



Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

Message from Mayor, Jun-ichiro Hoshino

I wish you a happy New Year.

Abiko City will celebrate the 50th anniversary on July 1 this year. Taking this opportunity, we will hold various commemorative events through this year so that you may take greater pride in and have strong attachment to our hometown.

On July 4, the 2020 Olympic torch relay is coming to the city. In addition to the events to liven up the torch relay, we will make many opportunities for children to experience wonderful sports and interaction with people all over the world. Also, we will prepare a new clean center and an elevator at Abiko Station. We will continue to take measures against floods and crimes. We will make efforts to create a city with safety and security. "We are happy to have been born and live in Abiko and we are proud of Abiko." Such a city is our aim. Your further cooperation and assistance with us shall be much appreciated.

Coming-of-age Ceremony

The coming-of-age ceremony will be held as below.

Date: January 12 (Sun)

Venue: Keyaki Plaza Hall

Eligible persons: Those who were born between April 12,1999 and April 1, 2000

Morning Session: 10:30 – 11:30

Eligible persons: Those who live in the area of Abiko Middle School, Kohoku Middle School, Kohokudai Middle School, and those who graduated from Abiko Special Support School

Afternoon Session: 13:30 –14:30

Eligible persons: Those who live in the area of Hakusan Middle School, Kujike Middle School and Fusa Middle School

Inquiry: Call Life-long Learning Section, Board of Education, at 7182-0511.

New Year's Parade of Fire Brigades

Date/time: January 11(Sat) 09:30 – noon

Venue: City Gymnasium

Content: Ceremony from 09:30 to 11:30 with middle school bands

Spraying of water: 11:30

For inquiry, contact Fire Defense Headquarters at phone 7181-7700.

Let us Learn More about Lake Teganuma

The Association to Promote Clean Lake Teganuma guides you on the history and present condition of Lake Teganuma and on creatures which you can see in Lake Teganuma.

Date/time: January 18 (Sat.) (1) 10:30 – 11:30 (2) 13:30 – 14:30

The program will be cancelled if it blows strongly or the weather is rough.

Place to gather: “Kojo-en”, the boat landing stage within Lake Teganuma Park

Fixed number of people: 35 persons (Application is required) Elementary school students and preschoolers need to be accompanied by their parent(s).

Fee: Free

Deadline of application: 4 p.m. January 15 (Wed.)

Application needs to be made to the Association to Promote Clean Lake Teganuma (phone: 7185-1484)

New Program Starts at Mizu-no-Yakata Planetarium

Period: On Saturdays, Sundays and national holidays between January 11(Sat.) – April 5 (Sun.)

Time/Content: (1) 11:00, 14:00 and 16:00– winter and spring version of explanation of starry sky

“What can we see tonight?” (2) 10:00, 13:00 and 15:00– theme program “Pleiades (Subaru)”

* each session 20 minutes

Fixed capacity: first 50 applicants

Fee: ¥100 (free for middle school students and below)

- For weekdays alone, a group consisting of more than ten people can reserve and see the program. (You need to apply reservation two days in advance. You can apply through the City Website.).
- For inquiry, contact Mizu-no-Yakata at phone 7184-0555.

Emissions of Greenhouse Gases from City Facilities

The emissions of greenhouse gases from city facilities increased by 1.9% in 2018 compared with 2014.

The City decided on an action plan “Abiko Anti-Global Warming Measure Plan (Abiko Eco Project)” and has been tackling global warming prevention. The 4th plan (Abiko Eco Project 4) aims to reduce the emissions by 4% by 2020 compared with 2014.

The City would like to request citizens to reduce garbage and cooperate in separation of garbage. For more information, contact Teganuma Section at phone 7185-1484.

Advisory Service- Jan 2020

* Appointment Required

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	14 (Tue), 16(Thu), 21(Tue), 23(Thu) and 28 (Tue) 9:30 – 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714 * Call for appointment after 8:30, Jan 7(Tue)
Tax Matters	17 (Fri) 10:00 – 15:00	Civic Consulting Room 1F, Abiko City Office	Tax Collection Sec. 7185-1349 * Call for appointment After 8:30, Jan 14(Tue)
Living Advice	Weekdays except Sat/Sun/public holidays 8:30-17:00	West Annex 2F	Social Welfare Sec Ext 394
Child matters in general	Weekdays except Sat/Sun/public holidays 8:30 – 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Weekdays except Sat/Sun/public holidays 8:30 – 17:00	West Annex 2F	Social Welfare Sec. Ext. 393

Public Health Care Center Programs -January 2020

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	11,18 and 25(Sat.)	*Expecting women of 20 weeks or over, their husbands and family
Consultation for 4-month-old children	7 and 14(Tue.)	Children born in August, 2019
Health Checkup for 18-month-old children	16 and 23 (Thu.)	Children born between May 19 and July 9, 2018

Dental Checkup for 2 year 8 month-old children	30(Thu.)	Children born in May, 2017
Health Checkup for 3-year-old children	9 (Thu.)	Children born between June 1 and June 23, 2016
Health Checkup for 5-year-old children	30 (Thu.)	Children born in January 2015
Baby Food Class for 4 to 6 month-old babies	31 (Fri.)	*First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	15(Wed.)	Children born in April 2019 *First 20 applicants. Reservation required by phone.

*** Reservation Required**

----- Health Care -----

1. Sudden Illness at Night or on Holidays – Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case Call 119 for an ambulance.

2. Child's Sudden Illness at Night – Telephone Consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00 – 6:00/Next day

A nurse will advise you about the care to be taken for your infant/child.



3. Sudden Illness at Night and Holidays – Telephone Consultation by Nurses

Call #7009 or 03-6735-8305 Hours: weekdays and Saturdays 18:00 – 23:00

Sundays, Holidays and Year-end/New year holidays 9:00 – 23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00 – 11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30 and 13:00 – 16:30

Note: Holidays: Sundays, National Holidays, Year-End/New Year Holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

<i>Newsletter Abiko</i>	No 303	January 1, 2020
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Edited and translated by Abiko International Relations Association (AIRA)		
Phone: 04-7183-1231 Fax: 04-7183-2005		
E-mail: info@e-aira.jp http://www.e-aira.jp		



Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

Plan for the 50th Anniversary of the Municipal Administration Enforcement:

“We love ABIKO”

We asked 50 people who newly come of age! ---“What is the good point of ABIKO?”

