

広報ひこね (英語版)

Community

Newsletter

KOHO HIKONE

No. 1467

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Hikone Human Rights Policy Div.

September 2021



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*The picture was taken and provided to the city by Aflo Co., Ltd.



(Facebook) <http://www.facebook.com/hikone.eng>

(Website of Hikone) <https://www.city.hikone.lg.jp/eng/index.html>



Contact Us	Telephone Number
Hikone City Hall	0749-22-1411 (Switch Board)
Human Rights Policy Division (To Speak to Our English Interpreter; Please Call the Number on the Right.)	0749-30-6113
FACEBOOK	http://www.facebook.com/hikone.eng

You Can Request Our On-Site English Interpreter Services at the Information Desk (1F) of the Hikone City Hall. You Can Also Speak to Our Language Interpreter Via Phone.

Please Say “EIGO TSUYAKU ONEGAI SHIMASU (English Interpreter Please)” at the City or by Phone.

This English-Language Version of *Koho* Hikone Is Issued Monthly.



This Foreign-Language Newsletter Is Available At:

- Hikone Fukushi Centre
- Hikone Bunka Plaza
- Hikone City Library
- Hikone City Hall 1F
- AEON TOWN Hikone
- Shiga Bank (Ohyabu Branch)
- “Gyomu Super Market” (Toga-cho)
- Beisia Hikone
- Hikone City Hospital

Interpretation Services

•Our Foreign-Language Interpreter Services Are Available At The Hikone City Hall.

Please say “*eigo-tsuuyaku-onegai-shimasu*” at the information desk of the city hall.

“えいご つうやく おねがいます”

Opening Hours: Weekdays between 8:30 a.m. and 5:15 p.m.

*The availability of our interpreter services is subject to change.



(Facebook) <http://www.facebook.com/hikone.eng>



***Please Contact Each School Before You Attend.**



Japanese Language Classes in Hikone

Day	Time	Location	Organization Name	Cost
Wednesday すいようび	7:00 p.m. to 8:30 p.m.	Being Prepared due to Relocation	Hikoneshi Kokusai Kyoukai 彦根市国際協会 Tel: (0749)-22-5931	100 yen / lesson 100 円 / 1 回
Saturday どようび	2:00 p.m. to 4:00 p.m.	Naka-chiku Kouminkan 中地区公民館	Hikone Kokusai Kouryu-kai VOICE ひこね国際交流会 VOICE かつらだ さん (KATSURADA) TEL: 090-5156-6916	100 yen / lesson 100 円 / 1 回
Sunday にちようび	10:00 a.m. to 11:30 a.m.	Nishi-chiku Kouminkan 西地区公民館	Volunteer Nihongo Kyoshitsu SMILE ボランティア日本語教室スマイル よしおか さん (YOSHIOKA) Tel: (0749)-24-7241	100 yen / lesson 100 円 / 1 回
Monday to Friday (no holidays)	①9:30 a.m. to 10:50 a.m. ②11:00 a.m. to 12:20 p.m. ③1:30 p.m. to 2:50 p.m. ④3:00 p.m. to 4:20 p.m.	Innovation Office “NAYASHICHI” Shiro-machi1-7-16	“Smile Satellite”(Weekday Class) NAYASHICHI Tel: 0749-46-5377 or みずの さん (MIZUNO) Tel: 070-5661-7345	200 yen / lesson 200 円 / 1 回
げつようび～きんようび				
Tuesday かようび Friday きんようび	9:00 a.m. to 10:20 a.m.	Asahinomori- Chiku Kouminkan 旭森地区公民館	Smile みずの さん (MIZUNO) Tel: 070-5661-7345	200 yen / lesson 200 円 / 1 回
Thursday もくようび	5:30 p.m. to 6:50 p.m.			

☆Updates on the Hikone COVID-19 Vaccination Campaign

Starting September 3, anyone aged above 12 will be eligible to schedule their appointments for COVID-19 jabs.

Please be informed that from October onward, the Hikone COVID-19 Vaccination Campaign is expected to be scaled down.

Those Who Are Eligible To Schedule Their COVID-19 Vaccine Appointments From September 3 (Fri) at 8:30 AM Are:

- Hikone Residents Aged 12 And Older

About COVID-19 Vaccines for Children

Parental consent for minors to receive the COVID-19 vaccine is required. Parents of children aged between 12 and 15 need to complete a prevaccination checklist for the COVID-19 vaccine on their behalf. Parents are recommended to have their child/children aged 12 to 15 vaccinated by their family physicians. Be sure to bring your *Boshi Techo* (maternal and child health handbook) when taking your child to a vaccination site.

