

The city where everyone wants to live

広報 ひこね (英訳版)

Community

Newsletter,

Koho

HIKONE



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Multicultural Coexistence

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### FEATURES

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- School Lunch Program, P8
- About the Norovirus( Prevention from norovirus food poisoning), P 11
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English

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

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 TSUUYAKU ONEGAI SHIMASU”.

● **Koho Hikone “foreign language version” is issued every month.**

This newsletter is available at:

- |                                  |                                  |
|----------------------------------|----------------------------------|
| * Shiga University               | * Welfare Center                 |
| * University of Shiga Prefecture | * Shiga Bank (Oyabu Branch)      |
| * Seisen University              | * “Gyomu Super Market”(Toga-cho) |
| * Hikone City Hall 3F            | * Beisia Hikone                  |
| * AEON TOWN Hikone               | * Hikone City Hospital           |

## Various Services

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

Please say this Japanese sentence “*eigo-tsuuyaku-onegai-shimasu.*”

(It means “please get me an English interpreter”.)

**えいご つうやく おねがいします。**

We might change the interpreter’s availability.

Hikone City Hall: Weekdays **8:30 a.m. to 12:00 p.m. 1:00 p.m. to 5:15 p.m.**



## Japanese Classes



Day	Hour	Location, Place	Organization Name to Contact	Cost
Wednesday <b>水曜日</b>	7:00 p.m. to 8:30 p.m.	Shimin kaikan <b>市民会館</b>	Hikoneshi Kokusai Kyoukai <b>彦根市国際協会</b> Tel (0749)-22-5931 (Not available from Dec. to Feb.)	100yen / lesson 100 <b>円</b> / 1 <b>回</b>
Saturday <b>土曜日</b>	2:00 p.m. to 4:00 p.m.	Naka-chiku Kouminkan <b>中地区公民館</b>	Hikone Kokusai Kouryu-kai VOICE <b>ひこね国際交流会</b> VOICE <b>なえむらさん</b> (NAEMURA) Tel 090-7118-5250	100yen / lesson 100 <b>円</b> / 1 <b>回</b>
Sunday <b>日曜日</b>	10:00 a.m. to 11:30 a.m.	Nishi-chiku Kouminkan <b>西地区公民館</b>	Volunteer Nihongo Kyoushitsu SMILE <b>ボランティア日本語教室スマイル</b> <b>よしおかさん</b> (YOSHIOKA) Tel (0749)-24-7241	100yen / lesson 100 <b>円</b> / 1 <b>回</b>
Monday~ Friday (Except for 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-machi 1-7-16	“Smile s Satellite”(Weekday Class) NAYASHICHI Tel.(0749)-46-5377 or <b>みずのさん</b> (MIZUNO) Tel 070-5661-7345	100yen / lesson 100 <b>円</b> / 1 <b>回</b>
<b>げつようび~きんようび</b>				

**【Hikone International Lounge News】**

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

# INFORMATION

## ☆Information Regarding Garbage Collection

### • **Garbage Collection on Holiday February 12**

The city collects household garbage as normal at Monday garbage-collection areas on February 12<sup>th</sup> Monday (Holiday). There is no garbage collection for combustibles or plastic wraps/containers.

\*Direct waste drop-off at the Sanitation Centre is not accepted.

\*For more details, please refer to the “Fiscal 2017 Garbage Collection Calendar.”

\*Please take out household garbage at the designated area of your local area by 8:00 a.m.

### • **Newspapers, Cardboard, ETC., Must be in Designated Garbage Bags.**

Effective the end of March in 2018, the city will no longer collect the following garbage: newspapers, magazines, cardboard and branches of trees, that are not stored in a designated garbage bag. For further information, please read a blue-colour document inserted in the January 2018 issue of Japanese Community Newsletter.

**Inquiries: Hikone Sanitation Centre**

**Tel 0749-22-2734, Fax 0749-24-7787**

## ☆Protect water pipes against the cold of winter

\* How to prevent frozen water pipes.

Wrap fabric around water pipes. If you use blankets or clothes, please cover them with plastic tape.

