 months or older (babies can participate too) ●Fee: 0 yen ●Application: Health Center ●What to bring: Parent-child (maternal and child) health handbook, bath towel, baby sling etc.	Reservation required
Baby food class (Later kami-kami (biting) class)	Mar 15 (Fri)	Health Center	10:00 to 11:00	●Eligibility: 21 sets of parents and children 9 months old ●Fee: 0 yen ●Application: Health Center ●What to bring: Parent-child (maternal and child) health handbook, bath towel, hand towel etc.	Reservation required
Class for new moms and dads	Mar 3 (Sun)	Health Center	10:00 to 12:00	●Eligibility: 30 Komaki resident pregnant women and their husbands (woman can also participate alone)	Reservation required
	●Description: Information about life with a baby, the role of the father, nutrition during pregnancy, dental health, practice holding babies and pregnancy experience ●Fee: 0 yen ●What to bring: Parent-child (maternal and child) health handbook, soup for measuring salinity concentration (about 30cc) and drinks ●Application: Health Center				
Nursing counseling	Mar 5 (Tue)	Child-rearing Generation General Support Center	10:00 to 12:00	●Fee: 0 yen	Reservation required
	Mar 12 (Tue)				
	Mar 20 (Wed)		13:00 to 16:00	●Application: Child-rearing Generation General Support Center	
	Mar 25 (Mon)				
	Mar 26 (Tue)				
Parenting, pregnancy, and giving birth health counseling	Mar 4 (Mon)	Kitasato Jidokan	10:00 to 11:15	●Content: Consultation regarding worries/concerns for raising children, body measurements, blood pressure measurement, urine inspection (optional)	No application necessary
	Mar 8 (Fri)	Oshiro Jidokan		●Fee: 0 yen	
Niko niko cavity prevention class	Mar 8 (Fri)	Oshiro Jidokan	10:00 to 11:15	●Eligibility: Nursing children (especially about one-year-old)	No application necessary
	●Content: Consultation regarding worries/concerns about brushing teeth, teeth alignment or raising children ●What to bring: Parent-child (maternal and child) health handbook ●Fee: 0 yen				
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: Child-rearing Generation General Support Center or Health Insurance & Pension Division *It will not be accepted at the Health Center.				

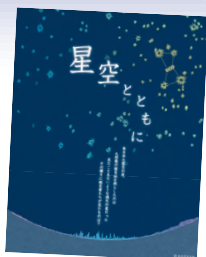
**Inquiries** Health Center TEL.0568-75-6471 FAX.0568-75-8545  
 Child-rearing Generation General Support Center (Lapio 3F) TEL.0568-71-8611 FAX.0568-71-8612



# Come to the Planetarium

Venue

**Komaki Central Civic Hall  
Planetarium**  
5-253 Komaki, Komaki City



## ★ The Saturday Night the Planetarium

**With the Stars** The Program is produced based on the stories related to the stars and the earthquake collected from the victims, by Sendai Astronomical Observatory after the Tohoku earthquake.

**Date/time** Mar 2 and 9 (Sat) 19:00 to 19:45

**Eligibility** Open to all

**Number of participants** 80 people (first come first served)

**Fee** 0 yen

**Application** Not required

© Sendai Astronomical Observatory



## ★ Enjoy Planetarium as a Family

Spring constellations and the Twin Stars episode 2 the Star Fell in the Sea.

\* We are going to have an astronomy quiz show on Mar 9! The prize of the quiz is a Constellation Can Badge!!

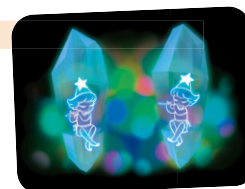
**Date/time** Mar 9 (Sat), Mar 23 (Sun) 10:30 to 11:10

**Eligibility** Open to all

**Number of participants** 80 people (first come first served)

**Fee** 100 yen (Junior high students and under free)

**Application** Not required



© GOTO



## ★ The Planetarium for Adults What is dark matter? The Dark Story of the Space

The program for adults with movies and constellation commentary.

You can silently enjoy the movies and star commentary specifically targeted to adults.

**Date/time** Mar 16 (Sat) 19:00 to 20:00

**Eligibility** High school students and older

**Number of participants** 80 people (first come first served)

**Fee** 100 yen

**Application** Not required

## ★ The Planetarium in the Night

We will play spring constellation commentary and "Nintama Rantarō Space Adventure with Cosmic Front ☆ NEXT: The Rabbit Leap Over the Lunar Crater" at the Planetarium during the Spring break from 5 PM.