Age Group	Accompanied by Parent	Signature of Parent to the Checklist
Children older than 16	Not Required	Not Required
Children aged 12 to 15	Required	Required

How to Book a COVID-19 Vaccine (Either Online or by Phone Only)

Online Vaccine Appointment



Web



LINE (Hikone City Account)

Vaccine Appointment Call Center

TEL 0120-152-811

8 : 30 AM – 5 : 00 PM (no service on weekends or holidays)

You will be asked to provide your:

- ① Ticket Number, ② Date of Birth, ③ Name,
- ④ Daytime Phone Number, ⑤ Desired Site,
- ⑥ Desired Date and Time

How to Prepare for Your COVID-19 Vaccine Appointment

1 Read the Vaccine Fact Sheet

Peruse the COVID-19 vaccine fact sheet titled “Instructions for the COVID-19 vaccination”, which is mailed along with your vaccination ticket to understand the benefits and risks of the vaccine.

2 Complete the Prevaccination Checklist

Complete your prevaccination checklist in pen before your vaccine appointment.

3 What to Wear to Your Vaccine Appointment

Please wear a shirt with sleeves you can easily roll up to expose your upper arm.

4 What to Bring to Get Vaccinated

- Vaccine Ticket
- Identification
- Prevaccination Checklist
- Ball-Point Pen
- Glasses (if necessary)
- Prescription Record Book

Mass Vaccination Schedule (Applications start from August 4 (Wed) at 8:30. Call the call center or access the web.)

Green Pia Hikone			Kusunoki Center (1F)		
1 st Dose	Time	2 nd Dose	1 st Dose	Time	2 nd Dose
Sep 25 (Sat)	PM	Oct 16 (Sat)	Sep 11 (Sat)	Night	Oct 2 (Sat)
Sep 26 (Sun)	AM, PM	Oct 17 (Sun)	Sep 16 (Thu)	AM,	Oct 7 (Thu)
			Sep 26 (Sun)	PM	Oct 17 (Sun)
			Oct 1 (Fri)	Night	Oct 22 (Fri)
			Oct 8 (Fri)	Night	Oct 29 (Fri)

AL-Plaza Hikone (4F)			Mizuho Bunka Center (1F)		
1 st Dose	Time	2 nd Dose	1 st Dose	Time	2 nd Dose
Sep 11 (Sat)	PM	Oct 2 (Sat)	Sep 12 (Sun)	AM	Oct 3 (Sun)
Sep 12 (Sun)	AM	Oct 3 (Sun)	Sep 18 (Sat)	PM	Oct 9 (Sat)

Vaccination for People with Special Needs (Kusunoki Center)

1 st Dose	Time	2 nd Dose
Sep 16 (Thu)	PM	Oct 7 (Thu)

AM: 8:45 – 11:45
PM: 13:45 – 16:45
Night: 17:45 – 20:45

Individual Vaccination (Applications start from August 4 (Wed) at 8:30. Call the call center or access the web.)

