

Life Information News KOMAKI

3

2021

P1 ●Place of Origin of Nagoya Cochin Chicken

P2 ●Mother/child Health Examination Calendar

P3 ●Information about examinations for adults

●Next tax payment deadline: Mar 31 (Wed)

P4 ●Regarding consultation about status of residence

●Notice regarding Counseling for Foreigners

●Zero COVID-19 Discrimination Declaration

P5 ●Overview of the Komaki City

Ordinance about Human Rights

Protections for Persons Infected with COVID-19

P6 ●Introduction to the Komaki Urban Development

Promotion Plan Primary Basic Plan

●COVID-19 infections are increasing rapidly
in Komaki City

Place of Origin of Nagoya Cochin Chicken

March 10 is the Nagoya Cochin Chicken Day.

Nagoya Cochin, famous as one of Japan's top 3 local chicken, was first bred at Ikenouchi, Komaki.

A local Komaki restaurant's chef created a recipe using Nagoya Cochin.



Using curry roux to cook rapidly

Tandori style chicken



Simply boil with salt and water!

Uses simple flavors **Pot-au-feu**



Nagoya Cochin eggs in

Thick pancakes



Inquiries City Promotion Division TEL.0568-76-1172

Mother/child Health Examination Calendar

*Schedule may change or canceled for prevention of spread of Coronavirus.

Type	Date	Venue	Reception Hours	Eligibility/Description/Application/etc.
Health examinations for 4-month-old infants, dental examinations for mothers	Mar 2 (Tue)	Health Center	13:05 to 13:55	Born Oct 25 to 31, 2020
	Mar 9 (Tue)			Born Nov 1 to 6, 2020
	Mar 16 (Tue)			Born Nov 7 to 11, 2020
	Mar 23 (Tue)			Born Nov 12 to 17, 2020
	Mar 30 (Tue)			Born Nov 18 to 23, 2020
Health examinations for 18-month-old infants	Mar 5 (Fri)	Health Center	13:05 to 14:15	Born Sep 1 to 8, 2019
	Mar 12 (Fri)			Born Sep 9 to 16, 2019
	Mar 19 (Fri)			Born Sep 17 to 24, 2019
	Mar 26 (Fri)			Born Sep 25 to 30, 2019
Dental examinations for children aged 2 years, 3 months	Mar 4 (Thu)	Health Center	9:00 to 10:10	Born Dec 1 to 15, 2018
	Mar 11 (Thu)			Born Dec 16 to 31, 2018
Health examinations for 3-year-old children	Mar 3 (Wed)	Health Center	13:05 to 14:15	Born Feb 21 to 28, 2018
	Mar 10 (Wed)			Born Mar 1 to 10, 2018
	Mar 18 (Thu)			Born Mar 11 to 20, 2018
	Mar 24 (Wed)			Born Mar 21 to 31, 2018
BCG Vaccination	Mar 8 (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 8 months old)
	Mar 17 (Wed)			
	Mar 25 (Thu)			



*Those eligible were sent an examination card in advance. Please check the details on the card. *Make sure to wear mask and bring your Maternal and Child Health Handbook and bath towel. *Please receive your checkup. If you are unable to attend for some reason, please contact the Health Center.