\*If you have a frozen water pipe

Wrap a towel around the frozen pipe and pour lukewarm water to melt the ice.

Don't pour hot water. There is a danger of the water pipe bursting.

\* When the water pipes burst.

Close the valve in the water meter box and temporarily stop the leak with plastic tape.

Call a designated water-supply company to repair burst pipes.

Please be sure to ask designated water-supply companies.

The repairing cost is paid by the person who asked for the repair.

Water supply companies will be closed throughout the New Year holidays, so please be careful frozen water pipes.

Water supply companies are designated by the Hikone city under the law.

Inquiries: Water Supply and Sewage Division Tel: 0749-22-2722 Fax: 0749-22-5433



## ☆City Apartment Houses Are Inviting Residents

Apartment houses for general household	<i>Oka-Machi</i> apartment house	one apartment
	Blue LAKE <i>Hassaka</i>	one apartment
	<i>Takamiya Takenokoshi</i> apartment house	one apartment
Apartment houses for wheelchair user	<i>Baba</i> apartment house	one apartment
Apartment houses for single-parent household	<i>Wada Nishi</i> apartment house	one apartment

Application forms will be available from Monday, January 15.

Application period: Monday, January 22~Wednesday, January 31

Acceptance date: The middle of March

Move-in date: After the end of March.

Inquiries: Architectural Administration Division Tel. 30-6123 Fax 24-8517

\*Please apply to the Architectural Administration Division by the applicant or the applicant's family who live with the applicant ( or who will live with ).

\*There are some conditions for applying, so please ask for further details.

**☆ Target age for children's medical expenses subsidy (as outpatient service)**

**will be enlarged In April**

Target age for children's medical expenses subsidy will be enlarged from preschool children to third grade students in April ( be effective on the first March 31 after the child reaches age 9)

You need the certificate for child welfare to require for receiving the subsidy. We will send the guardian of targeted child a letter of information and an application by the middle of January. Please submit an application by the due date. Though we accept the application over due day, please make sure to apply by the end of March considering the delay in the arrival time of mailing service. We don't send the notice to those who have medical expenses receiving certificate such as single-parent family, severe psychosomatic disabled person or a person receiving public assistance, because they can use the subsidies as before.

Target students: those born in April 2, 2009 ~April 1, 2012

Inquiries: National Health Insurance and Pension Division Tel 30-6136 Fax 22-1398

**The flow of the application**

National Health Insurance and Pension Division will send you necessary documents to apply in the middle of January.



Please submit the documents by Friday, February 16



National Health Insurance and Pension Division confirms the details of the documents.



Certificate will be sent to you around the middle of March

**☆ Automatic Bank Transfer Service: Recommended for Paying Taxes**

Please apply at the bank where you have an account, by bringing the application form, your bank book and *inkan*(seal) valid for your bank account. The application form is available at the appropriate city hall office of each item, the accounting office (1F, City Hall), and the Financial Institutions Offering Services. Once you apply, it will automatically renew every year.

< illustration >

**A Financial Institutions Offering Services:**

Shiga Bank, Risona Bank, Shiga Chuo Kinko(Credit Union), Kansai Urban Bank, Ogaki Kyoritsu Bank, Kyoto Bank, Kinki

Rodo Kinko, etc., and Postal Offices

**B Items which can be paid through automatic transferring system:**

1 the municipal fixed property tax 2 the automobile tax(for light cars) 3 the inhabitation tax(for City and Prefecture)  
4 the national health insurance premium 5 the nursing care insurance premium 6 the medical insurance premium for the elderly(over 75 years old) 7 the municipal house rent 8 the parking fee for the municipal house 9 the water and sewage bill 10 the sewage disposal bill 11 the sewage using cost 12 the sewage using(for agriculture) cost  
13 the nursery fee 14 the kindergarten fee 15 the fee for after-school clubs for children

- 3 4 5 6: Unnecessary in case these are paid through deduction from your monthly salary/pension.

