

The city where everyone wants to live

広報 ひこね (英訳版)

Community
Newsletter,
Koho



Nos.1370-71

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Multicultural Coexistence
Human Rights Policy Division
Hikone City Hall

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Multicultural Coexistence

Human Rights Policy Division

HIKONE

(Abridged Edition) <http://www.city.hikone.shiga.jp/english/index.html>

2017.3



Name of Division	Telephone Number
Hikone City Hall (Representation)	0749-22-1411 (Main Number)
Hikone City Hall (JINKEN SEISAKU KA) 彦根市役所 (人権政策課)	0749-30-6113 (Direct Number) 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".

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

This newsletter is available at

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

Various Services 様々なサービス

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

Please say this Japanese sentence “*eigotuyakuonegaishimasu.*” 英語通訳お願いします。
 (It means “please get me an English interpreter”.) えいご つうやく おねがいます。
 We might change the interpreter’s availability.

HikoneCity Hall: Weekdays 8:30 a.m.to 0:00 p.m. 1:00 p.m. to 5:15 a.m.



Japanese Classes

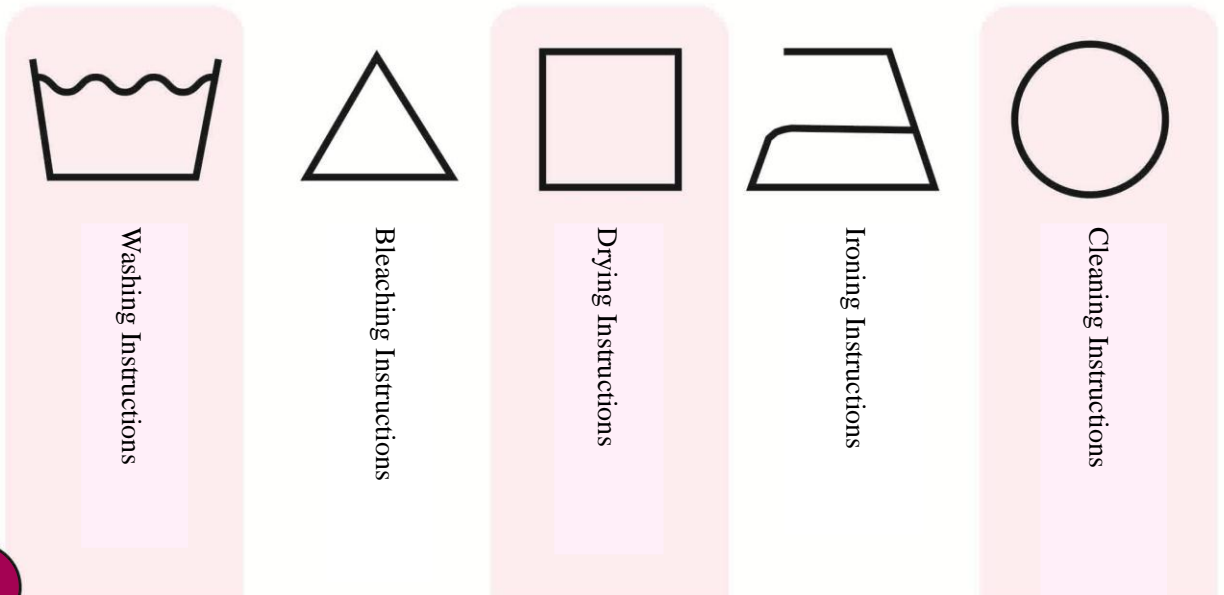
Day	Hour	Location, Place	Organization Name to Contact	Cost
Wednesday すいようび	7:00 p.m.to 8:30 p.m.	Shimin kaikan 市民会館	Hikoneshi Kokusai Kyoukai 彦根市国際協会 Tel (0749)-22-5931 (Not available from Dec. to Feb.)	100yen / lesson 100 円 / 1 回
Saturday どようび	2:00 p.m. to 4:00 p.m.	Naka-chiku Kouminkan 中地区公民館	Hikone Kokusai Kouryu-kai VOICE ひこね国際交流会 VOICE なえむらさん(NAEMURA) Tel 090-7118-5250	100yen / 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 Kyoushitsu 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	100yen / lesson 100 円 / 1 回
Monday~ Friday (Except for holidays) げつようび~きんようび	① 10:00 a.m. to 11:30 a.m. ② 1:30 p.m. to 3:00 p.m. ③ 3:30 p.m. to 5:00 p.m.	Innovation Office “NAYASHICHI” Shiro-machi 1-7-16	“Smile s Satellite”(Weekday Class) NAYASHICHI Tel (0749)-29-5077 or みずのさん(MIZUNO) Tel 070-5661-7345	100yen / lesson 100 円 / 1 回