Grant Maternal and Child Health Handbook	Weekdays (Excluding National Holidays and Year End/New Year Holidays)	Kosodate Sedai Houkatsu Shien Center (Lapio 3F)	9:30 to 17:30	●Content: A Public Health Nurse or Midwife will hand out the Maternal and Child Health Handbook. Please consult with us about your worries about pregnancy ●What to bring: Pregnancy notification or medical certificate, Zairyu Card and the "My Number Card" (If you do not have it, bring "the My Number's Notification Card")
Baby food class (Initial Gokkun (swallowing) class)	Mar 3 (Wed)	Health Center	10:00 to 11:00 (tentative)	●Eligibility: Guardians of children 4 months or older (babies can participate too) ●What to bring: Parent-child (maternal and child) health handbook, bath towel, tea, and writing utensils. ●Fee: 0 yen ●Application: Health Center
Baby food class (Later kami-kami (biting) class)	Mar 12 (Fri)	Health Center	10:00 to 11:00 (tentative)	●Eligibility: Parents and children 9 months or older ●What to bring: Parent-child (maternal and child) health handbook, bath towel, hand towel, tea and writing utensils. ●Fee: 0 yen ●Application: Health Center
Class for new moms and dads	Mar 7 (Sun)	Health Center	10:00 to 12:00	●Eligibility: Komaki resident pregnant women and their husbands (woman can also participate alone) ●Content: Information about life with a baby, the role of the father, nutrition during pregnancy, dental health and know your home-made flavor (measure salt concentration) ●What to bring: Parent-child (maternal and child) health handbook, writing utensils, soup for measuring salinity concentration (about 30cc), drinks and a bath towel for each ●Fee: 0 yen ●Application: Health Center
Nursing counseling	Mar 5 (Fri) Mar 9 (Tue) Mar 19 (Fri) Mar 23 (Tue) Mar 30 (Tue)	Kosodate Sedai Houkatsu Shien Center (Lapio 3F)	10:00 to 12:00 10:00 to 12:00 10:00 to 12:00 10:00 to 12:00 13:00 to 16:00	●Fee: 0 yen ●Application: Kosodate Sedai Houkatsu Shien Center (Lapio 3F)
Parenting, pregnancy, and giving birth health counseling	Mar 2 (Tue) Mar 12 (Fri)	Komaki Minami Jidokan TEL.0568-77-0454 Oshiro Jidokan TEL.0568-78-0046	10:00 to 11:15	●Content: Consultation regarding worries, concerns for raising children, counselling, body measurements, blood pressure measurement, urine inspection (optional) ●Applications: Each Jidokan
Niko niko cavity prevention class	Mar 2 (Tue)	Komaki Minami Jidokan TEL.0568-77-0454	10:00 to 11:15	●Eligibility: Nursing children (especially about one-year-old) ●Content: Consultation regarding worries, concerns about brushing teeth or teeth alignment ●What to bring: Parent-child (maternal and child) health handbook, toothbrush and bath towel ●Fee: 0 yen ●Applications: Komaki Minami Jidokan
Baby visit	About 1 to 3 months after birth, a health contact or a 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: Kosodate Sedai Houkatsu Shien Center (Lapio 3F) or at the City Hall (Hoken Iryouka Division 1F)			
1st Birthday Celebration	Around the 10 months of the baby, we will send a questionnaire to the baby's home. Let's get a gift by sending the questionnaire. ●Locations: Kosodate Sedai Houkatsu Shien Center (Lapio 3F) or Jidokan in Komaki city.			

For more information, please contact at right.

Inquiries

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

Kosodate Sedai Houkatsu Shien Center (Lapio 3F) TEL.0568-71-8611 FAX.0568-71-8612

Information about examinations for adults

*Schedule may change or canceled for prevention of spread of Coronavirus.

	Type	Date	Time	Eligibility/Fees/Application/etc.
Individual examination	Individual cervical cancer screening (Gynecological, visual and cytological screening)	● Examination period until Mar 31 (Wed)	Ob/Gyn clinic in Komaki City	<ul style="list-style-type: none"> ● Eligibility: Registered Komaki residents over 20 years old who applies to the chart below ● Fee: Cervical cancer screening 1000 yen Cervical/body cancer screening: 2,000 yen (500 yen if 70 or older) *Body cancer examination is only for people determined to require the examination by the physician ● 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.
	Individual screening test for breast cancer (Mammography screening)		Miwa Lady's Clinic	<ul style="list-style-type: none"> ● Eligibility: Registered Komaki residents over 40 years old who applies to the chart below ● Fees: 1500 yen (500 yen if 70 or older) ● Applications: Persons applies to ① ② ③ in the chart below: Miwa Lady's Clinic (TEL. 0568-76-2603), persons applies to ④ in the chart below: Please contact the Health Center in advance.

Eligibility	① Persons that have received a free coupon	② Born on Jan 7, 1989 and odd numbered years before
	③ Born on even numbered years after Jan 8, 1989	④ Others that did not receive the screening of FY2019

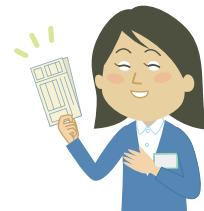
Regarding breast cancer / cervical cancer screening *Breast cancer (Mammography screening) and cervical cancer screening are promoted to receive once in every two years according to Ministry of Health, Labor and Welfare's Guideline of Cancer Screening.

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

Next tax payment deadline: Mar 31 (Wed)

Pay promptly!

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



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. Payments for Municipal Tax etc., are available on the Smartphone App, PayB. Please check PayB website (<https://payb.jp>) for more information.

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

A tax payment service counter will be open every Sunday. (Except year end/New Years)

① The main building's second floor will be open to answer tax-payment related questions. Payments are accepted as well.

Hours: Mar 14 (Sun), 28 (Sun) 8:30 to 17:15

② The main building's first floor will be open to pay taxes.

Hours: Mar 7 (Sun), 14 (Sun), 21 (Sun) and 28 (Sun) 8:30 to 17:15

③ You can pay payment slips with bar codes at convenience stores.

*Only effective through the payment date.