**C Inquiries for detailed information:**

1 2 3: Tax Div. 0749-30-6109 4 5 6: Health Insurance and National Pension Div. 0749-30-6145 7: Architecture and Housing Div. 0749-30-6123 8 9: Hikone City Water and Sewage Bill of Consumer Service Center 0749-27-2802, Water Management Div. 0749-22-2722 10: Living Environment Div. 0749-30-6116 11: Sewage Management Div. 0749-22-5458 12: Agricultural and Fishery Administration Div. 0749-30-6118 13&14: Children's Welfare Div. 0749-23-9597 15: Life-long Study Div.,City Board of Education 0749-24-7974

### ★Treatment Fee to be partly paid by the Insurance

When the elderly get acupuncture, moxa treatment or massage, the fee will be partly paid by the insurance.

Object: Those who corresponds to all the following conditions

\*Over 65-year-old and policyholder of Hikone City Nursing-care Insurance

\*Those whose nursing care level is Requiring support, *yosien* 1 or lower on the first day of treatment

\*Those who have constantly paid the premiums of nursing-care insurance

\*Those who continuously take the weekly treatment nine times at treatment institutions assigned by Hikone city

Objective Fee: Treatment fee and house call fee (except a medical insurance application)

Fee to be paid: The total fee for the last three times treatment

(as the maximum amount, refer to the chart below)

Application: Fill in the application form available at Seniors Welfare Division or at treatment institutions assigned by Hikone City. Then be sure to get the certification on the back of the application form by your treatment institution, and submit it showing your Nursing Care Insurance Certificate.

	Maximum /one time	Maximum /a year
Treatment fee	3,000 yen	9,000 yen
House call fee	1,800 yen	5,400 yen

Application & Inquiries:

Seniors Welfare Division(Hirata-cho, Hikone City Welfare Center 2F)

0749-23-9660 / Fax 0749-26-1768

### ★Pupil-care Club Opens in The Spring Vacation and During Fiscal 2018

Requirements: The elementary school pupils whose guardians work outside the house and can not take care during the daytime. The lower grades are given priority in the club. If the number of applicants exceeds the limit, the pupil will be refused admission to the club.

1. The vacation of the end of the school year : Monday, March 26, 2018 ~ Saturday, March 31, 2018  
Time: 8:00 ~ 18:30  
Fees : ¥3,000 and material fees per pupil
  2. The vacation of the beginning of the school year: Monday, April 2, 2018 ~ Monday, April 9, 2018  
Time: 8:00 ~ 18:30  
Fees: ¥3,000 and material fees per pupil
  3. The period of fiscal 2018: Monday, April 2, 2018~ Saturday, March 30, 2019  
Time: After school ~ 18:30 ( weekdays )  
8:00 ~ 18:30 ( Saturdays, substitute holidays, vacations of Summer, Winter, the beginning of the school year and the end of the school year )  
Fees: ¥6,000 ( per month) and material fees per pupil
- The pupil enrolling until the end of March, 2018 and the pupil who will apply for admission to the club from April 2, need not pay fees of No. 1 or No.2. But fees for Summer vacation and for Saturdays will be needed separately.
  - The place and the capacity of the pupil-care club differ in each pupil-care club. See the guide to the pupil-care club for further information in each elementary school.

Application Period: Thursday, January 4 ~ Tuesday, January 16, 2018

Application: Fill out the application form and apply to the pupil-care club with the working certificate.

Inquiries: Hikone City Board of Education Life-long Learning Division

Tel: 0749-24-7974 Fax: 0749-23-9190

**☆Minimum wage by industries**

Glass, cement, ceramics, carbon, graphite, carbon fiber industry	888yen
General purpose instrument, manufactural instrument, business-use instrument,	891yen
Meter, measuring instrument, analytical instrument, testing machine, Optical instrument, lens, electrical parts, device, electronic circuit, Electronic parts, information and communication equipment	875yen
Automobile manufacturing industry	896yen
Retailers	818yen
Shiga prefecture minimum wage	813yen

**Inquiries:** Hikone city labor standards supervision office

Tel: 0749-22-0654 fax: 0749-26-0241

Shiga labor bureau

Tel: 077-522-6654 fax: 077-522-6625

**☆January 17<sup>th</sup> is “Disaster Prevention & Volunteer Day”**

January 17<sup>th</sup>, the date when the Great Hanshin-Awaji Earthquake occurred, has been declared as a “Disaster Prevention & Volunteer Day” with the aim of promoting volunteer activities in the event of natural disasters and encouraging local communities to host disaster prevention activities. On this occasion, please reflect on what you can do at home as disaster prevention measures.