【Hikone International Lounge News】

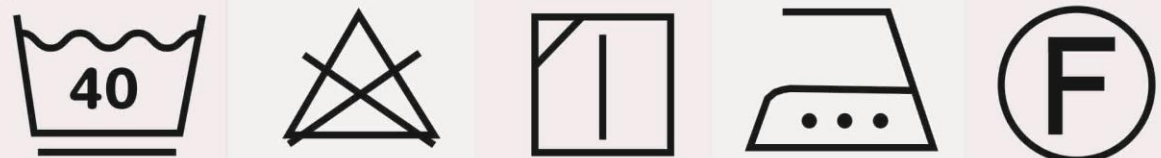
Computer use is free in the Hikone International Lounge. We are waiting for your use!!

☆ Care Labels for the Laundry have been renewed

Displayed with a combination of five basic labels and additional labels.



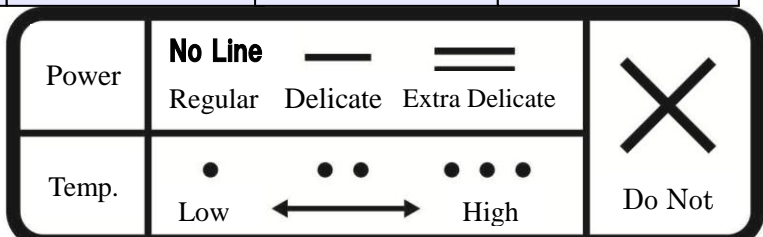
Ex



Setting 40 degrees Celsius at the maximum and instructing gentle washing with the washing machine.	No bleach product should be used including chlorine-based and oxygen bleach.	Dry in a shady area with a clothing hanger.	Able to iron at up to 200 degrees Celsius	Dry-cleaning with petroleum solvent is possible.
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Basic Five Labels

Additional Labels

Inquires: Hikone Consumer Information Centre
TEL 0749-30-6144 (Weekdays 9:00 a.m. – 12:00 p.m., 1:00 p.m. – 4:15 p.m.)

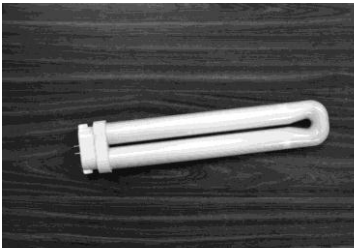
☆Collection of Used Fluorescent Lights as Household Trash

The collection items and collection places will be added from April. 1

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

Added Target Items:

A bridge type twin 1 light



Glow starter



Ball type light



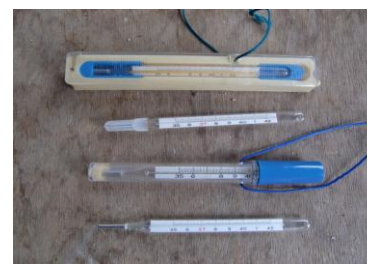
Mercury manometer



Light bulbs



Mercury thermometer



Existing Places: Consumer Affairs and Environment Division, City Hall 1F, City Branches (Inae, Toriimoto, Takamiya, Kawase and Kameyama), The Sanitation Center (small electrical appliances garbage area)
Community Centers (Nishi district, Higashi district, Asahinomori district, Naka district, Minami district),
People's interaction Center (Satone-cho), Human rights & Welfare Interchange Center (Inukata-cho).

Added Places: City Library, Mizuho Culture Center.

Time: The opening hours of opening days of each place. *Please ask at the window about the place of collection box.

Not accepted: •Broken lights *These are landfill garbage as usual.

Not accepted: •Lights trash from business systems (company, store, etc.) *This is industrial waste.

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

☆The new fiscal year's garbage collection calendar in English

The new fiscal year's garbage collection calendar in English will be available at the City Sanitation Center or the Living Environment Division, City Hall 1F. Please be ready to give your address at the window, because the collection schedule is different for each school district. The calendar (in Japanese) will appear on the Hikone City website in late-March also.

Need a consultation when you change garbage collection place

Need a consultation with the Center and submit the registration about new garbage collection place before your community changes your community's collection place.