A List of Participating Clinics/Hospitals in Hikone

Clinic/Hospital Name	Address (Hikone)	Call Center/ Online Appointment	Direct Appointment	Note
Ikeda ENT Clinic	Nishiima-cho 948-5	Available		
Okada Clinic	Hashimukai-cho 44	Available		Regular patients over 16 only
Ogawa ENT Clinic	Eki Higashi-cho 15-1, Ohmi Rail Building 1F	Available		
Kitamura Internal Medicine	Sone Minami-cho 448-25	Available		Regular patients over 16 only
Tanaka Kids Clinic	Kawasebaba-cho 1082-7	Available		Regular patients aged 12 – 15 only
Shimizu Clinic	Chuo-cho 3-55	Available		Regular patients over 30 only
Shiraishi ENT Clinic	Kanazawa-cho 586-4	Available		Regular patients only
Sumiyoshi Clinic	Koizumi-cho 106-1-103	Available		Regular patients over 16 only
Takamura Surgery	Chuo-cho 3-10	Available		People over 16 only
Takayama Cardiovascular Medicine	Hinatsu-cho 2680-35	Available		
Tatsumi Clinic	Nishi Nonami-cho 269-18	Available		Regular patients over 20 only
Tanaka Clinic	Kaidema-cho 1516-18	Available		
Tsuji Urology Clinic	Nishiima-cho 1131-23	Available		Only people over 20 whose medical records are kept by the clinic.
Tokuda Clinic	Detchi-cho 218-1	Available	Available	
Nakatsuka Internal Medicine	Kawasebaba-cho 1082-5	Available	Available	
Nakanishi Clinic	Seribashi Ni-chome 9-14	Available	Available	People over 16 only
Seibi Memorial Clinic	Katayama-cho 1405-3	Available		
Hashimoto Clinic	Kaminishigawa-cho 384	Available		Only people over 16 whose medical records are kept by the clinic.
Hikone Chuo Hospital	Nishi Ima-cho 421	Available	Available	People over 16 only
Fujiseki Clinic	Takamiya-cho 2037	Available		
Fujino Kids Clinic	Toga-cho 36-6	Available		
Fuse Clinic	Jizo-cho 190-8	Available		Only people over 20 who have visited the clinic in the last 5 years
Tsutsumi Clinic	Hikone Hara-cho 850-179		Available	Regular patients over 16 only (24-0533)
Himawari Clinic	Hirata-cho 230-10		Available	People over 16 only (27-2473)
Anzai Internal Medicine	Takamiya-cho 2290	Available		
Yamashita Clinic	Nagasone-cho 5-25-1	Available		
Yujin Yamazaki Hospital	Takegahana-cho 80	Available		People over 16 only
Yokono Clinic	Ohyabu-cho 2035-4	Available		People over 16 only

Notes When Booking Your COVID-19 Vaccine (online or through the call center only)

- All vaccines are administered by reservation only.
- COVID-19 vaccines are given three weeks apart. As to when you can get the second dose, you can check the date and time of your second dose when booking your first dose.
- Do not contact any mass vaccination sites or clinics/hospitals directly.
- Do not double book appointments.
- After you get a COVID-19 jab, you need to take at least two weeks before any other vaccine (not for COVID-19) is administered.

Notes When Canceling Your Appointment

If you have to cancel your vaccine appointment, please call the call center or access the web to do so at least one week in advance. If you realize that you cannot make it to your appointment within 6 days before the date of your vaccine, call the call center.

If you had scheduled your appointment at a clinic/hospital in person, contact them directly to cancel your vaccine.

*Please make a reservation for a COVID-19 jab either ONLINE or BY PHONE (0120-152-811).

*The Japanese Ministry of Health, Labor and Welfare has launched a webpage dedicated to explaining facts, etc. for the COVID-19 Vaccinations. Please hit the link below to see it for yourself.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/vaccine_tagengo.html

*If you have questions regarding the efficacy, side effects, benefits, risks, and so on of getting a COVID-19 jab, please call 077-528-3588 (Shiga COVID-19 vaccine hotline) or 077-528-3621.

About Adverse Events After COVID-19 Vaccination

The COVID-19 vaccines approved by the Japanese government are effective and protect the vaccinated from becoming severely ill with the virus. With that said, some common side effects and rare adverse reactions have been reported after a COVID-19 vaccine is administered as follows.

Side effects on the same day a COVID-19 shot is administered

- Anaphylaxis: It is extremely rare to occur, but every vaccination site is equipped to immediately treat anaphylactic symptoms.
- Vasovagal Syncope: This is a condition that leads to fainting in some people. It's usually not harmful nor a sign of a more serious problem. If you start to have symptoms of vasovagal syncope, find a place to lie or sit down, you will usually feel better soon.

Side effects reported by the vaccinated within a few days after a COVID-19 shot was administered

- **More than 50%:** Pain at the injection site, tiredness, headache.
- **10% - 50%:** Muscle pain, chills, joint pain, diarrhea, fever, swelling at the injection site
- **1% - 10%:** Nausea, Vomiting

*Common side effects normally go away within a few days.

*Common side effects are more prominent after the second dose of the vaccine.

*Should a fever last for more than two days or you start to feel extremely ill after your COVID-19 jab, please contact the Shiga-Ken Novel Coronavirus Virus Hot Line (Available 24/7).

Shiga-Ken Novel Coronavirus Virus Hot Line (Available 24/7)

Tel: 077-528-3588 (9:00 – 18:00), 077-528-3621 (18:00 – 9:00)

Email: corona_vaccination_shiga@medi-staffsup.com

*Available in Japanese and other 12 foreign languages, such as English, Chinese, etc.