**• What should you do when a sudden tectonic tremor hits?**

Make sure of your physical safety (stay low, take cover and hold on).

**• What should you do when shaking stops?**

Here’s a quiz for you. Arrange the following items in correct sequential order.

- ① Secure the evacuation route
- ② Check if you sustain any injuries, etc.
- ③ Evacuate
- ④ Make sure to turn off gas/electric stoves, etc.
- ⑤ Turn off circuit breakers (due to a fire risk upon restoring blown fuses and circuit breakers)
- ⑥ Check your surroundings and put on footwear

\*The answer is at the lower right.



**• Is home furniture fixed?**

According to the Meteorological Agency, heavy home furniture like drawers is said to topple when a stonger-than-4.5-magnitude earthquake hits. To secure furniture, you can purchase L-shaped angle steel brackets and so forth at local DIY stores. Let’s fix the home furniture to protect you and your family.

**• Have you prepared a food stockpile for a natural disaster event?**

During a natural disaster event, it takes First Responders a certain period of time to reach disaster-stricken areas. Prepare at least a three-day supply of food, water and other essentials with your family. Additionally, put a set of items together into one bag so that anyone can take it quickly in case of emergency.

**• Have a family meeting**

When a natural disaster occurs, do you know where the nearest shelter is located and what route you should take to get to that shelter? Plus, when you and your family members get separated, do you have any specific location to hunker down and the way to confirm each other’s safety?

There may not be time when a disaster happens, so please spare some time to discuss these matters together before it is too late. You can also consult “Hikone Residents’ Disaster Prevention Manual” or “Hazard Map” distributed by the city of Hikone.

\*The answer (2,6,4,1,5,3)

**Inquiries: Disaster and Crisis Management Office**

**Tel 0749-30-6150, Fax 0749-23-1777**

## **☆Promotion of Low Carbon Societies**

In order to create low carbon societies, it is important to cut down on energy usage at your home/workplace for the purpose of minimizing gross carbon footprint.

This time, we want to introduce to you “small tips” you can utilize to reduce energy usage of your home heaters.

### **●Setting Air Conditioning to 20 Degrees Celsius is the Standard in Winter**

As it gets colder, a home heater like an AC becomes an essential item; however, have you felt uncomfortably warm with the AC set to the high temperature before?

Trying to set air conditioning to 20 degrees Celsius is effective for curbing the amount of CO2 emission. What’s more, using the AC when it is really necessary and thoroughly cleaning its filters on a regular basis are good points to be borne in mind.

When you lower the temperature of your air conditioning from 21 degrees to 20 degrees:

[Yearly] Electricity: 53.08kW Saving

CO2: 30.3 kg Reduction

You can save approximately 1,430 yen. \*

### **●Use Electric Heating Carpet in an Energy-saving Way**

Please make a contribution to electricity conservation by turning down the temperature of your electric heating carpet by one temperature level.

In addition, if you set the electric heating carpet directly on the floor, heating effectiveness and efficiency will be lost. Laying a heat insulation mat between them can enhance energy saving.

When you turn down the temperature of a three-tatami-mat-size heating carpet from “High” to

[Yearly] Electricity: 185.97kW Saving

CO2: 106.0 kg Reduction

You can save approximately 50,20 yen. \*

### **●Let’s Promote Low Carbon Societies in Hikone**

Do you think that it is meaningless to put energy-saving activities in motion individually to build low carbon societies?

If each person is aware of the importance of saving energy, and all households in Hikone work together in cutting the energy usage, we can play a significant role in energy conservation efforts.