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

☆Information on Garbage Collection on Holidays

On March 20th (Monday, Public Holiday), only cans are collected in the designated collection areas on Mondays. Note that there will be no garbage collection for plastic package bags.

*You cannot bring garbage directly in the Sanitation Center.

*For more information, please consult “The Calendar for Garbage Collection in Fiscal 2016”.

*Please take out your home refuse before 8:00 a.m. at the designated area.

☆Information of Taking Garbage directly to the Sanitation Centre

Between 9:00 a.m. and 12:00 p.m. on March 26th, Sunday, we temporarily collect large-size refuse (small home appliances and fluorescent lights included) at the Sanitation Center of Hikone City.

*Please provide your identification (Ex: driver’s license) to check your home address.

*We will not take any refuse other than large-size refuse (small home appliances and fluorescent lights included).

*Bringing in large-size refuse is charged. (Small appliances under one meter in height, width and depth are not charged.)

*We take non-broken and recyclable fluorescent lights alongside small appliances.

*TVs, laptops and other certain recyclable appliances are not accepted.

*Bringing in large-size refuse outside of service hours is not permitted.

Inquires: The City Sanitation Centre Tel 0749-22-2734 Fax 0749-24-7787

☆Spring Fire Safety Practice(March 1st – 7th)

The primary purpose of this practice is to protect precious lives and properties by raising awareness of the fire safety, particularly around this time of the year when the dry air boosts fire accidents.

Let’s learn about proper fire prevention strategies from following tips.

- Three Routines You Can Do To Prevent Fires Beforehand
 1. Stop smoking in bed.
 2. Use a kerosene heater away from flammable materials.
 3. Make sure to turn off gas/electric stoves when you leave.

- Four Fire Prevention Measures
 1. Install a fire alarm lest you fail to evacuate.
 2. Purchase fire-proof furniture, clothing and curtains.
 3. Install a fire extinguisher to put out a fire when it is still small.
 4. Shape a cooperative structure in your community for the elderly and disabled residents.

Inquiries: Prevention Division, Hikone Fire Department

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

INFORMATION

☆Traffic Disaster Mutual Aid “Kotsu SaigaiKyosai” in 2017-- Living Environment Division

The application will be accepted from Wednesday, March 1. In case the applicant is injured by a traffic accident and gets some treatment at the hospital during a valid period, he/she will get insurance money depending on the days of treatment.

Insurance Premium: ¥500/person

Valid Period: April 1, 2017~ March 31, 2018

(If you apply on April 1 or after, the next day of when you pay the premium~ March 31, 2018)



- The detailed information is written in the application form enclosed with *KohoHikone*, Community Newsletter.
- This system will be finished this time but you can ask for insurance money up to two years from the date of accident.
(ex. In case you have an accident on March 31, 2018, you can apply for insurance money up to March 31, 2020.)

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

☆Let's Live in Hikone

Hikone city will subsidize a part of expense for person who will move to Hikone.

Acquiring housing

Eligibility: The person or spouse is under 40 years old. And they have three or more children (under 18) or 3 generations live together

Subsidy: One tenth of expenses (Maximum 500,000yen).

Renting housing

Eligibility: The person who is under 40 years old.

Subsidy (Monthly amount): First year · · Maximum 20,000yen Second year · · Maximum 10,000yen

※You can check more detail on the municipal government website.

Inquiries: Planning Division Tel 0749-30-6101 Fax 0749-22-1398

☆You can pay national pension premium in a lump sum for 2 years

You can pay national pension premium in a lump sum for two years (two years payment in advance). You can pay even by bank transfer or credit card in advance for two years from April 2017. Procedure is necessary for application for payment in advance for two years. Please apply until the end of February at Hikone city national pension office.

Hikone city national pension office

Inquiries: Tel 0749-23-1114 Fax 0749-23-9033

☆After-hours Window is Open also on Saturdays and Sundays at City Hall

Dates: Saturday March 25, Sunday, March 26 and Sunday, April 2

Time: 8:30 ~ 12:00

Available services:



1. Official Certificates (Resident's Certificate *jumin-hyo*, Resident's Registration *koseki* and others)
 2. Acceptance of Moving into / out of Hikone
 3. Acceptance of the Seal Registration *inkan-shomei* and publishing a Seal Registration Card
 4. Issuing a Individual Number Card
- * The staff at the night-duty room will accept Resident's Registration *koseki* Notification and the Application for Crematory Permission.
- * When moving to Hikone from overseas, when moving by the Residence Registration Card or the Individual Number Card, etc. might not be accepted because of the proper procedures of the different city.
- * In March and April, the window will be crowded, especially on Mondays and Fridays. Visit on other days if possible. Use the convenience store or the branch office, too.
- * The window of Citizens' Affairs Division, National Health Insurance and Pension Division, Insurance Premiums Division, Tax division and Tax collection Division will be open until 19:00 every Thursday (except holidays and the branches.)

