

The city where everyone wants to live

広報 ひこね (英訳版)  
Community Newsletter,  
*Koho HIKONE*

(Abridged Edition)

<http://www.city.hikone.shiga.jp/english/index.html>

Nos.1337-1338

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Multicultural Coexistence  
Human Rights Policy  
Division

Hikone City Hall

Tel: (0749)-30-6113

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2015.8

Name of Division	Telephone Number
Hikone City Hall (Representation)	0749-22-1411 (Main Number)
<b>Hikone City Hall (JINKEN SEISAKU KA)</b> 彦根市役所 (人権政策課)	<b>0749-30-6113 (Direct Number)</b> 直通番号

You can ask English Interpreter Service at the reception in Hikone City Hall.

Please say "English Interpreter please" in Japanese, "EIGO TUUYAKU ONEGAI SHIMASU".

Telephone Consultation Service for Foreign Residents in English.

Every Wednesday, 10:00~12:30, 13:30~16:00

0749-27-2400 (Direct Number)

※ In August 2015, only available on Aug. 12th and 19th

●“Koho Hikone” foreign language version by Hikone City is issued once every month.

This newsletter is available at

- \* Head Post Office
- \* Viva City 2F(near the children play ground)
- \* Yujin Yamazaki Hospital
- \* Shiga Bank (Oyabu Branch)
- \* Jinno Clinic
- \* “Gyomu Super Market”(Toga-cho)
- \* Hikone City Hall 1F
- \* Beisia Hikone
- \* AEON TOWN Hikone

●Interpreters are available if you request this service at the reception desk.

Please say this Japanese sentence “*eigo tuyaku onegaishimasu.*” 英語通訳をお願いします。  
 (It means “please call English interpreter for me”) えいご つうやく おねがいします。  
 We might change the interpreter’s available time.

Hikone City Hall: Weekdays 8:30 ~ 12:00 13:00 ~17:15

## Various Services 様々なサービス

### ●Telephone Consultation Service for Foreign Residents

☎ Telephone Number: 0749-27-2400 外国人向け電話相談

#### Available hours

English	Wednesday	10:00~12:30, 13:30~16:00	Except for National Holiday.
Portuguese	Thursday	10:00~12:30, 13:30~16:00	
Chinese	Friday	10:00~12:30, 13:30~16:00	

### ●Japanese Class

Day	Horário	Location, Place	Organization Name to contact	Cost
Wednesday すいようび	19:00 to 20:30	Shimin kaikan 市民会館	Hikoneshi Kokusai Kyoukai 彦根市国際協会 (0749)-22-5931	100yen / lesson 100円 / 1かい
Saturday どようび	14:00 to 16:00	Naka-chiku Kouminkan 中地区公民館	Hikone Kokusai Kouryu-kai VOICE ひこね国際交流会 VOICE (0749)-46-1294	100yen / lesson 100円 / 1かい
Sunday にちようび	10:00 to 11:30	Nishi-chiku Kouminkan 西地区公民館	Volunteer Nihongo Kyoushitsu SMILE ボランティア日本語教室スマイル (0749)-24-7241	100yen / lesson 100円 / 1かい

#### 【Hikone International Lounge News】

Computer use is free in the Hikone International Lounge. We are waiting for your use!!

## **Be Careful!!**

### **The Incident on the Pretext of 'the National Pension Service is Hacked'**

Incidents have occurred where wicked people try to steal the bank account or personal information under the pretext of 'the national pension service'.

\*'The office of national pension service' never contacts the customers about this case on the phone or e-mail.

\*If the national pension service says that your personal information is leaked, your new national pension number will be sent to you by post mail.

The national pension service never demands money or your cash card.

\*The national pension service never requests you to operate an ATM.

Japan Pension Service Consultation Telephone 0120-818211 (8:30~21:00)

Hikone National Pension Office National Pension Division Tel.0749-23-1114 Fax. 0749-23-9033

### **☆Please Be Aware of Fire**

You may have more opportunities to enjoy a barbeque and fireworks in summer. It leads to serious accident if you don't use a portable cooking stove, fire starter or a gas lighter properly. Please read the instruction before you use and handle with them carefully and correctly.

Inquiries: Hikone city fire station headquarters preventive division

Tel.0749-22-0332 Fax.0749-22-9427



## **Dengue Fever**

What is dengue fever?