If all households in Hikone lower the home heaters from 21°C to 20 during the winter:

[Yearly] CO2: Approx. 4,000-Ton Reduction

(Equivalent to 280,000 Japanese Cedars Worth of CO2 Absorption)

\*Reference: “Katei No Shoene Tettei Guide”, the Agency of Natural Resources and Energy

**Inquiries: Living Environment Division**

**Tel 0749-30-6116, Fax 0749-27-0395**

## **☆School Lunch Program**

The school lunch centre prepares and provides school lunch to three areas in the Koto Region: Hikone City, Toyosato-cho and Kora-cho.

The centre sits next to Hikone Local Wholesale Market and is a steel-frame and two-story building. Its land size is approximately 3,000 square meters, and its 2<sup>nd</sup> floor is equipped with conference rooms and a culinary training kitchen as well as observation space.

The centre currently serves the school lunch to seven junior-high schools in Hikone, one junior-high school in Toyosato, two elementary schools and one junior-high school in Kora. Around 4,500 school lunch meals are prepared in a day by around 60 employees.

### **To promote food safety for the school lunch**

In the centre, to be able to provide “safe and nutritious school lunch” for all children, each employee dedicates themselves to working on the following.

#### ①Selecting Ingredients

The centre selects locally produced ingredients as much as possible so that it is easy to see where the ingredients used for each school lunch dish comes from. By doing so, we can make a contribution to a locally-grown and locally-consumed movement simultaneously. On top of it, parents and school educators are engaging in the selecting and sampling process to mark each ingredient. Then the centre uses only foodstuffs that receive certain marks.

#### ②Preventing Foreign Objects from Getting into Meals

Meat and vegetables are delivered to the centre by same-day delivery and are inspected every morning. The food inspection entails checking freshness and levels of additives. In the event of finding abnormalities in foodstuffs, the centre returns or changes those foodstuffs. Furthermore, in order to forestall foreign objects from getting into meals by accident in the course of each lunch preparation, all kitchen staff wear the newest version of food industry uniforms that covers the entire head and has no buttons attached to it while cooking.

#### ③Addressing Food Allergies

For the students who have been diagnosed with food allergies by doctors, the centre removes ingredients that cause allergic reactions to them – in case staple foods or main dishes contain allergic ingredients, the centre offers alternatives. In addition, each school lunch meal for the students who have allergies is being prepared separately from the regular school lunch meals. To minimize mix-ups when children dish out the meals at school, the centre makes specially cooked meals easy to distinguish from regular meals by using different plates, labels, etc.

The school lunch centre has been committed to cooking and delivering safe and nutritious lunch so that all children can have a great time at lunch. The centre is also going to support the promotion of healthy food and the education of healthy eating habits for the children for many years to come.



**Inquiries: School Lunch Centre**  
**Tel 0749-28-8011, Fax 0749-28-8012**



## EVENTS

### ☆ Cooking Class from Around the World ( Brazilian Cuisine)

Contents: Let's enjoy Brazilian food custom and culture through cooking home dishes like the seafood called "Moqueca" "originating in the northern part of Brazil"

Date&Time: Saturday, February 3 10:00~13:00

Place: Gender Equality Center "WITH" (Hitrata-cho)

Target: People living, working and attending to school in Hikone

Capacity: First 16 people

Fee: ¥ 1,000

Application period: Tuesday, January 9~Wednesday, January 24

Things to bring: a dishcloth, a bandana, and an apron.

Nursery service: Free (reservation needed in advance.)

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

Please apply by phone or come to the counter directly

(Please let us know immediately if you cancel after applying. We don't accept the cancellation on that day)

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

Selling local fresh vegetable, bean curd, local lake sea foods, local *SAKE*, and handcrafted general goods, under the concept "Safety food" "Local production for local consumption" "Handmade".

Date & Time: Sunday, January 21 8:00~12:00

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

Inquiries: "HIKONE DE ASAICHI" Executive Committee Tel 0749-24-4461 [hikonedeasaichi55@gmail.com](mailto:hikonedeasaichi55@gmail.com)

### ☆Information from the children center

#### ☆Scrapbooking

Let's decorate your favorite photo!