Inquiries Tax Collection Division TEL.0568-76-1117/0568-76-1118

Regarding consultation about status of residence



You can consult about status of residence with the staff of the Nagoya Regional Immigration Bureau ("Nagoya Nyukan"). Consultation is available every first Wednesday. When the first Wednesday is a holiday, the consultation day changes. (May 6 (Thu) and Nov 4 (Thu))

April
consultation
dates

Date/time	Apr 7 (Wed) From 13:00, 14:00, 15:00 and 16:00		
Consultation Hours	45min/group (1 or 2 persons)		
Venue	Komaki City Hall (Multicultural Symbiosis Promotion Room)	Fees	0 yen
Languages	Simple Japanese, Spanish, English, Portuguese (interpretation available) Other languages can be used for consultation using an automated interpreting device.		
Application	Reservation required. Call the Multicultural Symbiosis Promotion Room at least two days before the consultation.		

▼Some examples of things we can help you with:

- ☐ I was fired from my job. I'm looking for work. Can I change my status of residence?
- ☐ My wife will give birth to a child. Please tell me the procedures for applying for a status of residence for my child.
- ☐ I am a foreign student. I want to work in Japan after graduation. I will work as a full employee where I'm working part time now. Can I get a status of residence?

Notice regarding counseling for Foreigners

**Multicultural Symbiosis Promotion Room,
Main Government Office Bldg 2F, City Hall 9:00 to 17:00** (Closed 12:00 to 13:00)

Portuguese/Spanish/English | Monday through Friday

* Consultation available in Japanese as well

* Automatic Translation Machine is also available for other languages.

In addition, the Health Insurance and Medical Division and Nursery and Child Education Division have staff available to help in Portuguese (9:00 to 17:00) and, the Welfare Administration Division in Portuguese (9:00 to 16:30), Parenting Generation General Support Center in Portuguese and Spanish (9:30 to 17:30).

Inquiries Multicultural Symbiosis Promotion Room TEL.0568-39-65277, 0568-76-1675 (Direct interpretation)

Eliminating Discrimination and Bias about COVID-19 from Komaki Zero COVID-19 Discrimination Declaration

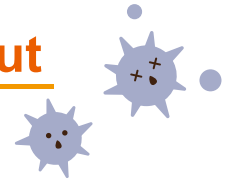
We, the people of Komaki City, respect each other and help one another.

COVID-19 is an invisible enemy and no matter how much efforts are made to avoid it, anyone of us could become infected. Tomorrow it could be me. Now it is time to fight the virus, and not people. We pledge "Zero COVID-19 Discrimination", working to prevent slander, discrimination or bias against persons or places infected or thought to have infection with COVID-19. Eliminating Discrimination and Bias about COVID-19 from Komaki. We promise to hope for the end of COVID-19 from Komaki City, adopt new lifestyles, thoroughly implement measures that prevent infection, and stop the spread of this disease.