Dengue fever is a mosquito-borne viral disease.

### **Symptoms**

fever, skin rash, headache, joint pain, nausea

### **Route of infection**

It is not transmitted from person to person. It is important not to be bitten by mosquitoes.

### **Cut the sources of mosquitoes!!!**

Please keep the buckets and plates of plant pots dry.

### **Be careful not to be bitten by mosquitoes!!**

#### When you go outside

Please wear long sleeves and long pants to protect your skin from mosquitoes.

It is useful to use mosquito spray and mosquito coils.

#### When you stay at home

Please prevent mosquitoes from coming into your house.

It is useful to use a screen door.

Please see a doctor when you have a sudden fever after you are bitten by mosquitoes.

**Inquiry:** Hikone Health Center Tel.0749-21-0284 Fax0749-26-7540



# INFORMATION



## ☆Modificaion of Kaigo Hoken (Public Nursing-Care Insurance)---from August 2015---

- 1 Payment to receive services will be 20% for citizens whose income is over a fixed amount.
  - A Fixed amount: Total income is ¥1,600,000 and over for a citizen (65 years old and over).
  - B Payment will be modified for the service from August 1.
  - C The notification will be sent to all the citizens who are certified to receive nursing care.
  - D The purpose of the modification is to continue the system as long as possible.
- 2 The payment limit to receive services will be changed for a certain household.
  - A A certain household means a household with a family (65 years old and over) whose tax-levied income is ¥1,450,000 and more.
  - B The payment limit will be modified for the service from August 1.
  - C The payment limit means the maximum amount to be covered by the insurance when you receive nursing care services.

Please call for detailed information: *Kaigo-Fukushi-ka*, (The City Health & Welfare Center:  
Tel. 0749-23-9660 Fax 0749-26-1768

## ☆Allowance for Single Parents / Allowance for Physically or Mentally Challenged Children

**Please file the application for this year.**

The single parents' allowance is provided for single parent households. The allowance for challenged children is provided for citizens who care for children who are physically or mentally disabled. This is to encourage the stability and the independence of their lives. Those who are currently receiving the allowance ( including the recipients whose allowance is currently suspended ) have to make sure to submit each of " the notification of present situation " and " the notification of income situation " forms which will be in the mail early in August, within the submission period. Unless the notification for the two year period is submitted, you are not qualified as a recipient.

Submission period:

Allowance for Single Parents: Monday, August 3 ~ Monday, August 31

Inquiries: *Kosodate-shien-ka* ( Children's Welfare Division ) Tel. 0749- 26-0994 Fax. 0749-26-1768

Allowance for Physically or Mentally Challenged Children: Tuesday, August 11 ~ Thursday, September 10

Inquiries: *Shougai-fukushi-ka* ( The Challenged Peoples's Welfare Division )

Tel.0749-27-9981 Fax.0749-26-1767



## ☆Sound Hikone Project No.1 The circuit mayor's office "mayor in your town"

Would you like to talk with Hikone city mayor?

The mayor visits branch offices and talks about Hikone city with residents.

Application in advance is necessary.

**Date and Place:** following table

**Interview Time:** 20 minutes a person/group

**Application Qualification:** people who live or work in Hikone city, 20 years old or over

\*One or two representative from one group (from community or civic activity organization)

\*A person /group relating to politics, religious or profits is excluded.

\*The state of interview will be recorded and video recorded and will be published on the website; if you do not agree to it, your application cannot be approved.

**Capacity:** 5people/group per 1place

**Where to apply:** Branches of City Hall and Community Center listed below

**How to apply:** fill in the application form available at the Branches and Community Centers listed below. Application over the telephone cannot be accepted.

If you need an interpreter (English, Portuguese), please ask in advance.