Inquiries: Citizens' Affairs Division Tel 0749- 30-6111 Fax 0749- 22-1398

Notes:

- When moving to Hikone from overseas, Passport (instead of Certificate of Moving out of Hikone) and *fuhyo* (Supplementary Family Register) of *koseki* (Resident's Registration), only the person whose permanent official address is not in Hikone, are necessary.
 - When the person who is not a relative will join the same family by moving into Hikone, the agreement of the head of the family is necessary.
 - Bring to the window the documents which establish identity
 1. One item out of Driver's Licence, Individual Number Card, Passport, Physically Disability Certificate, *Zairyu* Card (Residence Card), etc. with the photograph published by public agencies.
 2. * Two items out of Health Insurance, Nursing Care Insurance, Pension Certificate, Seal Registration Card, etc.
*One item out of Student Certificate, I.D. with the photograph published by the legal person, etc. and one item out of the documents mentioned above.
- *When you do not bring either, we will inform the person in confirmation.

☆Please check on the "KokuminKenko Hoken" (National Health Insurance)

▶The renewal of the card

The new card, valid from Saturday April 1 will be sent by registered mail by the end of March. you need an inkan (a seal) to receive it. Please ask us if you don't receive it even in April.

▶In the case that a member of National Health Insurance gets employed and become a member of the company's Health Insurance.

Please come to The Health Insurance & National Pension Division and do the paper work for leaving National Health Insurance.

Things to bring: National Health Insurance Card, Health Insurance Card provided after you get employed, documents which shows your personal number. (If you have a dependent, please bring his or her insurance card and documents which show personal number)

Inquiries: The Health Insurance & National Pension Division

Tel 0749-30-6112 Fax 0749-22-1398

☆Physical checkup and medical checkup of the brain

National Health Insurance supports a part of consultation fee.

Eligibility: A parson covered by National Health Insurance

※Those who fail to pay an insurance fee cannot get subsidy.

※A person covered by latter-stage elderly healthcare system cannot get subsidy.

Subsidy: two third of your medical expenses for checkup (less 20,000 yen)

Application: The Health Insurance and National Pension Division, branch office. You can apply by Hikone-city web site

Necessity of application: National Health Insurance Card, HANKO

When you apply to the checkup after June, please take the Medical Treatment Card for a special checkup that we will send around the end of May.

Period of application: March 1Wed ~ June 30 Friday

Way of consultation: After your application, we will send a ticket for subsidy

Please take the ticket and have a checkup from April 2017 to February 2018.

Please make an appointment at the hospital you want.

For details ask the hospitals.

Inquiries: The Health Insurance and National Pension Division

Tel:0749-30-6112 Fax: 0749-22-1398



Medical institutions and checkups covered by National Health Insurance subsidy

*the way of stomach checkup: X: x-ray / C: stomach camera / XC: you can choose

Type of medical checkup	the way of checkup of stomach	Total sum	Subsidy
Hikone Municipal Hospital Tel 0749-22-6058			
One day medical checkup	X C	40,900 yen	20,900 yen
Overnight medical checkup	X C	61,700 yen	41,700 yen
Brain checkup A	—	29,300 yen	9,800 yen