Ministry of Health, Labour and Welfare

Q & A on Coronavirus Disease 2019 (COVID-19)

Information

☆Saturday Bulk Trash Drop-off Service at Hikone Sanitation Center

On September 25 Saturday between 8:00 a.m. and 11:00 a.m., the Hikone Sanitation Center is slated to accept bulk trash, including small household appliances. Please read the following before you take bulk items to the Sanitation Center for disposal on that day.

1. Only bulk items (small household appliances included) can be disposed of.
2. This drop-off service is available for a fee (small appliances smaller than 1 meter in depth, width and height are free).
3. Unbroken light bulbs, fluorescent tubes, etc. can be also dropped off.
4. Electronics covered by the Japan Recycling Law, such as televisions, cannot be disposed of at the Sanitation Center.
5. You will be asked to show your ID (residence card, driver's license, etc.).

Inquiries: Hikone Sanitation Center Tel: 0749-22-2734, Fax: 0749-24-7787

☆2021 Nationwide Traffic Safety Campaign: Sep 21 – 30

• To Drivers

Be sure to give yourself plenty of time to get to a destination. Drive carefully and always pay attention to what's around on the roads.

• To Bicyclists

Most traffic regulations for vehicles are also applicable to bicycles. Be sure to follow the traffic regulations.

Inquiry: Hikone Traffic Management Division Tel: 0749-30-6134, Fax: 0749-24-5211

☆Suicide Prevention Week: Sep 10 – 16

21,081 people in Japan died by suicide in 2020, an increase for the first time in 11 years. In comparison to the previous year's number of suicides by gender, the suicide rate among men edged down, but that among women noticeably went up. In the first half of 2020, the overall suicide rate decreased; however, the downward trend was reversed in the second half of the same year, with the up-tick largely due to more women taking their own lives.

Reasons behind this increase in the women's suicide rate turned out to be quite complex, reflecting issues with personal finance, work, family, etc. Amid the COVID-19 pandemic, these issues got worse as more and more women are being hired as temporary workers.

If someone around you seems a little different, talk to that person and casually ask how he/she is doing. That little kindness may protect someone's precious life.

☆September is Alzheimer's Awareness Month

It is important for us to be aware that Alzheimer's disease could affect anyone of us as we get older.

People with Alzheimer's show different symptoms and require different approaches.

If you know someone looking after people with this disease, please show respect and kindness towards them.

Event

☆Illumination of Hikone Castle: Sep 17 – 21

To raise awareness of Alzheimer's disease, Hikone Castle is scheduled to be lit up in orange which is the colour to represent the importance of Alzheimer Awareness.

☆Hikone Morning Market

September 19 (Sun) 8:00 AM – Noon

Location: Osue-Cho, Gokoku Shrine

With the three key elements of "Food Safety", "Local Production Local Consumption" and "Handmade", you can find and buy locally grown produce, tofu, fish dishes, handmade accessories, and more at Hikone Afternoon & Evening Market!

Consultation

※All offices closed on holidays.

Law Consultation	Sep 24 (Fri) 13:00 – 16:00 ※5500 yen per consultation (reservations possible from Sep 15)	Community Development Division	0749-30-6117
<i>Akiya Bank</i> (Vacant House) Telephone Consultation	Mon – Fri 10:00 – 18:00	<i>Akiya Bank</i> Office	0749-23-2123
Consultation for Recovery from Cancer	Mon – Fri 9:00 – 16:00 (priority given to people with reservations)	Municipal Hospital Cancer Support Center	0749-22-6050
Consultation for Working During Cancer Treatment	① Support for Work Sep 1 (Wed) 13:30 –15:30 ② Support for Continuing to Work Sep 15 (Wed) 13:30 –15:30 (both offered by reservation only)		
Child and Family Consultation	Mon – Fri 8:30 – 17:15	Consultation Room for Children (Welfare Centre)	0749-23-7838
Child Development (Disability) Consultation	Mon – Fri ①8:30 – 12:00 ②13:00 – 17:15 (offered by reservation only)	Development Support Division (<i>Hirata-cho</i>)	0749-26-8282
Language Development Consultation	Mon – Fri ①8:30 – 12:00 ②13:00 – 17:15 (offered by reservation only)		
Human Rights Consultation In Foreign Languages	Mon – Fri 9:00 –17:00		0570-090-911
Bullying Consultation Hotline	Mon – Fri 9:00 – 17:00	School Support • Human Rights • Anti-Bullying Measures Division	0749-24-7977
General Consultation for Children and Youths (social withdrawal, etc.)	Mon – Fri ①10:00 – 12:00 ②13:00 – 17:00	Child and Youth Consultation Center (Hikone Welfare Centre)	0749-47-3001
Childrearing Consultation Support Consultation	Mon – Fri ①10:00 – 12:00 ②13:00 – 17:00		
Consumer Affairs Consultation	Mon – Fri ①9:00 – 12:00 ②13:00 – 16:15	Consumer Affairs Center	0749-30-6144
Road Accident Consultation	Tue & Thu ①9:00 – 12:00 ②13:00 – 16:00	Traffic Accident Consultation Center, Hikone Branch	0749-27-2230