**Inquiries:** Community Relation Division Tel.0749-30-6117 Fax.0749-22-1398



Date	Place	Application Term
August 11 (Tue) 19:00~21:00	Inae branch office Tel.0749-43-2225(Tomachi)	July 15(Wed)~August 10 (Mon)
August 17 (Mon) 10:00~12:00	Kawase-chiku community center Tel.0749-28-1000(Moridou-cho)	July 15(Wed)~August 15 (Sat)
August 19 (Wed) 10:00~12:00	Takamiya branch office Tel.0749-22-3210(Takamiya-cho)	July 15(Wed)~August 18 (Tue)
August 29(Sat) 10:00~12:00	Toriimoto-chiku community center Tel 0749-26-1922(Toriimoto-cho)	July 15(Wed)~August 28 (Fri)

**☆Temporary Padding Pools for Children Have Been Set Up Until Friday, August 21**

Place: *Soto-banba koen* Park ( *Kyomachi 2-chome* )  
*Take koen* Park ( *Hassaka-cho* )

Time: 10:00 ~ 16:00

- \* The padding pools are for young children. They should be accompanied by their guardians.
  - \* Be careful of injury. Do not enter the pool with your shoes.
  - \* Do not bring your pets into the pool.
  - \* In case of an infection such as O157 and a new pandemic flu or bad weather, the pools will be closed.
- Inquiries: City Planning Division Tel.0749- 30-6124 Fax.0749- 24-8517



**☆Support for Single-Parent Families**

Various Consultations	Self-reliance support members or single-parent families' welfare promotion members are available for consultations.	Children's Welfare Division Tel.0749- 26-0994 Fax.0749- 26-1768	
Finding Jobs	Support about working.		
Education & Training Grants to Support Independence	When parents of single-parent families attend education training courses to attain qualification or technical skill for job-related stability, 20% of the tuition is subsidized.		
High Skill Training Subsidy	When parents of single-parent families get an education at a qualified training school requiring more than two years to attain qualification such as nurse, nursing welfare person, or childcare, a life-subsidy is paid for a fixed period of time.		
Welfare Fund Loan	The loan systems such as the fund for school preparations and studying are available when the child of a single-parent is enrolled in high school or university.		
Childcare Allowance	Childcare allowance is granted to the guardians who are raising children and who no longer live with a father or a mother due to divorce or other reasons.		
Assistant Helper & Childcare Service	Temporarily childcare at a preschool. Services of Family Support Center. Domestic assistant can be dispatched to help with temporary housework and childcare services.		
Subsidy for using of designated Parenting Support Organization	Because of illness or sudden business of the child's guardian, when they use the Parenting Support Project of the social welfare organization and the NPO, a part of the expenses is subsidized		
Medical Subsidies System	Medical costs can be subsidized for medical examinations.		Health Insurance & Pension Division Tel.0749- 30-6136 Fax.0749- 22-1398
Reduction in Tax	For those with dependents, a widow/widower tax deduction may be received for the income tax and residence tax.		Tax Division Tel.0749- 30-6140 Fax.0749- 22-1398

※Please note that there are applicable requirements and income limitations for each support system.  
 For details, please place your inquiries and consultations with the respective help desks.

**☆Rinji Fukushi Kyufukin(Temporary Welfare Benefit)**

---Application will be accepted from Monday, September 14---

The Objective: Those whom citizens' tax is not levied on (except a family who is taken care of by a citizen the tax is levied on or a citizen under livelihood protection) and those who have *Jumin Hyo* (Residence Record) in Hikone City as of January 1, current year.

You are supposed to finish a tax declaration.

Benefit: ¥6,000 per person

Application Period: Monday, September 14 ~Monday, December 28

Notification and application forms will be sent to those eligible.

\*1 Benefit will be sent in one or two months after application.

\*2 You can also receive *Kosodate-setai Rinji Tokurei Kyufukin*(Temporary Exceptional Benefit for Child-care Families), ¥3,000 per person.. You need to apply separately.

*Kosodate-setai Rinji Tokurei Kyufukin*---Application will be accepted by Tuesday, September 1---

Notification and application forms were sent to those eligible.

To the public workers, please fill in the forms given at the office and submit at *Rinji Kyufukin Shikyushitsu*(Temporary Benefit Office), 3F, City Hall

Inquiries: *Rinji Kyufukin Shikushitsu* Tel. 0120-1528-90 Fax 0749-22-1398

8:30am~ 5:15pm {8:30am~7:00pm (Thursday) 9:00am~noon (Saturday)}

## Population Census, October 1, 2015

Your cooperation in either way 1 or 2(listed below) is highly appreciated.