Brain checkup B	—	35,300 yen	15,300 yen
Brain checkup C	—	42,100 yen	22,100 yen
Hikone Chuo Hospital Tel 0749-27-6515			
Half day medical checkup	X C	30,000 yen	10,000 yen
One day medical checkup	X C	50,000 yen	30,000 yen
Overnight medical checkup	X C	170,000 yen	150,000 yen
Yujin Yamasaki Hospital Tel 0749-23-1929			
One day medical checkup	X C	39,960 yen	19,960 yen
Overnight medical checkup	X C	66,744 yen	46,744 yen
Brain checkup	—	49,032 yen	29,032 yen
One day medical checkup and brain checkup	X C	70,740 yen	50,740 yen
Overnight medical checkup and brain checkup	X C	97,524 yen	77,524 yen
KKC wellness Hikone physical checkup clinic Tel 050-3541-2265			
One day medical checkup	X C	41,040 yen	21,040 yen
Wellness medical CT checkup for men	X C	51,408 yen	31,408 yen
Wellness medical CT checkup for women	X C	60,048 yen	40,048 yen
Toyosato Hospital Tel 0749-35-3001			
One day medical checkup	X C	35,000 yen	15,000 yen
Brain checkup	—	46,000 yen	26,000 yen
One day medical checkup and brain checkup	X C	57,000 yen	37,000 yen
Shiga pre. Welfare Farmers' Cooperative Union Tel 0749-28-7860			
JA method medical checkup	X	18,600 yen	6,200 yen
Medical checkup for women	X	24,800 yen	8,300 yen
Medical checkup for men	X	21,600 yen	7,200 yen
Otsu Red Cross Hospital Tel 077-522-5165			
One day medical checkup	X C	41,040 yen	21,040 yen
Overnight medical checkup	X C	65,880 yen	45,880 yen
Nagahama Red Cross Hospital Tel 0749-68-3305			
One day medical checkup	X	38,720 yen	18,720 yen
Overnight medical checkup	X	65,880 yen	45,880 yen
Nagahama City Hospital Tel 0749-68-2335			
One day medical checkup	X	40,060 yen	20,060 yen
Overnight medical checkup	X	68,900 yen	48,900 yen
Brain checkup	—	82,180 yen	62,180 yen
Overnight medical checkup and Brain checkup	X	113,070 yen	93,070 yen
Notogawa Hospital Tel 0748-42-1333			
One day medical checkup	X C	38,880 yen	18,880 yen
Brain checkup	X C	36,720 yen	16,720 yen
One day medical checkup and brain checkup	X C	68,040 yen	48,040 yen

RECRUITMENTS & EVENTS

☆An Offer of Reusable Furniture to the City

The purpose: We collect the furniture you don't use anymore and offer them to the new university students. It leads to a movement for reuse and reducing the waste natural resources.

Collection of articles: a bed, a shelf, a desk, a kotatsu (a low table with a heating device) a chair, a microwave oven, a washing machine, a refrigerator, a bike, tableware and so on. (We can't accept broken articles. We only accept electrical appliances produced since 2009. Please refrain from offering family-sized furniture and electrical appliances because they are used for single student.

Please ask for more information.)

Deadline for collection: Sunday, March 19

The way to collect: ① Bring items directly

② Pick up items at no cost (Only Hikone city)

Place for application: Tel 050-5319-5663 (Otowa-san)

Mail recycle19_usp@yahoo.co.jp (Watanabe-san)

Date for Recycle market: 12:00~ Sunday, March 26

Place: The University of Shiga prefecture Exchange Center (Hassaka-cho)

**Inquiries: The University of Shiga prefecture Ecology Circle LEAFS
recycle19_usp@yahoo.co.jp (Watanabe-san) <http://leafs-usp.wixsite.com/npoleafs>**

☆Gender Equality Forum “What we can do now”

This forum is to think about the children who have roots in other countries.

Date & Time: Sunday, March 5 13:20~15:30

Place: HIKONE-SHI BUNKA PLAZA MESSE hall (Nose cho)

Capacity: 240 people (first come, first served)

Application period: Wednesday, February 15 ~ Saturday, March 4

Inquiries: Danjyo Kyodo Sankaku Center “WITH” Tel·Fax 0749-24-3529

☆Local Childrearing Support Center: Man-Maru Hiroba

On the 2nd floor of Viva City Hikone, the local childrearing support center “Man-Maru Hiroba” has been open. The place is for parents raising young children to have counseling and to share information. There is time for reading a picture book and playing.

Target Age Group: Parents with Children Aged under 6 years old

Date & Time: Weekdays 10:00 a.m. to 4:00 p.m.

Inquires: Viva City Hikone Tel 0749-27-5170

☆Stall for Rent & Volunteer staff welcome -Hikone Eco (Ecological) Market “YUMEBATAKE”-

“YUMEBATAKE” is a flea market for selling unwanted household goods and handmade goods

Date & Time: Sunday, March 19 10:00~14:00

Place: OTEMAE No2 preservation site (Next to the tennis court at SHIGA University) (Konki- cho)

Capacity: 35 stalls (first come, first served)

Stall Fee: 500 yen for each stall.

