

Life Information News KOMAKI

7
2021

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COVID-19 infections are increasing

Applications for Residence at the Takanohashi and Daiwa Municipal Housing Project [Lottery]

(For general households)

①How to apply

Bring directly or mail the
application to the Construction Division
counter at City Hall (East Building 1st floor)

②Overview

Takanohashi Municipal Housing

Room 401 (3DK/no elevator)

Daiwa Municipal Housing

Bldg. 2 Room 501 (3DK/has elevator)

Bldg. 2 Room 503 (3DK/has elevator)

Bldg. 2 Room 504 (3DK/has elevator)

Bldg. 3 Room 204 (3DK/has elevator)

③Rent 22,600 to 38,000 yen

④Schedule (tentative)

●Period the application forms are distributed Jul 20, 2021 (Tue) through Aug 16, 2021 (Mon)

●Application period Aug 10, 2021 (Tue) through Aug 16, 2021 (Mon)

●Date of lottery Aug 31, 2021 (Tue) ●Date of moving to the apartments (tentative)....Nov 1, 2021 (Mon)

Takanohashi
Municipal
Housing
Project



Daiwa
Municipal
Housing
Project



Inquiries Construction Division TEL.0568-76-1143

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	Jul 6 (Tue)	Health Center	13:05 to 13:55	Born Mar 1 to 8, 2021
	Jul 13 (Tue)			Born Mar 9 to 16, 2021
	Jul 20 (Tue)			Born Mar 17 to 24, 2021
	Jul 27 (Tue)			Born Mar 25 to 31, 2021
Health examinations for 18-month-old infants	Jul 2 (Fri)	Health Center	13:05 to 14:15	Born Jan 1 to 10, 2020
	Jul 9 (Fri)			Born Jan 11 to 20, 2020
	Jul 30 (Fri)			Born Jan 21 to 31, 2020
Dental examinations for children aged 2 years, 3 months	Jul 1 (Thu)	Health Center	9:00 to 10:10	Born Apr 1 to 15, 2019
	Jul 15 (Thu)			Born Apr 16 to 30, 2019
Health examinations for 3-year-old children	Jul 7 (Wed)	Health Center	13:05 to 14:15	Born Jul 1 to 10, 2018
	Jul 14 (Wed)			Born Jul 11 to 20, 2018
	Jul 28 (Wed)			Born Jul 21 to 31, 2018
BCG Vaccination	Jul 5 (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)
	Jul 12 (Mon)			
	Jul 21 (Wed)			

*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.