1 Making use of a personal computer or a smart-phone: Friday, September 10~ Sunday, September 20

Procedure:

- A Log-in “ID” and “pass word” written in the Census form distributed by Census staff.
- B Log-in the status quo of yours as of Thursday, October, 1 following the guidance.
- C Log-in your pass word (you will decide) for your confirmation and correction.
- D When you finish please push button and send to the office.

2 Handing the form to the Census staff

Fill in the forms. Put it into the envelope and seal it.

If you have any problem you can ask the staff. to help.

\*a A few points are added to investigate the influence of the East Japan Disaster in 2011.

\*b “The floor area” is eliminated.

\*c The result will be published in two years and three months (three years and one month, with Census 2010)

Inquiries: City Planning Division, Tel. 0749-30-6143 or 0749-30-6101 Fax.0749-22-1398



## ☆Revision of the Rental Fee

The rental fee in the list is revised (from the application of October 1<sup>st</sup>)

Inquiries: Community Management Promotion Office Tel.0749-30-6101 Fax.0749-22-1398

Institution	Inquiry
Kojinyama Youth Lodge	Kojinyama Youth Lodge Tel.0749-28-1871
Children's Center	Children's Center Tel.0749-28-3645
Area Community Center	City Life-long Study Division Tel.0749-24-7974
Civic Center	
Hikone Bunka Plaza	
Kakamiya Area Culture Center	Cultural Affair Division Tel.0749-23-7810
Mizuho Culture Center	
City Gymnastic Center	City Gymnastic Center Tel.0749-23-2293
Inae Area Gymnasium	
Athletic Field of Municipal School	Health and Physical Education Division
Lighting Equipment	Tel.0749-24-7975
Gender Equality Center of Hikone	Human Rights Policy Division Tel.0749-30-6113
Hikone SUNPALACE	Regional Economy Promotion Division Tel.0749-306119
Rural Environment improvement Center	Rural Environment improvement Center
	Tel.0749-25-3909
Road, Rivers and so on	Architecture Management Division
	Tel.0749-30-6121
Konki Park, Kojinyama Park	City Planning Division Tel.0749-30-6124
Municipal Parking Lot(Center, Minami Hikone Station and Kawase Station West Exit)	
Municipal Parking Lot for Bicycles	Traffic Administration Division Tel.0749-30-6134
Return of Left Bicycles	



## ☆Information from the Sanitation Center

### Collection boxes for used fluorescent lights of household trash will be placed from Oct. 1

At present, used fluorescent lights are landfill garbage. From October 1, the light will be recycled to house insulation or material for new fluorescent lights.

The Collection Starting Date: Thurs. October 1

Target Light: Circular type (40 cm or less in diameter) & Straight type (1.2 m or less in length)

Place & Time: The Sanitation Center, Consumer Affairs and Environment Division, City Hall 1F,

City Branches (Inae, Toriimoto, Takamiya, Kawase and Kameyama)

8:30 ~ 17:15 on Weekdays



- Out of the Target: (Unacceptable)
- Broken lights
  - Ball type, Bulb type, Twin bulb type
  - Incandescent light, Glow starter, etc.
  - Lights trash from schools or business systems (company, store, etc.) The trash is industrial waste.

※Out of the target lights from house is landfill garbage as usual.

Inquiries: The City Sanitation Center Tel. 0749- 22-2734 Fax. 0749- 24-7787



# RECRUITMENT

## ☆The 29<sup>th</sup> Hikone City Marathon Registration for Participants

Marathon Date

& Time: Sun. November 8

①9:14 ~ (for using wheelchair) ②9:15 ~ (for 10km & 5km)

③9:20 ~ (for 3km • pairs)

Place: Hikone Athletic Field & Track and the nearby area

Capacity: The first 4,000 persons

Application Period: ▶By postal mail Until Fri. August 28 (postmarked)

※Please fill the form and apply with the entry fee at the post office.

The application form is available at the Board of Education Secretariat, General Information Desk (City Hall 1F), and so on.

▶By internet (<http://runnet.jp/>) Until Fri. September 11

Privileges: Present of Original T-shirt. Some drink service. Lucky Lottery.