Date: January 16 Tuesday 10:00~11:30

Target: children who were born April 2, 2014~August 31, 2017 and their guardians

Capacity: 20 pairs (first come, first served)

Cost: 100 yen

Application date: January 6 Saturday~12 Friday

Bringing: photos, decoration goods

#### ☆Star sky class

Winter moon and star

Through a big telescope view winter sky

Date: January 26 (Fri) 19:00~20:30

Target: those who are interested in astronomy

Capacity: 30 people (first come, first served)

Cost: 300yen

Application date: January 13 (Sat) ~25 (thu)

\*cancel in case of rain

#### ☆Children class

Let's feel the power of atmosphere!

The atmosphere is full of mystery.

Let's study the atmosphere throughout experiment!

Date: January 28 (sun) 13:30~15:00

Target: elementary school students and junior high school students

Capacity: 15 people (first come, first served)

Application date: January 13(sat) ~24(wed)

**Inquiry:** Children Center Tel: 0749-28-3645 Fax: 0749-28-3646



# Consultation

	Date & Time	Place	Contents
Alcohol Consultation	January 5 (Fri) 14:00 ~16:30 (by reservation)	Public Health Center (Wada-cho)	Issue of alcoholism Tel 0749-21-0283 Fax 0749-26-7540
Consultation for Troubled Minds	January 18(Thu) 13:30 ~ 15:30 (by reservation)		Medical instruction. Introduction of a medical institution and facilities Tel 0749-21-0283 Fax 0749-26-7540
Consultation for Reclusive and Unsociable People	January 11 (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
Human-Rights Counseling	January 17 ( Wed) 13:00 ~ 15:00	Consultation Room (AL PLAZA Hikone 4F)	Counseling about bullying and all acts of discrimination Tel 0749-22-0242
Law Consultation	January 26 (Fri) 13:00 ~ 16:00 (by reservation)	Community Relations Division (AL PLAZA Hikone 3F)	*Consultation fee: 5400 yen per 30 minute session (Please pay on the consultation day) *The first 6 people from 8:30 on January 17 *Only those who live or work in Hikone Tel 0749-30-6117 Fax 0749-22-1398
Human-Rights Counseling by Multiple Language	Every Mon. ~ Fri. (except holidays) 9:00 ~17:00	Otsu Regional Legal Affairs Bureau	Consulting telephone for the trouble of human rights Exclusive telephone for consultation: 0570-090-911
Child・Family Consultation	Every Mon. ~ Fri. (except holidays) 8:30 ~ 17:15	Consultation Room for Children (Welfare center)	Consultation for Child care issues, child abuse, domestic violence etc Tel 0749-23-7838 Fax 0749-26-1768
Developmental Disorder Consultation	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 16:00 (by reservation)	Welfare Center for the Disabled	4 years old and older person who has a developmental disorder or feels uneasy about it or it's family. Only person living in Hikone. Tel 0749-26-8282 ※Health Promotion Division advises for a child who is 3years old or younger Tel 0749-24-0816
Consumer Life Consultation	Every Mon. ~ Fri. (except holidays ) ①9:00 ~ 12:00 ②13:00 ~ 16:15	City life Environment Division (AL PLAZA Hikone 3F )	Consultation about the trouble of consumer life, contracts, etc Tel 0749-30-6144
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 advices you *You can consult on the municipal government website Exclusive telephone for consultation: 0749-24-7977
Synthetic Consultation for Child & the Young	Every Mon. ~ Fri. (except holidays) ①9:00 ~ 12:00 ②13:00 ~ 17:00	Child & the Young Consultation Center (Welfare center)	Consultation for person 39 years old and younger who has troubles in social life (neet or unsociable person etc). Tel 0749-47-3001 Fax 0749-26-1768
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 Tel 0749-27-2230
Worries Counselor's Office	Every Wed. & Fri. (except second Wed. & holidays) 13:00 ~ 16:00	Welfare Center (Hirata-cho)	Consultation about various worries in your life Exclusive telephone for consultation: 0749-22-0294
	Second Wed. of even month (except holidays ) 13:00 ~ 16:00	Northern Elderly Welfare Center (Baba-cho)	
	Second Wed. of odd month (except holidays ) 13:00 ~ 16:00	Southern Elderly Welfare Center (Tawara-cho)	

### ☆About the Norovirus( Prevention from norovirus food poisoning)

The norovirus outbreak occurs in the cold season especially from November to February.