**Date/time** Mar 23 (Sun) to 31 (Sun) and Apr 2 (Tue) to 7 (Sun) 17:00 to 17:45 \*Closed on Mondays

**Eligibility** Open to all

**Number of participants** 80 people (first come first served)

**Application** Not required

**Fee** 100 yen (\*Free of charge for Junior high students and under on Weekends and Holidays.)



© Amako Sobe / NHK・NEP

## ★ New program at the Planetarium

**Soreike! Anpanman The Little Wolf and the Wonder of the Moon**

Little wolf turns into a wolf monster when he sees a full moon. He can look up the night skies unless it is not a full moon, so they decided to watch the stars at the school at night. But Baikinman heard that and started to plan...

**Date/time** Show starts on Mar 1 (Fri)

●Tue to Fri Starts 15:30 (Another show from 13:30 during Spring break.)

●Weekends and holidays ① from 10:30 ② from 13:30 ③ from 15:30

\*Approx. 45 min. \*Program may change due to other programs or events.

\*Closed on Mondays. (However, it will be closed when Monday is a holiday or substitute holiday)

**Eligibility**

Open to all

**Number of participants** 80 people (first come first served)

**Application**

Not required

**Fee**

0 yen (2 years old and under free) \*Free of charge for Junior high students and under 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.



Takashi Yanase / Froebel-Kan TMS NTV

**Inquiries** Komaki Civic Cultural Foundation Komaki Central Civic Hall TEL.75-1861

# How to fill in the emergency cards for foreigners

- 1 Check the following instructions how to select a nearby evacuation site.

**助けてください。日本語ができません。**  
●Please help me. I cannot communicate in Japanese.  
●Por favor, me ajude. Não sei falar japonês.  
●Por favor, ayúdeme. No se hablar japonés. ●請幫我一下,我不懂日語。

**避難所に連れて行ってください。**  
●Please take me to an evacuation site.  
●Por favor, me leve até o abrigo.  
●Por favor, lléveme al refugio. ●請帶我到避難所。

**近くの避難所** ●Nearest evacuation site ●El refugio más cercano  
●Abrigo mais próximo ●附近的避難所

※避難所...大きな災害が起きた時に避ける所  
※Evacuation site...a place to evacuate to when a large disaster occurs. ※Abrigo...local de refugio na ocasião de um grande desastre  
※Refugio...lugar para evacuar en caso de producirse un gran desastre ※避難場所...発生する大災害時に避難する所。

1 ○○ Shogakko

- 2 Write your name with hiragana as well.

**氏名** ●Name ●Nome ●Nombre ●姓名  
② **James Smith**

**国籍** ●Nationality ●Nacionalidade ●Nationalidad ●國籍  
America

**生年月日** ●Birthdate ●Data de nascimento ●Fecha de nacimiento ●出生年月日  
1978 年 1 月 1 日  
Year Month Day

**血液型** ●Blood type ●Tipo sanguíneo ●Tipo de sangre ●血型  
O+

**母語** ●Native language ●Idioma materno ●Lengua materna ●母語  
英語 ●ポルトガル語 ●スペイン語 ●中国語 ●  
English português espanhol 中文

- 3 Write the phone number of family or your workplace in Japan.

Children should write the phone number of their parents.

- 4 Write the country code, area code and phone number for overseas contacts.

**私の住所** ●My address ●Meu endereço ●Dirección ●我的住址  
○○○○△-△ □□□□

**国内緊急連絡先** ●Emergency contact in Japan ●Contato para emergência no Japão ●Contacto de emergencia nacional ●国内緊急联系电话  
③ 090-1234-5678

**国外緊急連絡先** ●Emergency contact overseas ●Contato para emergência no exterior ●Contacto de emergencia en el exterior ●国外紧急联系电话  
④ +55 (11) 1234-5678

**大使館・領事館** ●Phone number of embassy or consulate ●Número do telefone das Embaixadas/ Consúlos ●Numero de teléfono de su embajada o consulado ●大使馆、领事馆电话号码

## Selecting an evacuation site

Usually your evacuation site is the nearest public elementary school from your home. If two or more sites are in your neighborhood, discuss with your family where you will evacuate to.

If you do not know your evacuation site, check with your community association or a neighbor.