Inquiries: The Marathon Executive Committee Secretariat Tel.0749-24-7975 Fax.0749-23-9190



Distance	Class	Participation Fee
3Km	1. Schoolboys (third grader ~ sixth grader)	¥1,400
	2. School girls (third grader ~ sixth grader)	
	3. Junior high school students (girls)	
	4. Adult women (high school students and over)	¥2,600
	5. Pairs of parent and child (elementary school students only)	
	6. Pairs (junior high school students and over)	
5Km	7. Junior high school students (boys)	¥1,400
	8. Adult men (high school students and over)	¥2,600
	9. Adult women (high school students and over)	
10Km	10. Adult men (high school students ~ 39 years old)	¥2,600
	11. Adult men (40 years old and over)	
	12. Adult women (high school students and over)	
	13. Using wheelchair (high school students and over)	

## ☆A Family Hike with JCMU Students & Campus Open Day

Why don't you go hiking with your children and enjoy having English conversation with American students? You also have an opportunity to visit The Japan Center for Michigan Universities. ( JCMU Matsubara-Cho )

Date & Time: Sunday, September 13 9:30 ~ 15:00

Place: Kurokabe Area ( Nagahama-shi )

\* meeting & departure place is JCMU

Eligible: Junior high school student or under with their guardian,

Capacity: First 20 people

Fee: ¥ 1,000 per adult, Children are charged only admission fee.

Application Date: From 9:00am, Wednesday, August 5

Inquiries: Public Interest Incorporated Association Shiga International Association

"SHIGA-KEN KOKUSAI KYOKAI" Hikone Office

Tel.0749- 26-3400 <http://www.s-i-a.or.jp/>



## ☆Stall for Rent ---- Hikone Eco (Ecological) Market *Yumebatake* ----

Date & Time: Sunday, September 13 10:00~14:00

※In case of rain, the event will be called off.

Place: OTEMAE-HOZON-YOCHI (Otemae Park, konki-cho)

Stall Fee: 500 yen for one.

Application deadline: Wednesday, September 2

How to apply: Please send double postcard to "The Living Environment Division"

(〒522-8501 4-2 Moto-machi Hikone)

The initial half of a double postcard-----①Your Address ,②Name, ③Phone number④Item for sale,  
⑤The number of participants,  
⑥The number of the vehicle to use for unloading  
⑦Desired date of stall

The return of double postcard----- ①Your Zip code, Address, ②Name

Inquiries: The Living Environment Division Tel. 0749-30-6116 Fax 0749-27-0395



## For elementary and junior high school students

### ☆Hikone My ☆(Star)

It commends elementary schoolchildren and Junior high school students who make a theme by oneself and learn, or work on something continuously.

Category : ①You studied voluntarily at the home

Submission: One notebook which you studied

②You are doing it continuously

Submission: notes, pictures and works, etc.

Application deadline: It must arrive no later than Thursday, December 17

Application method: Please fill in an application form with your address, your name, telephone number, school name, your grade and category (①or ②). And attach it to a note and a work and submit them.

※Please get an application form at school or on the municipal government website.

Inquiries: The school Education Division (〒522-0001 1-38 Osue-cho)

Tel.0749- 24-7973 Fax 0749-23-9190





## EVENT

### ☆“WITH Oyako Hiroba” Let's play with your kids together!

Play time in a paddling pool. Enjoy the *NAGASHI SOMEN* (flowing noodles) with other students from different lecture classes

Date & Time: Saturday, August 8 10:00~11:30

Place: KYODOU-SANKAKU Center (Gender Equality Center of Hikone, "WITH")

Eligible person: Infants and their guardian

What to bring: Towel, Change of clothes

Inquiries: KYODOU-SANKAKU Center "WITH"

Tel. & Fax.0749- 24-3529



### ☆Gathering to enjoy picture books

Story time with picture books. Finger play, etc.

Books will be introduced by the themes.

Date & Time: Saturday, August 8 14:00~

Place: The Hikone city public library (Osue-cho)

Inquiries: The Hikone city public library Tel. 0749-22-0649 Fax0749- 26-0300



### ☆“HIKONE DE ASAICHI” (The Fresh Morning Market in Hikone)

Selling local fresh vegetable, bean curd, soy sauce, and local lake sea foods under the concept "Safety food" "Local production for local consumption" "Handmade".