This virus is extremely contagious. Even a small amount of contact can infect individuals

And become active in the intestines. Infections occur when the virus enters the body through the mouth.

#### How to get infected?

- Eating food made by someone infected
- Raw or undercooked two-shelled clams

#### Most common symptoms.

The incubation period is 24 to 48 hours(36 hours average).|

- Nausea and vomiting
- Stomach pains
- Diarrhea
- Fever



#### How to protect yourself from the norovirus?

##### ●Wash your hands

Hand washing with soap and water at least 30 seconds reducing the transmission of norovirus pathogens before and after cooking ,eating and using toilet.

Do not share a towel.

##### ●Heat food thoroughly

Cook the center above 85°C for over 90 seconds.

##### ●Disinfecting kitchenware with care

Please disinfect your kitchenware with hot water or chlorine bleach before cooking.

##### ●How to dispose of vomiting and diarrhea

The virus could spread eve rywhere in the house from vomiting and diarrhea.

Protecting yourself from infection such as wearing a mask and rubber gloves.

Cover the waste with paper towels soaked in the disinfectant solution of 0.02% concentration.

Pick up the waste and throw it away into the plastic bag.

Wipe the area where the waste was a few times with a paper towel soaked with the disinfectant solution and wipe with water again.

##### ●How to make a disinfectant solution

▼0.02% of sodium chlorate disinfectant solution

2 caps of plastic bottle of chlorine bleach (10ml) and add water up to 2 liters.

▼0.1% of sodium chlorate disinfectant solution

50ml of chlorine bleach and add water up to 2 liters.

※It's convenient if you use a 2 liters of a plastic bottle.

※Label the bottle as a disinfect solution in case you decide to keep it.

### ☆NYUYOJI KOBETSU SODAN(Individual consultant for infants)

Please bring your Maternal and Child Health Handbook,

●Date & Time : Thursday, Jan 11, 25 & Feb 8 , 22 9:30~11:00

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

\*Consultation by a nutritionist is available on Thursday, Jan 25 & Feb 22

### ☆Weaning Period Consultation

\* Let's give food twice a day.

Date & Time: Friday, Jan 5 & Feb 2 10:00~11:30 (Acceptance 9:45~10:00)

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

### ☆Breast cancer, and cervical cancer checkups

#### **Breast cancer checkup ( reservation required )**

**Eligibility:** women aged 40 and over as to March 31, 2018 who live in Hikone city.

**The deadline of application for the ticket:** February 21 (Wed) 2018

**The deadline of reservation to medical institution:** February 28 (Wed) 2018

There is no visually examine and palpation.

40~49years old: interview and mammography (2way)

Over 50 years old: interview and mammography (1way)

#### **How to take a checkup**

1. Telephone for reservation of cancer checkups 0749-24-3719

2. Reserve for checkup to medical institution after receiving a ticket.

3. Please go to a medical institution with the ticket and checkup fee(500yen)

\*those who have a Hikone-issued free coupon, please reserve to a medical institution directly.

### ☆Cervical cancer checkup (there is a case reservation is required)

**Eligibility:** 20 years over as of March 31,2018who live in Hikone city.

**The deadline of application:** March 31(Fri) 2018

Please go to a medical institution directly (checkup fee: 500yen)

\*please ask for detail, The Health Promotion Division Tel 0749-24-0816 Fax0749-24-5870

### ☆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, February 14 9:00~ 10:00~ 11:00~

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

**Capacity:** 3 people / 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

### ☆Eating Habit Consultation

※Advice about your eating habits by a dietitian manager with your health checkup result.

Date & Time : Friday, Feb 16 ① 9 : 00 ② 10 : 30

Capacity : 1 person each time slot ( Resereved )

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

※Any consultations concerning your meals are also available at anytime.

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

### ☆”PIYOPIYO SALON”

Let's talk freely about the enjoyment and the problem of childcare with a guest midwife.