Maternal and Child Health Handbook	Weekdays (Excluding National Holidays and Year End/New Year Holidays)	Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor)	9:30 to 17:30	<ul style="list-style-type: none"> Content: Public health nurse or midwife will hand out the Maternal and Child Health Handbook. Please consult your anxiety and worry about pregnancy with us. What to bring: Pregnancy notification or medical certificate, Zairyu Card and "My Number Card" (If you do not have "My Number Card", bring the "My Number's Notification Card" and an ID) 	
Baby food class (Initial Gokkun (swallowing) class)	Jul 7 (Wed)	Health Center	10:00 to 11:00	<ul style="list-style-type: none"> Eligibility: Guardians of children 4 months or older (babies can participate too) What to bring: Maternal and child health handbook, bath towel, tea and writing utensils. Fee: 0 yen Application: Health Center 	Reservation required
Baby food class (Later kami-kami (biting) class)	Jul 30 (Fri)	Health Center	10:00 to 11:00	<ul style="list-style-type: none"> Eligibility: Guardians of children 9 months or older (babies can participate too) What to bring: Maternal and child health handbook, bath towel, tea and writing utensils. Fee: 0 yen Application: Health Center 	Reservation required
Class for new moms and dads	Jul 11 (Sun)	Health Center	10:00 to 12:00	<ul style="list-style-type: none"> Eligibility: 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 know your home-made flavor (measure salt concentration) What to bring: 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 	Reservation required
Nursing counseling	Jul 5 (Mon) Jul 12 (Mon) Jul 20 (Tue) Jul 26 (Mon) Jul 27 (Tue)	Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor)	13:00 to 16:00 10:00 to 12:00 10:00 to 12:00 13:00 to 16:00 10:00 to 12:00	<ul style="list-style-type: none"> Fee: 0 yen Application: Parenting Generation General Support Center (Lapio 3rd floor) TEL: 0568-71-8611 	Reservation required
Parenting, pregnancy, and giving birth health counseling	Jul 2 (Fri) Jul 6 (Tue) Jul 13 (Tue)	Kitasato Jidokan TEL.0568-71-1183 Shinooka Jidokan TEL.0568-79-0690 Komaki Minami Jidokan TEL.0568-77-0454	10:00 to 11:15	<ul style="list-style-type: none"> Content: Consultation regarding worries/concerns for raising children, body measurements, blood pressure measurement, urine inspection (optional) Applications: Each Jidokan 	Reservation required
Niko niko cavity prevention class	Jul 6 (Tue)	Shinooka Jidokan TEL.0568-79-0690	10:00 to 11:15	<ul style="list-style-type: none"> Eligibility: Nursing children (especially about one-year-old) Content: Consultation regarding worries about brushing teeth or teeth alignment What to bring: Maternal and child health handbook, toothbrush and bath towel Fee: 0 yen Applications: Shinooka 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 3rd floor) or at the City Hall (Hoken Iryouka Division 1st floor)				
1st Birthday Celebration	You will be send a questionnaire about 10 months after birth Let's get a gift by sending the questionnaire. Locations: Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor) or Jidokan in the 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 3rd floor) 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	Venue	Eligibility/Fees/Application/etc.
Group screening	Screening test for stomach cancer (Abdominal X-ray)	Jul 21 (Wed) Jul 30 (Fri)	9:00 to 11:05	Health Center	<ul style="list-style-type: none"> Eligibility: Registered Komaki residents over 30 years old Capacity: 40 Fees: 1,000 yen (500 yen if 70 or older) Application: Health Center
	Screening test for colorectal cancer (Testing of the stool for occult blood)	*The samples will be collected at the health center. The schedule for the collection date will be notified with the sample container distribution.			<ul style="list-style-type: none"> Eligibility: Registered Komaki residents over 30 years old Fee: 500 yen Application: Health Center
	Cervical cancer screening (cervix only)	Aug 16 (Mon)	9:00 to 11:00	Health Center	<ul style="list-style-type: none"> Eligibility: Registered Komaki residents over 20 years old who applies to the chart below Capacity: 100 Fees: 1,000 yen (500 yen if 70 or older) Application: Health Center
	Screening test for breast cancer (Mammography screening)	Jul 16 (Fri) Jul 26 (Mon) Aug 31 (Tue)	9:00 to 15:30 9:30 to 15:00	Health Center Labor Center	<ul style="list-style-type: none"> Eligibility: Registered Komaki residents over 40 years old who applies to the chart below Capacity: 120 Fees: 1,000 yen (500 yen if 70 or older) Application: Health Center
	Breast cancer (Ultrasound)	Aug 27 (Fri)	9:00 to 11:00	Health Center	<ul style="list-style-type: none"> Eligibility: Registered Komaki residents over 30 to 39 years old Capacity: 60 Fee: 1,000 yen Application: Health Center
	Chest X-ray	Aug 25 (Wed)	9:00 to 11:00	Health Center	<ul style="list-style-type: none"> Eligibility: Registered Komaki residents over 65 years old Capacity: Unlimited Fee: 0 yen Applications: Appointment not required
	Lung cancer (Sputum test)	<ul style="list-style-type: none"> Examination period until Feb 28 (Mon), 2022. *Examination to take sputum. *Collect three days amount of your sputum in the container and send them. 			<ul style="list-style-type: none"> Eligibility: Registered Komaki residents over 50 years old who has smoked more than 600 cigarettes (calculated by the number of cigarettes you smoke a day × number of years you have been smoking) Capacity: Unlimited Fee: 500 yen Application: by Feb 11 (Fri), 2022 at the Health Center
	Young examination	Jul 9 (Fri) Nov 25 (Thu) Dec 11 (Sat)	9:30 to 11:00	Health Center (December 11 is Labor Center)	<ul style="list-style-type: none"> Body measurements (height, weight, abdomen), blood pressure, urine and blood analysis (lipid analysis, blood sugar analysis, anemia analysis), consultation with a dental health professional/consultation with a nurse/examination by a physician Eligibility: Registered residents of Komaki without opportunity to get health examination from their workplace, etc. (Born April 2, 1982 to April 1, 1987) Capacity: 75 Fee: 0 yen Applications: In order of application Select the day to receive a checkup first and then contact the Health Center (TEL. 0568-75-6471).
Individual examination	Individual cervical cancer screening (Gynecological, visual and cytological screening)	Examination period until Mar 31, 2022 (Thu).	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 ~ 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)			<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), Komaki Youtei Kinen Byouin (TEL. 0568-65-7515) Persons applies to ④ in the chart below: Please contact the Health Center in advance. 	
	Medical checkup	Examination period until Feb 14, 2022 (Mon).	Designated local medical institution in Komaki City	<ul style="list-style-type: none"> Physical measurement, blood pressure, urine examination, blood test, X-ray on stomach, large intestine, chest for cancer screening Eligibility: Registered Komaki residents over 40 years old who is enrolled in National Health Insurance or Late-Term Medical Insurance for the Elderly, and dependents of Japan Health Insurance Association Fees: Insured person of National Health Insurance and Late-Term Medical Insurance for the Elderly 4,800 yen (1,800 yen if 70 or older), dependents of Japan Health Insurance Association: 6,150 yen (3,150 yen if 70 or older) *Health checkup ticket sent from each insurance is required when receiving Thorough medical checkup. Application: Designated local medical institution in Komaki City 	