Date & Time: Sunday, August 16 8:00~12:00

Place: The parking lot of “GOKURAKUYU- HIKONE” (Nishinonami-cho)

Inquiries: “HIKONE DE ASAICHI” Executive Committee

Tel.0749- 24-4461 □ [hikonedesaichi55@gmail.com](mailto:hikonedesaichi55@gmail.com)



### ☆Movie screening "Hiroshima viewed by American Junior and Senior School Students"

It is a documentary which followed the junior and senior school students from the sister city, Ann Arbor about them visiting to Japan.

Date & Time: Sunday, August 30 13:30~16:00

Place: DAIGAKU (University) SATELLITE PLAZA, AL PLAZA HIKONE 6F (Daito-cho)

Capacity: 100 people

Application period: Monday, August 3 ~Friday, August 21

Inquiries: Human Right Policy Division Tel. 0749-30-6113 Fax 0749-24-8577

### ☆Hikone Summer Events in 2015

- The Opening of *Matsubara* and *Shingaihana* Swimming Areas

Terms: Until Sunday, August 16

- Hikone *Manto Nagashi* ( Floating Paper Lanterns ) Festival

Date & Time: Thursday, August 6 18:30 ~ 20:30

Place: The *Seri* River bank ( between *Seri-bashi* Bridge and *Gosanjo-bashi* Bridge )

Write your wish on the paper lantern and float it in the river. Enjoy a dreamy light view.

Inquiries: Hikone Sightseeing Association Tel.0749-23-0001

City Tourism Planning Division Tel.0749-30-6120 Fax.0749-24-9676



# Consultation



	Date & Time	Place	Contents
<b>Consultation for Tax Affairs</b>	August 5 (Wed) & September 2 (Wed) 13:30 ~ 16:30 (reservation by telephone)	Tax Division (City Hall 2F)	Consulting about income tax return credit for medical expenses, inheritance tax, gift tax etc. Tel.0749-30-6140 Fax.0749-22-1398
<b>Human-Rights Counseling</b>	August 5 & 19 (Wed) & September 2 & 16 (Wed) 13:00 ~ 15:00	Counseling room (City Hall 1 F)	Counseling about bullying and all acts of discrimination Tel.0749-22-0242
<b>Alcohol Consultation</b>	August 7 (Fri) & September 3 (Thur) 14:00 ~ 16:30 (by reservation)	Hikone Health Center (Hikone-shi Wada-cho)	Issue of alcoholism Tel.0749-21-0283 Fax.0749-26-7540
<b>Consultation for Troubled Minds</b>	August 20 (Thur) & September 17 (Thur) 13:30 ~ 15:30 (by reservation)		Medical instruction. Introduction of a medical institution and facilities Tel. 0749-21-0283 Fax.0749- 26-7540
<b>Consultation for Depression</b>	August 28 (Fri) 14:00 ~ 15:30 (by reservation)		A psychiatrist and nurse help the person in question and their family Tel. 0749-21-0283 Fax.0749-26-7540
<b>Consultation for Reclusive and Unsociable People</b>	September 10 (Thur) 13:00 ~ 15:00 ( by reservation)		Helping sufferers 16 years old and over and their families. Tel. 0749-21-0283 Fax.0749-26-7540
<b>Law Consultation</b>	August 21 (Fri) & September 25 (Fri) 13:00 ~ 16:00 (by reservation )	Community Relations Division	*Consultation fee: 5400 yen per 30 min. (Please pay on the consultation day) * The first 6 people can book this service. Application for Aug. 21st will be started from 8:30 on Aug. 12th. Application for Sep. 25th will be started from 8:30 on Sep. 16th. *Only those who live or work in Hikone Tel.0749-30-6117Fax.0749-22-1398
<b>Premium Payment Consultation on Saturday</b>	August 29 (Sat) 8:30 ~ 12:00	Insurance Premiums Division (City Hall 1F)	Consultation about payment of nation health insurance, public nursing-care insurance & medical care for the elderly ※If you need an English interpreter, please ask beforehand Tel.0749-30-6137
<b>Tax Payment Consultation on Sunday</b>	August 30 (Sun) 10:00 ~ 16:00	Tax Collection Division (City Hall 2F)	Consultation about the payment of the city duty ※If you need an English interpreter, please ask in advance Tel.0749-30-6109
<b>Child・Family Consultation</b>	Every Mon. ~ Fri. (except holidays) 8:30 ~ 17:15	Consultation Room for Children	Child care issues, child abuse, domestic violence etc Tel.0749-23-7838 Fax.0749-26-1768
<b>Traffic Accident Consultation</b>	Every Tue & Thu ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F	Consultation by telephone is also available Tel.0749-27-2230
<b>Consumer Life Consultation</b>	Every Mon. ~ Fri. (except holidays ) ①9:00 ~ 12:00 ②13:00 ~ 16:15	City life Environment Division (City Hall 1 F)	Consultation about the trouble of consumer life, contracts, etc Tel.0749-30-6144
<b>Multiple Language Telephone Consultation</b>	Every Wednesday (except holidays) ①10:00 ~ 12:30 ②13:30 ~ 16:00 ※In August, only available on Aug. 12th and 19th.		Japanese customs and rules, procedures at public offices, troubles in daily life Tel.0749-27-2400