**Inquiries** City Promotion Division TEL.0568-76-1173

**助けてください。日本語ができません。**  
●Please help me. I cannot communicate in Japanese.  
●Por favor, me ajude. Não sei falar japonês.  
●Por favor, ayúdeme. No se hablar japonés. ●請幫我一下,我不懂日語。

**避難所に連れて行ってください。**  
●Please take me to an evacuation site.  
●Por favor, me leve até o abrigo.  
●Por favor, lléveme al refugio. ●請帶我到避難所。

**近くの避難所** ●Nearest evacuation site ●El refugio más cercano  
●Abrigo mais próximo ●附近的避難所

※避難所...大きな災害が起きた時に避ける所  
※Evacuation site...a place to evacuate to when a large disaster occurs. ※Abrigo...local de refugio na ocasião de um grande desastre  
※Refugio...lugar para evacuar en caso de producirse un gran desastre ※避難場所...発生する大災害時に避難する所。

**氏名** ●Name ●Nome ●Nombre ●姓名

**国籍** ●Nationality ●Nacionalidade ●Nationalidad ●國籍

**生年月日** ●Birthdate ●Data de nascimento ●Fecha de nacimiento ●出生年月日  
Year Month Day

**血液型** ●Blood type ●Tipo sanguíneo ●Tipo de sangre ●血型

**母語** ●Native language ●Idioma materno ●Lengua materna ●母語  
英語 ●ポルトガル語 ●スペイン語 ●中国語 ●  
English português espanhol 中文

**私の住所** ●My address ●Meu endereço ●Dirección ●我的住址

**国内緊急連絡先** ●Emergency contact in Japan ●Contato para emergência no Japão ●Contacto de emergencia nacional ●国内紧急联系电话

**国外緊急連絡先** ●Emergency contact overseas ●Contato para emergência no exterior ●Contacto de emergencia en el exterior ●国外紧急联系电话

**大使館・領事館** ●Phone number of embassy or consulate ●Número do telefone das Embaixadas/ Consúlos ●Numero de teléfono de su embajada o consulado ●大使馆、领事馆电话号码

事件、事故にあいました。警察(110番)を呼んでください。  
●I've had an accident or need help. Please call the police (110).  
●Foi envolvido em um crime, acidente. Por favor, chame a polícia (disque 110).  
●Me ocurrió un incidente o accidente. Por favor llame a la policía (110).  
●遭遇了案件、事故。請報警(110)。

ケガ・病気で。救急車(119番)を呼んでください。  
●I am sick or unwell. Please call an ambulance (119).  
●Sofreu uma lesão, está doente. Por favor, chame a ambulância (disque 119).  
●Lesión o enfermedad. Por favor llame a una ambulancia (119).  
●受傷、得病。請呼叫救護車(119)。

火事です。消防車(119番)を呼んでください。  
●There's a fire. Please call the fire department (119).  
●Ocorreu um incêndio. Por favor, chame o corpo de bombeiros (disque 119).  
●Incendio. Por favor llame a los bomberos (119).  
●着火。請呼叫消防車(119)。

日本人のみなさまへ

**外国人緊急カード**

Emergency cards for foreigners ●Cartão de Emergência para Estrangeiros  
Tarjeta de emergencia para extranjeros ●外国人緊急カード

<http://www.city.komaki.aichi.jp>

TEL0568-72-2101 小牧市

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<http://www.city.komaki.aichi.jp/admin/lifeinfo/10821.html>



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sake of the environment.

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

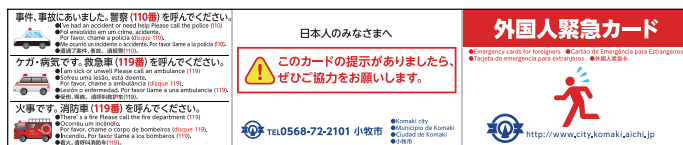
## Please carry the emergency cards for foreigners!

### How to use the card

- Even if you are unable to communicate in Japanese, in case of accidents or sickness, you can show this card to Japanese person and point to the reason you require assistance.
- Keep this card with you to remind you of emergency contact information when needed.
- Cut out the card and use as shown below. (Please check the back as well.)



### 1 Cut along the dotted line



### 2 Fold along the line



### 3 Finish



**Inquiries** City Promotion Division TEL.0568-76-1173

## Notice regarding counseling for Foreigners

Civic Safety Division, South Government Office  
Bldg 2F, City Hall

9:00 to 17:00 (Closed 12:00 to 13:00)

Portuguese/Spanish/  
English

Monday through  
Friday

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 (9:00 to 16:30), Child-rearing Generation General Support Center in Portuguese and Spanish (9:30 to 17:30).

**Inquiries** Civic Safety Division TEL.0568-76-1675 (Direct consultation)