Application deadline: The application must reach us no later than Thursday, March 9

*Please inquire about volunteer staff directly at the Living Environment division desk

How to apply: Please send a double postcard to “The Living Environment Division”

(〒522-8501 4-2 Moto-machi Hikone)

The initial half of the double postcard-----①Your Address ,②Name, ③Phone number

④Item for sale ⑤The number of participants

⑥The license number of the vehicle used for unloading ⑦Desired date of stall

On the return part of the double postcard, please write -----①Your Zip code, ②Address, ③Name

Inquiries: The Living Environment Division Tel. 0749-30-6116 Fax0749-27-0395

☆Hikone Eco (Ecological) Market “Yumebatake”

Please make a lucky find from reused and recycled goods.

※If it rains, the event will be called off.

Date & Time: Sunday, March 19 10:00~14:00

Place: OTEMAE No2 preservation site (Konki cho)



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

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

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

Date & Time: Sunday, March 19 8:00~12:00

Place: GOKOKU- JINJYA (shrine) (Osue- cho)

Inquiries: “HIKONE DE ASAICHI” Executive Committee

Tel 0749-24-4461

hikonedesaichi55@gmail.com

☆Activities at the Children's Center

①Advice about child care and mother's body care by a midwife.

Date & Time: Wednesday, March 15 10:00~11:30

Eligibility: Mothers(who has until 3years old childborn before February 2014) or Pregnant Women

Capacity: 20 people (First-come-first-served basis)

Fee: 200 yen

Application period: Saturday, March 4~Sunday, March 12

Please ask about nursery for above the 8 months old babies.

②Junior Astronomy Club

Content: Learning and observation on astronomy

Date & Time: Sunday, March 19 2:00 p.m. ~ 3:00 p.m.

Target: Elementary school first grader-third grader (Accompanied by a guardian)

Capacity: 10 groups (First-come-first served basis)

Fee: 200 yen per one group

Application Period: Saturday, March 4~Saturday, March 18

③Let's make English Scones

Date & Time: Saturday, March 25 1:30 p.m. ~3:00 p.m.

Target: Elementary school student and junior high school student

(Elementary school first grader -third grader student must accompanied by a guardian)

Capacity: 10 groups (First- come -first -served basis)

Fee: 300 yen

Application Period: Saturday, March 4~ Wednesday, March 22

※If you want to know detail, please ask to **Children's Center** (Tel 0749-28-3645 Fax0749-28-3646)



Consultation

	Date & Time	Place	Contents
Human-Rights Counseling	March 1 & 15 (Wed) 13:00 ~ 15:00	ConsultationRoom (City Hall 1 F)	Counseling about bullying and all acts of discrimination Tel0749-22-0242
Alcohol Consultation	March 3 (Fri) 14:00 ~16:30 (by reservation)	Public Health Center	Issue of alcoholism Tel 0749-21-0283 Fax0749-26-7540
Consultation for Reclusive and Unsociable People	March (Thu) 15:00 ~ 17:00 (by reservation)		Helping sufferers 16 years old and over and their families. Tel 0749-21-0283 Fax.0749-26-7540
Consultation for Troubled Minds	March 16 (Thu) 13:30 ~ 15:30 (by reservation)		Medical instruction. Introduction of a medical institution and facilities Tel0749-21-0283Fax0749-26-7540
Consultation for Disability pension	March 9 (Thu) (by reservation)	HikoneSanParesu (Koizumi-Cho)	Social insurance labor advices *Please apply by March 8 Tel 077-526-3760 Fax 077-526-1800
Law Consultation	March 24 (Fri) 13:00 ~ 16:00 (by reservation)	Community Relations Division (City Hall 1F)	*Consultation fee: 5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 person from 8:30 on March 15) *Only those who live or work in Hikone Tel0749-30-6117Fax0749-22-1398
Child・Family Consultation	Every Mon. ~ Fri. (except holidays) 8:30 ~ 17:15	Consultation Room for Children	Child care issues, child abuse, domestic violence etc Tel0749-23-7838 Fax0749-26-1768
Developmental Disorder Consultation	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 16:00 (by reservation)	Welfare center for the disabled (Hirata-cho)	4 years old or older person who has a developmental disorder or feels uneasy about it. Only person living in Hikone Tel 0749-26-8282
Consumer Life Consultation	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 Tel0749-30-6144
Consultation for Bullying/Hot Line	Every Mon. ~ Fri. (except holidays) 9:00 ~ 17:00	School Support Room (Board of Education)	The experienced person in the education guides you *The anonymity is possible *You can consult on the municipal government website Tel 0749-24-7977
Consultation Telephone for trouble of child and tis parents	Every Mon & Wed (except holidays) 14:00 ~ 17:00	Institute for education	This consultation is only by a telephone Tel 0749-7867
Traffic Accident Consultation	Every Tue & Thu ①9:00 ~ 12:00 ②13:00 ~ 16:00	Koto Joint Government Building 2F	Consultation by telephone is also available from Monday to Friday except holiday Tel0749-27-2230
Consultation for Troubles	Every Wed & Fri (except holidays) 13:00 ~ 16:00	Welfare Center	Consultation for various troubles that happen in your life Tel 0749-22-2821 Fax 0749-22-2841 *Exclusive telephone for consultation: 0749-22-0294
Hot Line for Stateless People	Every Friday (except holidays) 10:00 ~ 15:00 (by reservation)		A social worker advices you about troubles you have Tel 080-3836-7830