The followings are extracts of the comments given by the people who come of age. All comments can be referred in the city’s web site.

- Good natural environment
- No children on nursery school waiting list
- Comfortable to live in not too rural, not too urban
- Beautiful & big Teganuma (Lake Tega)
- Wonderful fireworks display
- Rich in nature
- Famous writers’ villas ever located
- Good public security
- Peaceful city
- Strong in the relay road race (*ekiden*)
- Friendly people
- Lots of children living
- Convenient commuting

Teganuma Fireworks Display to be Cancelled This Year.

The scheduled date of the Teganuma Fireworks Display this year coincides with the period in which Tokyo 2020 Olympics & Paralympics is held. So we had been discussing the possibility of hosting the display with related authorities. As a result, we decided to cancel it because it would be difficult to have a sufficient security system for it due to the shortage of police officers and security guards. It is regrettable that we must cancel the fireworks display which many citizens are looking forward to as one of the summer traditions. We hope you will understand the circumstance. This year we will carry out many memorial events for the 50th Anniversary of the municipal administration enforcement. In addition, on July 4th, the Tokyo Olympics torch relay will run the city, for which our city’s junior high school students will join. Though the fireworks display is cancelled, we will make this year memorial for all citizens.

Mayor Junichiro Hoshino

Fares of the City Taxi Revised as of February 1st(Sat): Base Fare Dropped from ¥740 to ¥500

You can go by taxi for a short distance with ease under the new fare system.

Base fare for 1.27km: ¥500.- Additional fare /each 263m: ¥100.-

Time & distance combination system/ each 1 minute 35 seconds: ¥100.

Pick-up car fare ¥300.-

Abiko Nature Observation Party

Let's observe winter birds around Lake Teganuma!

Date & time: February 16th(Sun) 9am~Noon * Rain out

Venue: Gather at Tega-no-oka Youth Nature House

Contents: Walk in Tega-no-oka woods and along Teganuma and observation of winter birds

Capacity: First 50 people *Kids in and under elementary school must be accompanied by their parent.

Fee: ¥100.-(for insurance)

Writing utensils, winter clothing and binoculars (rental available) to be prepared.

Enquiry/application: Tega-no-oka Youth Nature House ☎ 7191-1923

New Free Wi-Fi spots

Three free Wi-Fi spots were added to the existing spots at South gate of Tennodai Station and Teganuma Park as follows;

Times of use: Max. four times a day(30 minutes at one time)

Venue: South gate of Abiko Station, Lobby on the 1st floor and Free Space on the 11th floor at Keyaki Plaza * Wi-Fi is available at approximately 70m around the spot.

Enquiry: Information Policy Sec. Ext. 293

Events

Abiko Brass Band, the 31st Regular Concert

Date & time: February 16th (Sun) 14:00 Opening

Venue: Keyaki Plaza Hall

Program: “Manhattan Symphony” (Lancen), “An American in Paris” (Gershwin), Movie soundtrack, etc. Performer: Mr. Hiroaki Kondo (Conductor)

Admission: ¥700.-(¥400.- for Jr. High & high school students, Free for elementary school kids and under)

Application, enquiry: Mr. Nakamura ☎080-3472-8420

Spring holidays Junior Skiing Class

Date: 20:00 on March 19th(Thu) meeting at City hall ~22nd(Sun)

Venue: Zao Hot Springs Ski Resort, Yamagata Prefecture

Eligible for elementary school students in the 3rd grade and above, First arrival 40 people

Expense: ¥46,000.- (¥41,000.- for college & high school students, ¥36,000.- for Jr. high school students, ¥31,000.- for elementary school students) * Extra fee for lift ticket, lunch and rental

goods Application, enquiry: Send a postcard specifying your address, name ,sex, grade of school, birthday and telephone No. Application postcard must arrive by February 15th (Sat).

〒270-1175 Ms.Noriko Nishizawa, 4-16-12 Aoyamadai, Abiko city ☎090-2657-3109

Advisory Service- February, 2020

*** Reservation required**

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Feb.6th,13th,18th, 20th and 25th 9:30 - 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. *7185-1714 Call for appointment after 8:30 on 3 rd Mon
Tax Matters	Feb. 21 st (Fri) 10:00 - 15:00	Tax Collection Consulting Room 1F, Abiko City Office	Tax Collection Sec. *7185-1349 Call for appointment after 8:30 on 17 th Mon
Daily life advice	Week days except national holidays 8:30 – 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.394
Child matters in general	Week days except national holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except national holidays 8:30 - 17:00	West Annex 2F	Social Welfare Sec. Ext. 393

Public Health Care Center Programs –February, 2020

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama &Papa Gakkyu)	8, 15 ,22 (Sat) *Reservation required	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	4(Tue) and 12 (Wed)	Children born in Sept 2019
Consultation for babies	5, 26 (Wed) at Nikoniko Hiroba 14(Fri) at Health Center	First 10 people/day

Health Checkup for 18-month-old infants	20 (Thu.)	Infants born between July 10 and August 4, 2018
Dental Checkup for 2 year and 8 month-old children	27(Thu.)	Children born in June, 2017
Health Checkup for 3-year-old children	6, 13(Thu.)	Children born between June 24 and Aug 8 , 2016
Health Checkup for 5-year-old children	27 (Thu.)	Children born in Feb. 2015
Baby Food Class for 4 to 6 month-old babies	28(Fri.) * Reservation required	First 30 applicants (parents).
Baby Food Class for 8 to 9 month-old babies	19 (Wed.) *Reservation required	First 20 applicants. Children born in May, 2019

—Health Care—

1. Sudden illness at night or on Holidays- Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, Call 119 for an ambulance.

2. Child's Sudden Illness at Night- Telephone consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays-Telephone consultation by Nurses

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30, 13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

<i>Newsletter Abiko</i>	No.304	February 1, 2020
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Edited and translated by Abiko International Relations Association (AIRA)		
Phone: 04-7183-1231 Fax: 04-7183-2005		
E-mail: info@e-aira.jp http://www.e-aira.jp		



Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

What is “Regulating Reservoirs” ? – Flood Control in Abiko

This issue introduces you our “flood-control measures”.