Date & Time: Wednesday, Feb 28 10:00~11:30 (Reception : 9:45~10:00)

Place: Kusunoki Center 1 F

Eligibility: 2~3month old infants and their guardians who have resident registration in Hikone city.

What to bring: Maternal and Child Health Handbook, Bath Towel (The baby wrapper is also ok.)

## ☆Health Check-ups for Infants

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

### January

4-Month-Old Babies	16(Tue)	Born between Sep 1 and 15, 2017
	23(Tue)	Born between Sep 16 and 30, 2017
10-Month-Old Babies	10(Wed)	Born between Mar 1 and 15, 2017
	17(Wed)	Born between Mar 16 and 31, 2017

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

18-Month-Old Babies	12 (Fri)	Born between June 1 and 15, 2016
	19 (Fri)	Born between June 16 and 30, 2016
2-Year & 6-Month-Old Children	11(Thu)	Born between June 1 and 15, 2015
	18 (Thu)	Born between June 16 and 30, 2015
3-Year & 6-Month-Old Children	15(Mon)	Born between June 1 and 15, 2014
	22 (Mon)	Born between June 16 and 30, 2014

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

### February

4-Month-Old Babies	13(Tue)	Born between Oct 1 and 15, 2017
	20(Tue)	Born between Oct 16 and 31, 2017
10-Month-Old Babies	7(Wed)	Born between Apr 1 and 15, 2017
	14(Wed)	Born between Apr 16 and 30, 2017

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

18-Month-Old Babies	9 (Fri)	Born between July 1 and 15, 2016
	16 (Fri)	Born between July 16 and 31, 2016
2-Year & 6-Month-Old Children	8(Thu)	Born between July 1 and 15, 2015
	15 (Thu)	Born between July 16 and 31, 2015
3-Year & 6-Month-Old Children	5(Mon)	Born between July 1 and 15, 2014
	19 (Mon)	Born between July 16 and 31, 2014

\*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 . There will be a class on the correct way of brushing your child's teeth.

\*For Health Check-ups for 2-years & 6-month –old children, Please fill out the result of hearing test to the questionnaire.

\*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:24-0816、 Fax:24-5870

## ☆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, Jan 10 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: 24-0816 Fax: 24-5870

## ☆Natalia's Room (No.42)

### Something about Eye Contact



I have previously told my friends, “I guess I do not make much eye contact while talking to people nowadays”. In Brazil, “looking people in the eyes when talking to them and vice versa” is firmly believed as a very important social etiquette, and for this reason, only few Brazilians talk to others avoiding eye contact. Yet, since I started to live in Japan, there have been more opportunities where I do not have to talk to people by looking them in the eye, and as a consequence, I feel like I am no longer making eye contact while a dialogue is going forward.

I see that there are some Japanese people who do look others in the eye while speaking. However, there are still not so many of them compared to foreign nationals. Additionally, I have noticed that the time when the Japanese look at a person's eyes is a little different from the time when foreigners do. To take an example, at quintessential Japanese workplaces, whilst senior corporate employees are reprimanding or giving some advice to their subordinates, the subordinates tend to look down. On the other hand, In Brazil, even under such situations, given that not turning your eyes away from a person speaking is a sign of respect, it is normal for Brazilians to look straight at their senior corporate officials. Interestingly, people in some other countries argue that avoiding eye contact means that a person is telling a lie. So-called “*Hikaeme* (Unassuming personality)” in Japanese could leave the unintended negative impression on foreign nationals.

Amongst the Japanese, some may not feel comfortable being directly looked at as a conversation is taking place. Even so, for a number of people from different countries, making eye contact is pretty natural and part of their own cultural identity as well as a sign of respect. So when you speak to a foreigner and he/she looks you in the eye, please remember that you are being respected, and they want to listen to what you are about to say.

“Natalia's Room” is a monthly column published in the Japanese version of Koho Hikone Newsletter since June 2014. Natalia is from Brazil and has been working as Coordinator of International Relations of Hikone since coming to Japan in 2014. This column features topics related to multicultural coexistence, such as difference of cultures and living in Japan as a foreigner.