☆March is Reinforcement Month for Suicide Prevention Policy

‘Please talk about your trouble’

Hikone Public Health Center	Tel 0749-21-0283	Every Mon. ~ Fri. (exc. Holidays)
Disabled People’s Welfare Division	Tel 0749-27-9981	8:30 ~ 17:15
Community Activity Support Center ‘Mana’	Tel 0749-21-2192	Every Mon. ~ Fri. 10:00 ~ 17:00 Every Sat. 10:00 ~ 13:00 (exc. Holidays)
Information Center for Suicide Prevention	Tel 077-566-4326	Every day 9:00 ~ 21:00
Telephone Counseling ‘ShigaInochi no Dennwa’	Tel 077-553-7387	Every Fri. ~ Sun. 10:00 ~ 22:00
Telephone Counseling for mental problem ‘Kokoro no Dennwa’	Tel. 077-567-5560	Every Mon. ~ Fri. (exc. Holidays) 10:00 ~ 12:00 / 13:00 ~ 21:00

Inquiries: City Disabled People’s Welfare Division Tel 0749-27-9981 / Fax 0749-26-1767

☆Habitual abortion More than 80 % can be cured.

Habitual abortion means more than two times of miscarriage, or several times of neonatal death (less than one week).

A half of the cases of habitual abortion are coincidental miscarriage due to the chromosome aberration of fetus; patients don't need any treatment. Another half of the cases have each causes.

A woman who already has a child and repeats miscarriage need a check and cure.

It is possible for more than 80% of women suffering from habitual abortion (including coincidental miscarriage) to have another baby.

The Health Promotion Division provides detail information about habitual abortion with a homepage, and public-health nurses give counsel.

More specific medical advice by doctors and midwives regarding habitual abortion is available as follows.

Infertility advice center, Shiga Prefecture (at the Hospital of Shiga Medical University)

Over the telephone: please call 077-548-9083 (9:00~16:00, from Monday through Friday, except holidays)

By meeting: please make a reservation first by telephone or e-mails.

e-mail: <http://www.sumsog.jp/consulting-a-doctor/advice-for-sterility>

*consulting will only be in Japanese.

☆Helpline for Child Care

Consultation telephone about child Rearing and Vaccination for the child.

Date & Time Monday~Friday 8:30~17:15

Tel: 0749-26-0192

☆Support of infertility treatment expenses will finish soon.

■Support of specific infertility treatment expenses

Eligibility (Those who meet all of the following)

- Husband and wife who live in the city at the time of a medical treatment and application, and are legally married
- Those who have received Shiga specific infertility treatment expense support
- Husband and wife who are not behind with municipal tax

The amount of support : Specific infertility treatment expenses is supported.

The amount of support limit is 50,000yen.Please don't overlap with a Shiga specific infertility treatment subsidy.

The age of wife at the first treatment	The times of support
Under 39 year old	Maximum of 6 times
40~42 year old	Maximum of 3times
Over 43 year old	Not covered

In the following cases, 25,000 yen should be supported.

- *embryo transplantation by using frozen embryo
- *When treatment is stopped because patients cannot get egg in spite of ovulating.

☆Application limit: within 3months from the date of Shiga prefecture decision

■Support of artificial insemination expenses

Eligibility (Those who meet all of the following)

- Husband and wife who live in the city at the time of a medical treatment and application, and are legally married
- Husband and wife's income in the last financial year is less than 7,300,000 yen.
- Husband and wife who are not behind with municipal tax

The amount of support : Half of the amount of the charge is supported.

For a total of two-years, the amount of money is 50,000 yen.

Time limit: March 31 Friday, 2017

When you get the treatment in March, you can apply until April 28 Friday 2017.