When typhoon and torrential rain hit Japan in 2019, a lot of rivers flooded and caused serious damages all over Japan. The Tone River rose and overflowed into Tanaka regulating reservoir (Kita-Shinden, Abiko). At that time, incorrect information: “The Tone River is flooding.” partly went around. Regulating reservoirs seem to be rural scenery at ordinary times. But they play important roles as places to save our lives in case of emergency.

Three regulating reservoirs along the Tone River

Regulating reservoir	Area	Water-Control Capacity
Tanaka regulating reservoir	Approx. 11.6 km ²	Approx. 61 million m ³
Sugou regulating reservoir	Approx. 5.9 km ²	Approx. 27 million m ³
Inadoi regulating reservoir	Approx. 4.5 km ²	Approx. 19million m ³

Total water-control capacity is equivalent to about 86 of Tokyo Dome.

Regulating Reservoirs and Overflow Spillways

When water level of a river rises owing to heavy rainfall, flood is controlled by storing a part of water in a regulating reservoir and reducing water volume to flow downstream. When the water level rises above the specific level, water will overflow over the spillways into regulating reservoirs. Stored water in a regulating reservoir will be drained after the main river’s water level falls. At typhoon No.19 hitting in 2019, approx. 90 million m³ (about 72 of Tokyo Dome) of water in total was stored in Tanaka, Sugou, and Inadoi regulating reservoirs. Inquiry: Flood Control Section, ext. 473

Information at Emergency

Warning Level	Evacuation Information Municipal Announcement	Meteorological Information National or Prefectural Info
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Level 5 Best Action to save life	Disaster Occurrence Information	Flood Occurrence Information, Heavy Rain Emergency Warning
Level 4 Evacuation of All People	(Emergency) Evacuation Instruction , Evacuation Recommendation	Flood Hazard Information, Sediment Disaster Information
Level 3 Evacuation of Elderly	Prepare for Evacuation, Start Evacuating Elderly	River Flooding Alert Information, Flood Warning

Information Transmission Tools

- 1) Disaster Radio 2) Telephone Service at # 0120-031-676, 3) Mail Service
4) City Website 5) Disaster Information Service 6) L Alert 7) SNS (facebook, twitter)
8) Emergency Mail, Area Mail, 9) Public Relation Car
Inquiry for 1),2), 5), 6), 8) and 9): Citizens Safety Section , at ext. 217
for 3), 4) and 7): Public Relation Office at 7185-1269

[EVENTS]

Rape Blossoms Festival

Date and time: Mar 14 (Sat), 15 (Sun), and 20 (holiday) to 22 (Sun)

Venue: rape field in Nedo Shinden

Content: Rape blossom picking (charged), vegetable sale,

Admission: free

Inquiry: Agriculture Section at 7185-1481

The 17th Civic Cherry Blossom Viewing ~ Open courses at Abiko Golf Club ~

Why don't you take a walk along golf courses listening to bird warbling and kocarina music?

Date and time: March 30 (Mon) 10:00a.m. – 4:00p.m. (Entry by 3:00p.m.) * rain out

Venue: Abiko Golf Club, the 13th and 16th holes and the surroundings

Smoking, eating (soft drinks are OK), pets and ball playing are not allowed.

Wear sneakers, or walking shoes.

Admission: 100 yen (insurance fee included), free for elementary school children and below

Inquiry: Abiko-no-keikan-wo- sodateru-kai 090-6034-9149

Happy Child-Raising Festival in Abiko 2020

Interaction among child-raising generation, learning seminar, experience-based event,

playing space, stamp relay, and so on.

*This event will be postponed till Aug.22 and 23 due to spread of new coronavirus infection.

Venue: Civic Plaza at Abiko shopping plaza

Inquiry: Executive Office, Oda at 090-9344-4378

Advisory Service- March, 2020

* Reservation required

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Mar.5th,10th,12th, 17th and 19th 9:30 - 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. *7185-1714 Call for appointment after 8:30 on 2nd Mon
Tax Matters	Mar. 19th(Thu) 10:00 - 15:00	Tax Collection Consulting Room 1F, Abiko City Office	Tax Collection Sec. *7185-1349 Call for appointment after 8:30 on 16 th Mon
Daily life advice	Week days except national holidays 8:30 - 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.394
Child matters in general	Week days except national holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except national holidays 8:30 - 17:00	West Annex 2F	Social Welfare Sec. Ext. 393

Public Health Care Center Programs -March, 2020

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	7, 14, 21 (Sat) *Reservation required	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	3 and 10 (Tue)	Children born in Oct 2019
Consultation for babies	4, 18 (Wed) at Nikoniko	First 10 people/day

	Hiroba	
Health Checkup for 18-month-old infants	12 (Thu)	Infants born between Aug 5 and August 31, 2018
Dental Checkup for 2 year and 8 month-old children	19 (Thu)	Children born in July, 2017
Health Checkup for 3-year-old children	5 (Thu)	Children born between Aug 9 and Aug 31, 2016
Health Checkup for 5-year-old children	19 (Thu)	Children born between Mar 1 and Apr 1, 2015
Baby Food Class for 4 to 6 month-old babies	27 (Fri) * Reservation required	First 30 applicants (parents).
Baby Food Class for 8 to 9 month-old babies	11 (Wed) *Reservation required	First 20 applicants. Children born in June, 2019

—Health Care—

1. Sudden illness at night or on Holidays- Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, Call 119 for an ambulance.