Eligibility	① Persons that have received a free coupon	② Born before Jan 7, 1989 in even numbered years
	③ Born after Jan 8, 1989 in odd numbered years	④ Persons don't apply to ①, ② or ③ and did not receive the screening on FY2020.

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.

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

Wear a helmet when riding a bicycle

Aichi Prefecture established an ordinance for the promotion of appropriate safety of bicycles.

 **When riding a bicycle, both adults and children should wear a helmet.**

When there is an accident, it is possible to reduce injury.

 **Get a bicycle insurance.**

When riding a bicycle, if you injure someone you may be subject to criminal responsibility or damage compensation.



You can receive a subsidy for buying a bicycle helmet.

Conditions
for the
subsidy

- Registered Komaki resident. ● Purchase at a local Komaki store.
- Purchase a helmet with a safety certification mark.
- Always wear your helmet when riding a bicycle.

How to
apply

- ① Purchase the helmet at a local Komaki store.
- ② Get a receipt.
- ③ Apply at City Hall. (within 2 months of purchase).

Bring your receipt and indication
of safety certification mark

Certification mark



Subsidy
amount

1/2 or less of the amount on the receipt. Up to 2,000 yen. (Cutting off amounts under 100 yen)

Example 1) Purchase the helmet for 3,080 yen. → $3,080 \times 1/2 = 1,540$ yen subsidy amount: 1,500 yen

Example 2) Purchase the helmet for 6,080 yen. → $6,080 \times 1/2 = 3,040$ yen subsidy amount: 2,000 yen

Inquiries Civic Safety Division TEL.0568-76-1137

Next tax payment deadline: Aug 2 (Mon)

- Fixed Asset Tax (2nd term) ● National Health Insurance Tax (2nd term)
- Nursing Care Insurance Fees (1st term)

**Pay
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. Payments are available on the Smartphone App, PayB, PayPay and LINEPay.

※ Persons using direct deposit to account cannot use payment by app. Instructions are available on the website of the relevant website.

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 2nd floor will be open to answer tax-payment related questions. Payments are accepted as well.

Hours: Jul 11 (Sun), 25 (Sun) 8:30 to 17:15

- ② The main building's 1st floor will be open to pay taxes.

Hours: Jul 4 (Sun), 11 (Sun), 18 (Sun), 25 (Sun) 8:30 to 17:15

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

*Only effective during the payment period.

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

Unable to pay National Pension Premiums? Please consult with us!

If you or family has low income, you may apply to have your national pension premiums lowered. (This is called an application for exemption.) You and spouse under 50 years of age can apply with only their income at the Citizen Inquiry Division.

★Applicable for the period from 2 years and one month before the day of application.