Information from the Hikone Health Promotion Division

Tel: 0749-24-0816, Fax: 0749-24-5870

★October Infant Check-ups

Location: Kusunoki Center (Hassaka-cho)

Reception Hours: Please visit the official website of Hikone or get in touch with the Hikone Health Promotion Division.



October

Target Age Group	Date	
Four Months Old	12 (Tue)	Born between June 1, 2021 and June 16, 2021
	19 (Tue)	Born between June 17, 2021 and June 30, 2021
Ten Months Old	13 (Wed)	Born between Dec 1, 2020 and Dec 13, 2020
	27 (Wed)	Born between Dec 14, 2020 and Dec 24, 2020
One and 1/2 Years Old	15 (Fri)	Born between Mar 1, 2020 and Mar 15, 2020
	29 (Fri)	Born between Mar 16, 2020 and Mar 29, 2020
Two and 1/2 Years Old	21 (Thu)	Born between Mar 1, 2018 and Mar 14, 2019
	28 (Thu)	Born between Mar 15, 2019 and Mar 31, 2019
Three and 1/2 Years Old	11 (Mon)	Born between Mar 1, 2017 and Mar 13, 2018
	18 (Mon)	Born between Mar 14, 2018 and Mar 26, 2018

Notes

- *No reminder will be mailed to your address.
- *Please bring a toothbrush and a face towel for infant check-ups for 1 1/2 years old and 3 1/2 years old.
- *For the 3 1/2 years old check-up, please bring a urine sample taken on the day of the check-up stored in a sanitized container.
- *On the day of an infant check, please take the body temperature of your baby and anyone who accompanies him/her.
And if you suspect that your child is sick, please contact the Health Promotion Division.

★Individual Consultation for Parents/Guardians of Infants, Toddlers and Pre-K Children

Day and Time: Sep 29 (Wed) 9:30 -11:00

Location: *Kusunoki Center*

Contents: Concerns about childrearing, weaning, etc.

Contact: Hikone Health Promotion Division, 0749-24-0816

*Please make a reservation via phone from Sep 1 (Wed).

★Get a Chest X-ray Once a Year

- Eligibility: Hikone Residents Aged 40 and Older
*Tuberculosis screening will be conducted for people older than 65.
- Fee: 300 Yen
*Free of charge for those older than 65.
- How to Make an Appointment: Online or Via the Call Center (0749-49-3900)

	Date	Time	Location
Sep	14 (Tue)	AM	Kawase Community Center
	16 (Thu)		Nishi Community Center
	21 (Tue)		Higashi Community Center
	22 (Wed)		Nakachiku Community Center
Oct	4 (Mon)	PM	Kusunoki Center
	5 (Tue)		Takamiya Bunka Center
	9 (Sat)		Kusunoki Center
	11 (Mon)		Asahinomori Community Center
	14 (Thu)		Naka Community Center
	22 (Fri)		Toriimoto Community Center
	25 (Mon)		Kusunoki Center
	26 (Tue)		Kusunoki Center

★Smoking Cessation Class

The smoking cessation class is offered by public health workers to help smokers break their smoking habit.

A public health worker will help you find the best way to kick the habit. A test to see how much you are dependent on tobacco can also be carried out as part of the smoking cessation class.

*Please make a reservation for the class by calling the Hikone Health Promotion Division at 0749-24-0816.

*The location of the class is the Hikone Kusunoki Center (Hikone, Hassaka-cho).