2. Child's Sudden Illness at Night- Telephone consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays-Telephone consultation by Nurses

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30, 13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

<i>Newsletter Abiko</i>	No.305	March 1, 2020
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Edited and translated by Abiko International Relations Association (AIRA)		
Phone: 04-7183-1231 Fax: 04-7183-2005		
E-mail: info@e-aira.jp http://www.e-aira.jp		



Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

To make Abiko a safer and more livable city to all citizens

By Mayor of Abiko Hoshino Jun-ichiro

738 babies were born and 1,264 people passed away in Abiko last year, which means that natural decline of population in Abiko is more than 500. Meanwhile, the number of people moved to Abiko and families with infants of five years or under has been increasing thanks to the development of housing projects. But the total population of Abiko has declined by about 1,000 in the past 5 years. This fact shows that ageing population with declining birthrate and declining population have been steadily progressing. Therefore, it is crucially important to prevent the decrease of the population in order to make Abiko a safer and livable city to all citizens for the future. Abiko is tackling the projects to make the city more attractive to young generation for raising their children easily and settling in the city for longer years; and infrastructural projects such as the flood control measures, the improvement of the fire department, and installation of elevators at Abiko Station.

This year marks the 50th anniversary of Abiko's incorporation as a municipality. The torch relay for the 2020 Tokyo Olympics will run through Abiko, and the Paralympic ignition ceremony will be held here. I, as the mayor of Abiko, would like to instill pride and attachment of the city to the hearts of all citizens especially the young through these events.

Major Projects for the Fiscal 2020

Abiko is planning various projects to commemorate the 50th anniversary of Abiko's municipality including the commemorative ceremony and the Yamashita Kiyoshi Painting Exhibition. Abiko is planning to provide you many memorable chances which will stay in your hearts through the events like Olympic torch relay, watching the Olympic games, and the Paralympic ignition ceremony.

Below shows the budget for the each project

- Commemorating the 50th anniversary of Abiko municipality (for the ceremony, producing sound source of the Abiko City anthem, and others) ¥7.29 million
- Introducing the Abiko City Anthem as the train departure melody ¥1.27 million
- Holding the Yamashita Kiyoshi Painting Exhibition ¥7.829 million
- Holding the Bird Olympic Exhibition ¥1.208 million
- The projects for the 2020 Tokyo Olympics & the Paralympic torch relay and other relating projects ¥6.814 million

Information about Coronavirus Disease (COVID-19)

Please contact the Coronavirus Disease Consultation Centers if you have any symptoms mentioned below.

(☎047-361-2140 hours available: 9:00~17:00 on week days at Matsudo Healthcare Center, ☎0570-200-613 Chiba Pref. Available 24 hours)

- * Those having had cold symptoms or a fever of 37.5 degree in Celsius or over for 4 days or more. (Additionally, those having continuously taken medicine for fever)
- * Those having suffered from a feeling of deep tiredness or a respiratory problem
- * Senior citizens and people with underlying diseases such as diabetes, Cardiac failure, respiratory affection, receiving dialysis, or taking immune-suppressing drugs or anticancer drugs; please make a contact to the centers to seek specialist's advice if the person has those symptoms above for more than 2 days. Pregnant women with above symptoms are also welcome to the consultation.

How to use “The Family Support Center” on Holidays

If you are unable to take care of your children on holidays at home because of your job or others, the members of the family support center will take care of your children for you at their homes. Membership will be required in advance.

Fee per day per child: a baby under 36 months ¥2500; a child of 36 months and over ¥1500; an elementary school child ¥2000.

Please contact the Nursery Section at ext. 479, or Family Support Center at 7186-4161

Advisory Service- April 2020

*** Reservation required**

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Apr. 7(Tue), 9 (Thu), 16 (Thu), 21 (Tue), and 23(Thu) 9:30 - 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. *7185-1714 Call for reservation after 8:30 on 1 st (Wed)
Daily life advice	Week days except national holidays 8:30 – 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.394
Child matters in general	Week days except national holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except national holidays 8:30 - 17:00	West Annex 2F	Social Welfare Sec. Ext. 393

Public Health Care Center Programs –April 2020 Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama &Papa Gakkyu)	4, 11, 18 (Sat) *Reservation required	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	7, 14 (Tue.)	Children born in Nov., 2019
Consultation for babies	8, 22 (Wed.)	First 10 people/day At Nikoniko Hiroba
	17 (Fri)	At Health Care Center
Health Checkup for 18-month-old infants	9 (Thu.)	Infants born between Aug. 5 and Sep. 3, 2018

Dental Checkup for 2 year and 8 month-old children	23 (Thu.)	Children born between Jul.1 and Aug. 10, 2017
Health Checkup for 3-year-old children	16 (Thu.)	Children born between Sep. 1 and Sep. 23, 2016
Health Checkup for 5-year-old children	23 (Thu.)	Children born between Mar. 1 and Apr. 10, 2015
Baby Food Class for 4 to 6 month-old babies	24 (Fri.) * Reservation required	First 30 applicants (parents).
Baby Food Class for 8 to 9 month-old babies	15 (Wed.) *Reservation required	First 20 applicants. Children born in Jun. and Jul., 2019

—Health Care—

1. Sudden illness at night or on Holidays- Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, call 119 for an ambulance.

2. Child's Sudden Illness at Night- Telephone consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

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Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30, 13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

<i>Newsletter Abiko</i>		No.306	April 1, 2020
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E-mail: info@e-aira.jp		http://www.e-aira.jp	



Excerpts of the Newsletter issued by the Abiko City Phone: 04-7185-1111

New Coronavirus Disease (COVID-19)

-----Do you have a fever? Are you coughing? -----

• People with severe symptoms

1. You have intense fatigue and/or shortness of breath
 2. You have had a fever of 37.5°C or over for 4 days or more (including the day you need to take an antipyretic)
- * In case you are pregnant, senior citizen, have underlying disease (diabetes, cardiac failure, respiratory disease like COPD etc.), or undergo dialysis, immunosuppressant therapy, anti-cancer treatments, you have a fever of 37.5°C for about 2 days.



Call the consultation center for people with potential exposure to COVID-19.

- 0570-200-613 (Available 24 hours) Chiba Prefecture
- 047-361-2140 (9:00 to 17:00 weekdays) Matsudo Healthcare Center



You need a medical check-up.



You do not need a medical check-up.

Visit a medical institution for people with potential exposure to COVID-19.

Important: Wear a mask and refrain from using public transportation.

Call your home doctor or hospital in advance



Visit your home doctor or hospital. Or Stay home for recuperation.