Komaki City Junior Chamber International Komaki

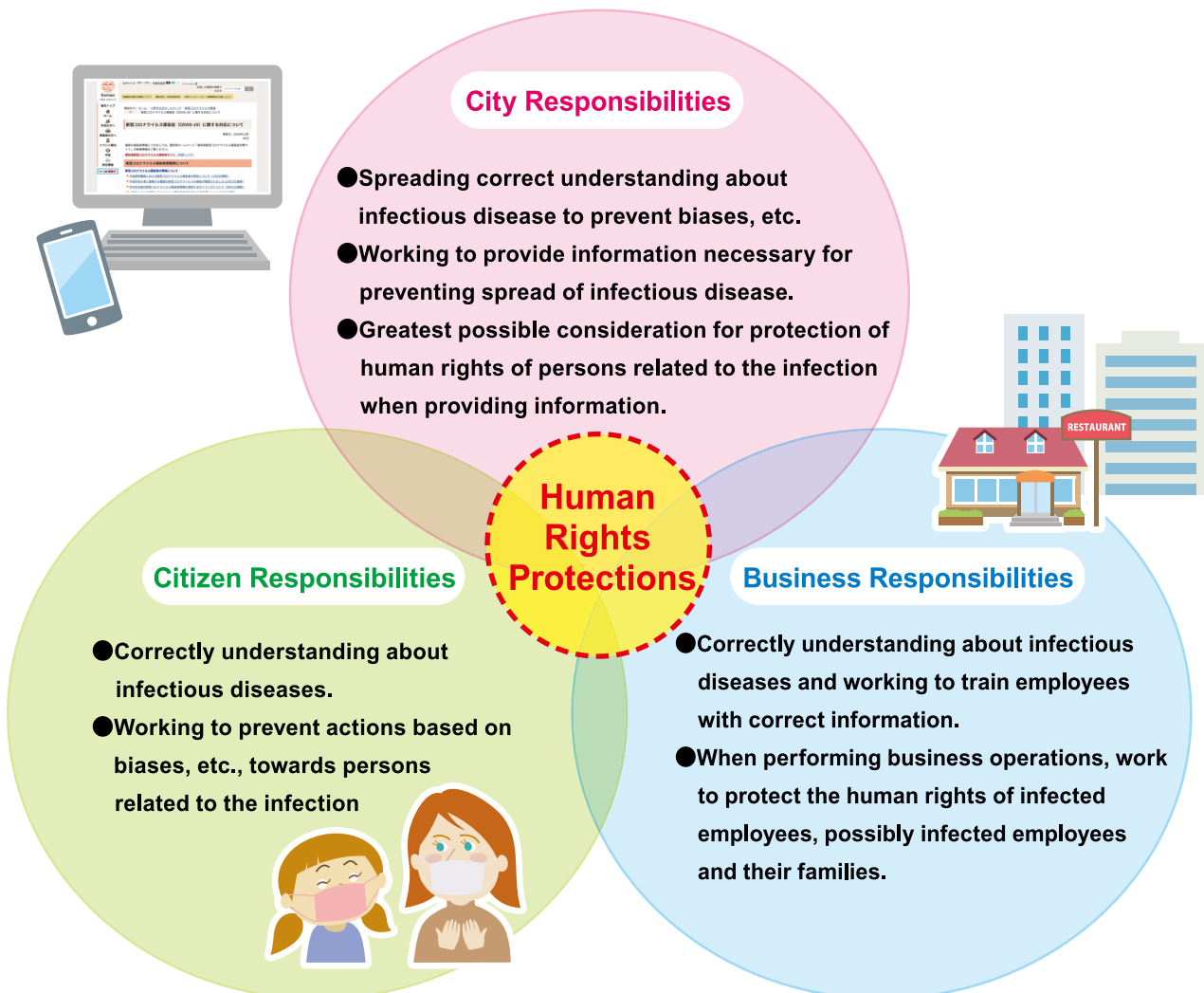
Overview of the Komaki City Ordinance about Human Rights Protections for COVID-19



This ordinance was made to achieve a Komaki where human rights of persons related to COVID-19 are respected, we endeavor to understand each other's responsibilities, are thankful to all those people supporting society and support one another.

Purpose

This ordinance prevents actions including bias towards persons related to COVID-19 infections and defines responsibilities for the city, citizens and businesses.

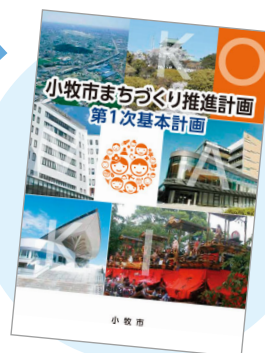


Inquiries Disaster Prevention Crisis Management Division TEL.0568-76-1171

Introduction to the Komaki Urban Development Promotion Plan Primary Basic Plan

The Komaki Urban Development Promotion Plan is the number one fundamental plan of the city that is the foundation for Komaki City operations.

Period of the Plan 8 years from 2019 to 2026 fiscal years.



Summary of the Plan

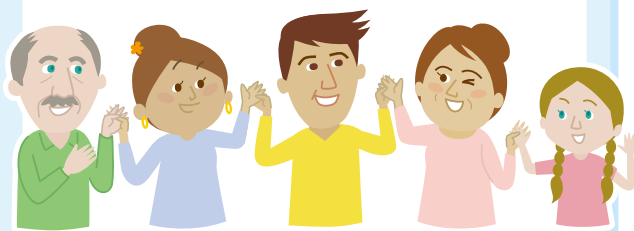
Promoting SDGs

Sustainable Development Goals (SDGs) are international goals for creating a sustainable world. Komaki City is also working towards SDGs in this plan. We seek to achieve a sustainable, diverse and inclusive society that leaves no one behind.



Diversity Formation

Diversity is the idea of ensuring participation in society of people of different gender, race, nationality, age, or disability. We seek to be a city where all citizens can participate in local society and live together.



Inquiries Secretarial Policy Division TEL.0568-76-1105

COVID-19 infections are increasing rapidly in Komaki City.

- Stay home as much as possible.
Avoid parties or gatherings with large attendance.
- Eating and drinking establishments should close by 8:00pm.
- To prevent the spread of sickness, return home by 8:00pm as much as possible.

Please check the following website for more information.

Information about COVID-19 (Coronavirus)



<http://www.city.komaki.aichi.jp/admin/lifeinfo/28919.html>

Various events may change or canceled in order to prevent spreading COVID-19 (Coronavirus). Please ask the relevant inquiries for more details.

Inquiries Multicultural Symbiosis Promotion Room TEL.0568-39-6527

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

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

Komaki Life Information

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