**☆Rakuraku Kin-en (quit smoking easily) Consultation**

Date: August 12(Wed), September 9(Wed)

Time: 9:00~ 10:00~ 11:00~

Place: Kusunoki Center 2F

Capacity: First 3 people (reserved)

Contents: Cigarette tests

- Check for your lungs' contamination  
(Measure the carbon monoxide density in your exhalation.)
- Check for your addiction to cigarettes  
(Measure the nicotine density in your urine)
- Consultation on how to quit smoking

Inquiry: Health Promotion Division [Tel.0749-24-0816](tel:0749-24-0816) Fax. 0749-24-5870



**☆Eating Habit Consultation**

Did you check your results of a medical examination?

Would you like check your eating habit?

Date: September 7(Mon), 25(Fri)

Time: ①9:00~ ②10:30~

Capacity: 1person each time slot

Place: Kusunoki Center 2F

※any consultations concerning your meals are also available.

Inquiry: Health Promotion Division [Tel.0749-24-0816](tel:0749-24-0816) Fax. 0749-24-5870



**☆Hikone city Residents' Checkups**

Arteriosclerosis can be caused by high blood pressure, high blood sugar, and high blood cholesterol.

Please take the medical checkup once a year.

**Eligibility** Hikone residents and meet the following requirements ①or②

◆**Health checkup**(Medical examination by interview, Body measurement, Abdominal circumference measurement, Blood pressure measurement, Urine test, Blood test, Medical checkup)

- ① Those who were born between April 1st 1976 and April 1st 1997.
- ② Public assistance recipients who were born between April 2 1940 and March 31 in 1976.

◆**Tuberculosis checkup**

Those who were born before April 1st 1951

◆**Lungs checkup**

Those who were born between April 1<sup>st</sup> 1951 and March 31<sup>st</sup> 1976

◆**Hepatitis virus checkup**

- ① Those who were 40, 45, 50, 55, 60-year-old and have never had the previous Hikone city's hepatitis virus checkup. A notification will be delivered individually at the end of May.
- ② Those who were over 41 years old and have never had the previous Hikone city's hepatitis virus checkup.

\*Please call to the health promotion division, or send a fax within one week before the checkups.



date	place	time
August 25(Tue)	Higasiyama kaikan	9:30~11:00
August 26(Wed)	Minami chiku community center	
August 28(Fri)	Civic center	
August 29(Sat)	Kusunoki center	9:00~11:00
September 1(Tue)	Asahinomori community center	9:30~11:00
September 2(Wed)	Takamiya district culture center	
September 12(Sat)	Kusunoki center	9:00~11:00

August 29(Sat), november12 (Sat) women only

\*If Hikone city announce the wind warning or special warning at the 7:00, Health Checkups is canceled.

Inquiry: Health Promotion Division [Tel.0749-24-0816](tel:0749-24-0816) Fax.0749-24-5870



## ☆Health Check-ups for Infants

### August

*Kusunoki Center 1F(Next to Hikone Municipal Hospital ) / 13:00~14:00*

4-Month-Old Babies	18 (Tue)	Born between Apr 1 and 15, 2015
	25 (Tue)	Born between Apr 16 and 30, 2015
10-Month-Old Babies	19 (wed)	Born between Oct 1 and 15, 2014
	26 (Wed)	Born between Oct 16 and 31, 2014