If you don't get better, call the Consultation Center, or your home doctor or hospital again.

You need PCR exam.

You don't need PCR exam.

PCR exam



PCR negative

↓ PCR positive

**Hospitalization,
Treatment at a hotel, or
Stay home for recuperation.**



• People with mild cold symptoms

For example,
◇ You have a slight fever
◇ You have light coughing

→ **Call your home doctor or hospital in advance**

↓
**Visit your home doctor or hospital. Or
Stay home for recuperation.**
If you don't get better, call the Consultation Center, or your home doctor or hospital again.

Important Notice to protect yourself and others from COVID-19

- ◇ Stay home.
- ◇ Avoid 3 **C**'s: **C**losed spaces, **C**rowded places and **C**lose-contact settings
- ◇ Wash your hands frequently.
- ◇ Keep 2 meter Social Distancing
- ◇ Don't buy too much at a time.
- ◇ Cover your mouth and nose with a tissue or with the crook of your arm when coughing or sneezing.

Resident Advisory Services May 2020 (*reservation required)

Item	Date / Time	Place	Contact
Legal Advice	May 7th,14th, 19th,21st, 26th From 9:30 to 15:30	Civic Consulting Room, 2F, City Hall	Secretarial Sec. *7185-1714 (Call for reservation after 8:30, May 1st)
Human rights	May 28th From 9:30 to 12:00	Consulting Room (2F, West Annex) 7185-1111, ext.432	Social Welfare Sec. *7185-1111 ext.432
Daily-life Advice	Weekdays 8:30 to 17:00	Social Welfare Sec. (West Annex, 2F)	Social Welfare Sec. 7185-1111, ext.394
Health Care	Weekdays	Abiko Public Health	Health Promotion

	8:30 to 17:00	Care Center	Sec. 7185-1126
Domestic Violence	Weekdays 8:30 to 17:00	Social Welfare Sec. (West Annex, 2F)	Social Welfare Sec. 7185-1111 ext.393
Mental Care	May 25th 13:30~ by 22nd for reservation	Consulting Room (West Annex 2F)	Welfare Support for the Disability Sec. *7185-1111, ext. 421
Consultation for children	Weekdays 8:30 to 17:00	Child Consultation Section (West Annex, 1F)	Child consultation Section, 7185-1821

WE LOVE ABIKO Eats!
Let's help our wonderful restaurants.

We can help different restaurants that have faced decline of customers and sales due to COVID-19.

Get some take-out food at restaurants in Abiko!

Facebook page: <https://www.facebook.com/weloveabiko.eats>

Feel free to call Ishii-san of WE LOVE ABIKO at 090-8342-8637



COVID-19 Related Information

Administrative service center hours have changed

- Abiko 9:00 - 20:00 Mondays, Wednesdays, Fridays
 - 9:00 - 17:00 Tuesdays, Thursdays, Saturdays
 - Tsukushino, Fusa 8:30 - 17:00 Mondays, Fridays
 - Tennoudai, Kohokudai 8:30 - 17:00 Mondays, Wednesdays, Fridays
 - Kohoku, Araki 8:30 - 17:00 Tuesdays, Thursdays
- Contact Civic Section at 7185-1111 (ext. 477)

Clean Center

Carried-in trash, garbage, and recyclables are not accepted through May 6th
Contact Clean Center at 7187-0015

Teganuma Park

Some of playground equipment and basketball areas cannot be used at present.
Contact Park and Greenery Section at 7185-1111 (ext.363)

Passport applications will not be accepted through May 6th. If you have already applied for a passport in Abiko city, you have 6 months after the date of issue to pick it up. Contact Passport Desk at 7181-1292

----- **Health Care** -----

1. Sudden illness at night or on Holidays- Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, call 119 for an ambulance.

2. Child's Sudden Illness at Night- Telephone consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays-Telephone consultation by Nurses

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30, 13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

Newsletter Abiko

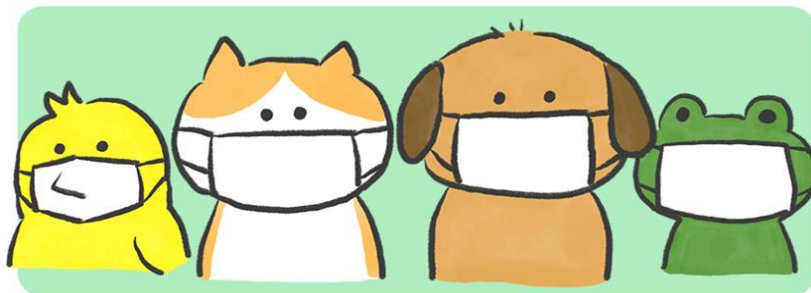
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Phone: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <http://www.e-aira.jp>





Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

Special Issue for New Coronavirus Disease (COVID-19)

Special Cash Payment of ¥100,000 to One Eligible Person as Pandemic Aid

You need to apply to receive the special cash payment (Applicant and recipient is the head of the household).

Application form will be sent to you on May 25. Please send back the form in the enclosed envelope.

Please refrain from bringing the form to the office.

Application period: May 25 to August 25 (Application postmarked on the deadline will be accepted.)

Amount of aid: ¥100,000 per eligible person

Payment method: In principle, by bank transfer to the head of the household.

Base date of aid: April 27, 2020

Eligible person: The person who is recorded on the Basic Residents' Register on the base date.

Application method: Fill in and affix a seal to the application form to be sent to you on May 25.

Attach a copy of your ID document and a copy of your passbook or cash card indicating your bank account number. Mail them in the enclosed envelope.

Bank transfer will begin on June 11(Thursday) in order of the arrival.

For inquiry, contact City Office at ☎7185-1763 (09:00-17:00 on weekdays)

ATTENTION !

Please be careful about such aid frauds as your ATM operations to be requested by City Office. City Office will never ask you to do such a thing.

For inquiry, contact Abiko Police Station at ☎ 7162-0110.

Livelihood Support for COVID-19

(1) In case of difficulty in living expenses

Contact Abiko Social Welfare Association at ☎ 7184-1539 when you need a loan due to decrease in income, etc.

(2) In case of absence from work: disease allowance to persons under National Health

Insurance/Elderly Medical Insurance will be provided.