Persons that have applied for exemptions or deferrals in the past that were approved must apply for renewal each year after July.



The laws of Japan specify that foreign nationals living in Japan (aged 20 to 59) must enroll in national pension and pay the premiums. There are three kinds of pensions.

- **Basic pension for the elderly** People that have paid national pension premiums for at least 10 years (or had approved exemptions) can apply to receive benefits from 65 years old.
- **Basic disability pension** During enrollment in national pension, persons determined to have a level 1 or 2 disability due to sickness or injury can receive benefits upon approval of their application.
- **Basic survivor pension** Survivors of persons that die during enrollment in national pension can receive benefits upon approval of their application.

*Lump sum withdrawal...Foreign nationals that have paid 6 months or more worth of national pension premiums may apply for a lump sum withdrawal within two years of leaving Japan.

Please come to city hall before leaving Japan.

Inquiries Citizen Inquiry Division TEL.0568-76-1124

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 available every first Wednesday. When the first Wednesday is a holiday, the consultation day changes. (Nov 4 (Thu))

July and August consultation dates

Date/time	Jul 7 (Wed), Aug 4 (Wed) From 13:00, from 14:00, from 15:00, from 16:00		
Consultation hours	45min/group (come as one or two)	Fees	0 yen
Venue	Komaki City Hall (Multicultural Symbiosis Promotion Room) It is possible to consult from home by phone or Zoom.		
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 renew 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 2nd floor, City Hall
9:00 to 17:00 (Closed 12:00 to 13:00)**

Portuguese/Spanish/English | Mon -Fri

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), 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).

*Consultation available in Japanese as well

*Automatic Translation Machine is also available for other languages.

Inquiries Multicultural Symbiosis Promotion Room TEL.0568-39-6527, 0568-76-1675 (direct interpretation)



COVID-19 vaccine immunization

*Information current as of June 10, 2021. Contents are subject to change.

After COVID-19 vaccine immunizations with the inoculation effectiveness (improvement from receiving the vaccine) or a risk of adverse side effects (possible negative effect of receiving the vaccine) may be presented. Please decide for yourself whether to receive the vaccine. There is no need for you to feel forced to receive the vaccine if you do not want to.

Eligibility	12 years old or older *May differ depending on the type of vaccine.	Fee	0 yen
Number of shots	2 times (after receiving your first shot, the second time is received 21 to 28 days* later.) *May differ depending on the type of vaccine.		
Venue	Group immunization site (Komaki Civic Hall, Tobu Community Center, City Hall, Municipal Hospital, etc.) or local medical institution		
How to receive your vaccination	The city will send coupons in order of age. When you receive your coupon, make an appointment by ① LINE ② internet or ③ phone (0120-97-5727). *For details about vaccination methods and sites, please see the pamphlet in the vaccination coupon or the city website.		
Date	Dates for receiving the vaccine at the group immunization sites are on the city website.		
What to bring	Vaccination coupon, questionnaire*, identification (My Number Card, Zairyu Card, Driver's License, Health Insurance Certificate, etc.) *Foreign language questionnaires are available on the government website or at group immunization sites.		



Access foreign language edition questionnaires here

Request

- Wear clothes that make it easy to access the upper arm (such as a T-shirt).
- Wear a mask. ○After receiving your vaccine, please wait 15 to 30 minutes for observation before going home.

Inquiries related to vaccination

Komaki City Phone Consultation about COVID-19 Vaccinations

Reception 9:00 to 17:00(not available Saturdays, Sundays, and Holidays)
TEL.0568-48-7311 FAX.0568-48-7312

Portuguese, Spanish and English interpretation will be available.



Reservations for vaccination (toll free number)

Komaki City Reservation Reception Counter

Reception 9:00 to 17:00 (it is possible to call on weekends and holidays)
TEL.0120-97-5727 FAX.0568-48-7312

Komaki City Website

! Always wear a mask. COVID-19 infections are increasing.



- Go home as soon as possible when you are eating out.
- Avoid going to places where many people gather.
Avoid inter-prefectural travel as much as possible.
- When eating with people other than your family, keep up to 4 people that are always near you.

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

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3-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650
Tel: 0568-39-6527 Fax: 0568-72-2340 <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