*Kusunoki Center 1F( Next to Hikone Municipal Hospital ) / 13:00~14:00*

18-Month-Old Babies	7 (Fri)	Born between Jan 1 and 15, 2014
	21 (Fri)	Born between Jan 16 and 31, 2014
2-Year & 6-Month-Old Children	6 (Thu)	Born between Jan 1 and 15, 2013
	20 (Thu)	Born between Jan 16 and 31, 2013
3-Year & 6-Month-Old Children	10 (Mon)	Born between Jan 1 and 15, 2012
	17 (Mon)	Born between Jan 16 and 31, 2012

### September

*Kusunoki Center 1F(Next to Hikone Municipal Hospital ) / 13:00~14:00*

4-Month-Old Babies	15 (Tue)	Born between May 1 and 15, 2015
	29 (Tue)	Born between May 16 and 31, 2015
10-Month-Old Babies	16 (wed)	Born between Nov 1 and 15, 2014
	30 (Wed)	Born between Nov 16 and 30, 2014

*Kusunoki Center 1F( Next to Hikone Municipal Hospital ) / 13:00~14:00*

18-Month-Old Babies	11 (Fri)	Born between Feb 1 and 15, 2014
	18 (Fri)	Born between Feb 16 and 28, 2014
2-Year & 6-Month-Old Children	10 (Thu)	Born between Feb 1 and 15, 2013
	17 (Thu)	Born between Feb 16 and 28, 2013
3-Year & 6-Month-Old Children	7 (Mon)	Born between Feb 1 and 15, 2012
	14 (Mon)	Born between Feb 16 and 29, 2012

\*As individual notification of Health Check-ups is for 4 month-old babies only, please check the Suku-Suku book for what contents and items to bring.

\*For Health Check-ups for 18- month-old-babies, a toothbrush is necessary and for 2- year & 6-month-old-children, a toothbrush and cup are necessary. There will be a class on the correct way of brushing your child's teeth.

\*For Health Check-ups for 3-years& 6 –month-old children, there is an urinalysis. Please bring a first morning urine sample in a clean bottle.

\* If you are unable to come on the date specified or if you have any questions about the Health check for infants, contact The Health Promotion Division: [Tel.0749-24-0816](tel:0749-24-0816) [Fax.0749-24-5870](tel:0749-24-5870)

※When an Emergency Warning and Storm Warning are given in Hikone city, Consultations and Medical examinations will be cancelled.

## ☆Baby Salon

Date & Time : Tuesday, Aug 4, Sept 1 9:45~11:30 (acceptance 9:30~9:45)

Place: Children's center multi-purpose room

Eligibility: 2~6-month old infants & their guardians

Things to bring: your Maternal and Child Health Handbook, a bath towel

Contents: Exchanging experiences about child-raising and making friends



## ☆NYUYO.JI KOBETSU SODAN(Individual consultant for infants)

Please bring your Maternal and Child Health Handbook,

Date & Time: Thursday, Aug 6 & 27 Sept 10 & 24 9:30~11:00

Place: *Kusunoki* Center 1F ( Next to Hikone Municipal Hospital )

\*Consultation by a nutritionist is available on Thursday, June 25.

## ☆Weaning Period Consultation

\* Let's give food twice a day.

Date & Time: Friday, Aug 7 Sept 4 9:45~11:30 (Acceptance 9:30~9:45)

Place: *Kusunoki* Center 2F ( Next to Hikone Municipal Hospital )

Eligibility: 7~8 months old infant & their guardians

Things to bring: your Maternal and Child Health Handbook



## Dental check-up for pregnant women

Let's check your teeth and receive the guidance for the proper way to use toothbrush.

Exchanging experiences about pregnant and making friends.

Date & Time : Thursday , August 27 13:30~15:30 (Acceptance 13:15~13:30 )

Place : *Kusunoki* Center 1F ( Next to Hikone Municipal Hospital)

Eligibility : Pregnant women , over 16 weeks pregnant having a resident registration  
in Hikone City

Application: Monday, Aug 3 ~Monday, Aug 17

Things to bring: Your maternal and Child Health Handbook, Mirror, toothbrush, cup and towel

Inquiries: The Health Promotion Division [Tel.0749-24-0816](tel:0749-24-0816) /[Fax 0749-24-5870](tel:0749-24-5870)

※There is no nursery.