For inquiry, contact National Health Insurance Section at ☎ extension 324, or Elderly Medical Insurance Section at ☎ extension 414.

(3) Support to parents who rear children now

a) Extra Cash Payment

Amount of extra cash payment: ¥10,000 per each eligible child

Eligible persons: recipients who receive allowance of children born between April 2, 2004 and March 31, 2020

Method of application: You do not need to apply.

b) Nursery fees of nursery school and after-school childcare class

Nursery fees of the classes under two years old at nursery school and after-school childcare class are reduced on a day basis until June 30.

For inquiry, contact Nursery Section at ☎ 7185-1490 and Child Support Section at ☎ 7185-1492.

(4) Extension and reduction of tax payment and utility bill payment

a) If you have difficulty in tax payment due to COVID-19, see the following procedures.

Local taxes include individual citizen tax, corporate tax, fixed property tax and light vehicle tax.

For inquiry, contact Tax Collection Section at ☎ extension 471.

b) Extension and reduction of water charges and sewage charges

If you have difficulty in paying water and sewage charges, contact Customer Service Center of the Water Works Bureau at ☎ 7184-0116

c) Extension and reduction of National Health Insurance Tax

If you have difficulty in paying said tax, contact National Health Insurance and Pension Section at ☎ extension 930 or 912.

d) Extension and reduction of Nursing Care Insurance Tax

If you have difficulty in paying said tax, contact Elderly Support Section, Nursing Care Office at ☎ extension 425.

Business Support Systems to be provided by Abiko City

(1) Sustainable Business Support (Inquiry: Commerce and Sightseeing Section at ☎ 7185-1734)

(2) Remote work Subsidy (Inquiry: Business Promotion Section at ☎ extension 504)

(3) Business Inauguration Support (Inquiry: Business Promotion Section at ☎ 7185-2214)

Important Notice to protect yourself and others from COVID-19

- Stay home.
- Avoid 3 C's: Closed Spaces, Crowded Places and Close-contact settings.
- Wash your hands frequently.
- Keep social distancing by 2 meters.
- Do not buy too much at a time.

- Cover your mouth and nose with a mask when you go out or talk with others.

Advisory Service– June 2020

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	4 (Thu), 11(Thu), 16(Tue), 18(Thu) and 23 (Tue) 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. ☎ 7185-1714 Call for reservation after 8:30, June 1(Mon)
Tax Matters	19 (Fri) 10:00 – 15:00 Reservation required	Civic Consulting Room 1F, Abiko City Office	Tax Collection Sec. ☎7185-1349 Call for reservation after 8:30, June 15(Mon)
Living Advice	Weekdays except Sat/Sun/public holidays 8:30-17:00	West Annex 2F	Social Welfare Sec Ext 394
Child matters in general	Weekdays except Sat/Sun/public holidays 8:30 – 17:00	West Annex 1F	Child Consulting Sec. ☎7185-1821
Domestic Violence	Weekdays except Sat/Sun/public holidays 8:30 – 17:00	West Annex 2F	Social Welfare Sec. ☎7185-1113

Public Health Care Center Programs –June 2020

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Cancelled	*Expecting women of 20 weeks or over, their husbands and family
Consultation for 4-month-old children	Cancelled	
Health Checkup for 18-month-old children	Notified individually	

Dental Checkup for 2 year 8 month-old children	Notified individually	
Health Checkup for 3-year-old children	Notified individually	
Health Checkup for 5-year-old children	Notified individually	
Baby Food Class for 4 to 6 month-old babies	Cancelled	Class résumé is available on the City website.
Baby Food Class for 8 to 9 month-old babies	Cancelled	Class résumé is available on the City website.

*** Reservation Required**

----- Health Care -----

1. Sudden Illness at Night or on Holidays – Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case Call 119 for an ambulance.

2. Child's Sudden Illness at Night – Telephone Consultation by Nurses

Call **#8000** or **043-242-9939** Hours: 19:00 – 6:00/Next day

A nurse will advise you about the care to be taken for your infant/child.



3. Sudden Illness at Night and Holidays – Telephone Consultation by Nurses

Call **#7009** or **03-6735-8305** Hours: weekdays and Saturdays 18:00 – 23:00

Sundays, Holidays and Year-end/New year holidays 9:00 – 23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00 – 11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30 and 13:00 – 16:30

Note: Holidays: Sundays, National Holidays, Year-End/New Year Holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

<i>Newsletter Abiko</i>	No.308	June 1, 2020
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Edited and translated by Abiko International Relations Association (AIRA)		
Phone: 04-7183-1231 Fax: 04-7183-2005		
E-mail: info@e-aira.jp http://www.e-aira.jp		



Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

50th Anniversary of Abiko's Municipalization

Day of Abiko: Born as the 22nd City of Chiba pref. on July 1st,1970

“Abiko” Supporters

Lots of words of cheer were sent to us from those who have close relations with Abiko and are playing important roles in various fields such as Isao Aoki and Nahoko Uehashi of the Honorary citizens, Nobuyuki Hanawa of the Home Ambassador. I am very pleased to have received their words of cheer which express their hearty love to Abiko. I will continue to do my best to convey our city's charm to the children who will bear the future in cooperation with citizens and those supporters related to Abiko. **Junichiro Hoshino, Mayor of Abiko**

Words of Cheer of Isao Aoki, Professional Golfer

Abiko is a very memorable place for me in which I was born, grown up and became a professional golfer. When I participated in overseas tours, I used to remember Abiko each time I played at a golf course similar to that in Abiko Golf Club. Let's continue to preserve and promote Abiko's virtues. I will be pleased to join the activity. **Isao Aoki**

Other Celebrities who sent us Words of Cheer:

Nahoko Uehashi, Author; Seiji Ebihara, Professional golfer; Osamu Oota, Chairman of Japan Rugby Top League; Aoi Onishi, Professional golfer; Kei Ogura, Singer song writer; Makoto Kaneko, Fielders General Coach of Hokkaido Nihon Ham Fighters; Natsuki Koyata, Author; Kohzo Tashima, Chairman of Japan Football Association; Nobuyuki Hanawa, Knights.