Application and determination: please apply to The Health Promotion Division.

※Please ask for details. Tel 0749-24-0816 / Fax 0749-24-5870

☆Class for New Parents

Contents: Guidance & experience about baby care (how to bathe, change a diaper, and hold your new baby)

Date & Time: Saturday, Mar 25 9:30~12:00 (Acceptance 9:15~9:30)

Place: Hikone City Health & Welfare Center Annex2F

Eligibility: Pregnant Women, over 24 weeks pregnant and their partners having a resident registration in Hikone City

Capacity: 18 couples- Mothers who expect their first child delivery sooner have a priority

Things to bring: Your Maternal or Paternal and Child Health Handbook

Application: Wednesday, Mar 1st~Friday, Mar 10

Call the Health Promotion Division Tel 0749-24-0816 or Fax 0749-24-5870

※There is no nursery

☆Baby Salon

Date & Time : Tuesday, Mar 7 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

☆NYUYOJI KOBETSU SODAN(Individual consultant for infants)

Please bring your Maternal and Child Health Handbook,

Date & Time : Thursday, Mar 9 & 23 9:30~11:00

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

*Consultation by a nutritionist is available on Thursday, Mar 23 .



☆Health Check-ups for Infants

March

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

4-Month-Old Babies	14 (Tue)	Born between Nov 1 and 15, 2016
	21 (Tue)	Born between Nov 16 and 30, 2016
10-Month-Old Babies	8 (wed)	Born between May 1 and 15, 2016
	15 (Wed)	Born between May 16 and 31, 2016

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

18-Month-Old Babies	10 (Fri)	Born between Aug 1 and 15, 2015
	17 (Fri)	Born between Aug 16 and 31, 2015
2-Year-6-Month-Old Children	9 (Thu)	Born between Aug 1 and 15, 2014
	16 (Thu)	Born between Aug 16 and 31, 2014
3-Year-6-Month-Old Children	6(Mon)	Born between Aug 1 and 15, 2013
	13(Mon)	Born between Aug 16 and 31, 2013

※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 for18- 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、 Fax:0749-24-5870

☆Support of German measles vaccination expenses

The person who already received German measles antibody test by Shiga prefecture can get support.

Time limit: Tuesday, April 11

※Please apply to the Health Promotion Division Tel: 0749-24-0816 Fax: 0749-24-5870

If you are pregnant, you are not able to receive the vaccination.

A female person needs birth control for 2months after the vaccination.

☆Vaccination for children week March 1~March 7

Has your child received every vaccination?

Please check your maternity passport if you forget to receive any vaccinations for your child before entering school or kindergarten. You can make a reservation for vaccination as early as possible in order to have resistance to illnesses and to prevent becoming ill.

You check the eligible age and make a reservation in advance for Individual regular vaccinations such as Hib vaccine, Pediatric

Pneumococcal Vaccine, Hepatitis B Vaccine, DPT-IPV, BCG, MR, Chicken Pox, Japanese Encephalitis, DT.

Fee: Free of charge (It costs you when you are over the recommended age)

Things to bring: Maternity passport, medical questionnaire.

Notice

The 2nd term of MR (Measles and German measles)

Eligibility: pre-school child (For those born between April 2, 2010 and April 2, 2011)

The 2nd term of DT(Diphtheria and Tetanus)

Eligibility: The 6th grade student (For those born between April 2, 2003 and April 2, 2004)

They were already notified and received the documents .

※ Vaccination period is up to March 31, 2017.

※ Medical questionnaire above is not available at these medical institutions. Please contact the Health Promote Division if you lost it or moving-in.

Japanese Encephalitis

Those who were born between April 2, 1996 and April 1, 2007 are an exceptional age group for Japanese Encephalitis.

You are required to have shots for a total of 4 times against Japanese Encephalitis. If you haven't received them yet, you can catch up the rest of them by the age of 20.

※Please consult with the Health Promote Division if you are not sure about the vaccination conditions.



☆Weaning Period Consultation

* Let's give food twice a day.

Date & Time: Friday, Mar 3 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

☆Rakuraku Kin-en (Quit Smoking Easily) Consultation

A smoking habit is nicotine dependence. If you try to quit smoking, we support your challenge.

Date & Time: Wednesday, Mar 8 9:00~ 10:00~ 11:00~

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

Capacity: 1 person / each time slot (Reserved)

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

Inquiry: The Health Promotion Division Tel: 0749-24-0816 Fax: 0749-24-5870