Message from Abiko City Council Commemorating 50th Anniversary of Abiko City

“Proceeding to the next 50 years being full of hope and pride”

We are going to take a step toward the coming 50 years together with all citizens while facing various issues such as low birthrate and aging population, aging public facilities, novel coronavirus infection. For the new 50 years, we, City Council, will continue to value the rich nature of Abiko, bonds between people and wishes of the people having connections with Abiko. And we will do our best to build up an attractive hometown where all residents may continue to live safely and without any problems. **Ichiro Nishigaki, Chairman**

Invitation to the 2020 Japan Bird Festival (JBF)

On the theme of “Encouraging closer coexistence of people and wild birds”, this event is held every autumn where people who love birds and appreciate natural environment gather and give presentations of their daily research and/or activities. * Due to the influence of the novel coronavirus infections, the festival might be cancelled. Therefore, exhibitions fee will be claimed after holding 2020 JBF is decided (scheduled to be fixed on August 5th (Sat))

Exhibition dates: November 7th (Sat) & 8th (Sun),2020 * Rain or shine

Venue: Teganuma Aquatic Park & Water Museum, Abista etc.

Items for the booth: Research and/or activities for birds or natural environments, food and drinks, product sales

Eligible parties: NGO, NPO, administration, students, voluntary groups, enterprise, shops etc.

Application deadline: August 14th (Fri),2020

Application/enquiries: JBF Executive Committee office (in Teganuma Section) ☎7185-1484

*For further details, please refer to JBF's HP (<http://www.birdfesta.net/>)

Cancellation of the 63rd Abiko Citizen's Cultural Festival

This year's Citizen's Cultural Festival is cancelled to prevent possible expansion of the novel coronavirus infection. No call for citizen's participation will be made. We appreciate your understanding.

Enquiry: Culture and Sports Section, Board of Education ☎7185-1601

Let's observe insects living in the valleys of Okahotto and Ichibu!

Summer Insects Observation Meeting

Date: July 23rd (Holiday) 9:00AM~0:30PM

Meeting Place: in front of the school building of Chuo Gakuin High School

Lecturer: Mr. Shin Akiyama, Biology Club Advisor at Chuo Gakuin High School

Capacity: First arrival 50 people Fee: ¥50.- (for insurance)

Items to bring: loupe (magnifying glass), insect cage, insect net, water, boots, long sleeve shirts, long pants

Application/ enquiry: Teganuma Section ☎7185-1484

Application for the Special Cash Payment to be made not later than August 25th

For details of application form etc., please refer to city's HP.

Enquiry: Call center for the special fixed benefit

(City) ☎7185-1763 (weekday days 9AM~5PM)

(Government)☎ 0120-260020 (every day 9AM~6PM)

Public facilities such as public halls, community centers etc. will be re-opened/ re-started from July 1st, 2020 (as of June 19th). However, there are some unavailable places, restricted activities or limit to the number of people. Please refer to the city's HP for details.

Advisory Service- July, 2020

*** Reservation required**

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	July. 7th,9th,16th,21st and 28th 9:30 - 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. *7185-1714 Call for appointment after 8:30 on July 1st
Tax Matters	July 17th (Fri) 10:00 - 15:00	Tax Collection Consulting Room 1F, Abiko City Office	Tax Collection Sec. *7185-1349 Call for appointment after 8:30 on July 13 th
Daily life advice	Week days except national holidays 8:30- 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.394
Child matters in general	Week days except national holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except national holidays 8:30 - 17:00	West Annex 2F	Social Welfare Sec. 7185-1113

Public Health Care Center Programs –July, 2020

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	4, 11, 18 (Sat) *Reservation required	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	7 (Tue) and 14 (Tue)	Children born in Feb.,2020
Health Checkup for 18-month-old infants	30 (Thu)	Infants born between Sept and Oct 5, 2018
Dental Checkup for 2 year and 8 month-old children	16 (Thu)	Children born between Aug 7 and Sept 10, 2017

Health Checkup for 3-year-old children	2 (Thu)	Children born between Oct 3 and to Nov 30, 2016
Dental Checkup for 5-year-old children	16 (Thu)	Children born between Apr 11 and May 21, 2015
Baby Food Class for 4 to 6 month-old babies	31(Fri) * Reservation required	First 30 applicants (parents)
Baby Food Class for 8 to 9 month-old babies	8 (Wed) *Reservation required	First 20 applicants. Children born in Oct, 2019

Child care support information in July for infants and parents living in Abiko “Free of charge

Some of the public facilities will be open from July by changing the available dates. Gardens of nursery school and the like are open to the public. Let’s experience a lot together.

Period: Till March, 2021 except August, 2020 (Rain out) No reservation required.

Enquiry: Nursery section Ext.459 Please contact for details. Details available on the city’s HP.

—Health Care—

1. Sudden illness at night or on Holidays- Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, Call 119 for an ambulance.

2. Child’s Sudden Illness at Night- Telephone consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays-Telephone consultation by Nurses

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30,13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

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Edited and translated by Abiko International Relations Association (AIRA)		
Phone: 04-7183-1231	Fax: 04-7183-2005	
E-mail: info@e-aira.jp	http://www.e-aira.jp	



Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

Let's Support Restaurants in Abiko. Buy Premium Coupon "*Abi-Ticket*" or Donate to local Restaurants

Now we conduct a project "premium coupons (*Abi-Ticket*) that can be used at restaurants in Abiko" through crowdfunding in order to support local restaurants which have been influenced by the outbreak of COVID-19 and to vitalize local economy.

How to support local restaurants

- (1) Access the site of crowdfunding "CAMPFIRE" at <http://campfire.jp/projects/view/292345>
- (2) Buy premium coupon with 20 % of premium [You can get a set of 12 coupons of ¥500 (in total ¥6000) for ¥5000.] You can buy 20 sets of the coupon at most. The coupons will be sent to you later. The premium coupon can be used from September 15 to December 31 at more than 70 local restaurants registered in this project.

Or

- (3) Donate to local restaurants or to a specified restaurant you want to support.
Please contribute ¥1000 or more. In addition, we will offer fun goods when you donate ¥30000, ¥50000 or more than ¥100000 each. We will introduce the names and comments of those who donated to us on the city website. The donation will be distributed equally among all the registered restaurants unless the donation was specified to one restaurant.

The restaurants in Abiko have been closed, shortened the open hours or offered takeout service due to the influence of COVID-19. It will take time for restaurants to regain the same number of customers as that before the outbreak of COVID-19. Please buy the "*Abi-Ticket*" and support local restaurants. This coupon can be used in various Japanese, Western and Chinese restaurants, cafes, pubs and bars in Abiko City.

Inquiry: Abiko City Merchant Support Executive Committee Office in the Commerce and Tourism Section at ☎ 7185-1475.

Easy Application for Individual Number Card

Office clerks can take your picture and support your application for the individual number card. The card will be sent to you by personal limited mail in about two months.

Place: Citizens Section on the 1st floor at the City Hall

Bring your notice card and your ID card in the following lists. (Two items from ①, or Each from ① and ②)

- ① Driver's license, Residence Card, Special Permanent Resident Certificate, etc.
- ② Health Insurance Card, Nursery Care Insurance Card, Employee ID Card, Student Card, Bankbook, Child Medical Expense Subsidiary Certificate

Inquiry: Citizens Section at ext. 478

COVID-19 Related Information——Procedures to undergo PCR EXAM

- You have a symptoms of **high fever, shortness of breath, or intense fatigue.**
- You are suspected of being infected by novel corona virus because you have had close contact with COVID-19 positive persons.



Call your home doctor or hospital in advance, then **go to see a doctor.**

Or call Matsudo Health Care Center at ☎ 047-361-2140 (9:00am – 5:00pm on weekdays) or Chiba prefecture at ☎ 0570-200-613 (24 hours available)

↓ When the doctor diagnosed you need to undergo PCR Exam

PCR Exam at Abiko City PCR Exam Center or PCR exam at other PCR Exam Providers



Test Results will be reported by your home doctor or Health Care Center, etc.

↓ **Positive**

Treatment Follow the directions from the Health Care Center

Apply for Special Cash Payment by August 25

Call for details at Special Cash Payment Call Center at ☎ 7185-1763.

Sustainable Business Support (Max ¥ 300 thousand) Application must arrive by August 31.

For more detail conditions, call the Commerce and Tourism Section at ☎7185-1734.

New Born Baby Extra Cash Payment: ¥ 100 thousand per new born baby

For a parent of a baby born between April 28, 2020 and April 1, 2021 who are newly registered as citizens in Abiko city due to birth registration.

Call for Childcare Support Section at ext. 852.

Advisory Service- August, 2020

*** Reservation required**

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	August 6, 13, 18, 20 and 25 9:30 - 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. *7185-1714 Call for appointment after 8:30 on Aug. 3
Tax Matters	August 21 (Fri) 10:00 - 15:00	Tax Collection Consulting Room 1F, Abiko City Office	Tax Collection Sec. *7185-1349 Call for appointment after 8:30 on Aug. 17
Daily life advice	Week days except national holidays 8:30- 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.394
Child matters in general	Week days except national holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except national holidays 8:30 - 17:00	West Annex 2F	Social Welfare Sec. 7185-1113

Public Health Care Center Programs -August, 2020

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	15, 22 ,29 (Sat) *Reservation required	Expecting women of 20 weeks or over, and their family
Consultation for infants	12 (Wed)	Health Care Center
Consultation for 4-month-old children	4 (Tue) and 11 (Tue)	Children born in March 2020
Dental Checkup for 2 year and 8 month-old children	20 (Thu)	Children born between Sep 11 and Oct 15, 2017

Health Checkup for 3-year-old children	6, 27 (Thu)	Children born between Dec 1,2016 and Jan 31, 2017
Dental Checkup for 5-year-old children	20 (Thu)	Children born between May 22 and Jun 30, 2015
Health Check-up for 5-year-old preschoolers	27 (Thu)	Children born between Apr.2, 2015 and Apr.1, 2016
Baby Food Class for 4 to 6 month-old babies	28(Fri) * Reservation required	First 30 applicants (parents)
Baby Food Class for 8 to 9 month-old babies	5 (Wed) *Reservation required	First 20 applicants. Children born in Nov,2019

—Health Care—

1. Sudden illness at night or on Holidays- Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, Call 119 for an ambulance.

2. Child's Sudden Illness at Night- Telephone consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays-Telephone consultation by Nurses

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30,13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

<i>Newsletter Abiko</i>	No.310	August 1, 2020
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Phone: 04-7183-1231	Fax: 04-7183-2005	
E-mail: info@e-aira.jp	http://www.e-aira.jp	



Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

The Revised “Abiko Hazard Map” to protect yourself

Abiko city has revised its hazard map to enhance safety of citizens’ life and property from damage caused by flood and heavy rain due to typhoons, large-scale earthquakes, and liquefaction. The lesson of the last year’s typhoon was applied to the revised map so that the city can guide citizens to a safe evacuation.

Contact: ext. 295, Citizens Safety Section

New information

◇The revised version provides useful information about preparation for a coming typhoon and possible natural disasters and how to cope with them. It also shows the places of evacuation sites and so on.

◇The booklet also shows:

Classified warning levels to tell when to start evacuation

Evacuation centers where citizens can take their pets with them

The list of evacuation centers ranked according to the timing to open

Landslide Hazard Areas designated by Chiba Prefecture

The booklet will be distributed through your neighborhood association from the mid-September.

If you live in a housing complex or a condo with more than 50 households without the neighborhood association, the city will distribute the booklet to the caretaker of your housing complex or condo.

If you don’t join any types of neighborhood associations, you will get the booklet at the Citizen Safety Section, the Citizens Section, and the Administrative Service Centers starting 23rd (Wed) of September.

How to utilize the hazard map:

Check and find your safe evacuation route as soon as you get it.

The basic maps (P1~8)

This section provides basic information about the evacuation sites, evacuation centers, water supply stations, landslide prone areas, and others.

Information about storm and flood damage (P9~28)

In this section, citizens can check the possible flooded areas, the depth of inundation, the possible submerged spots on roads, and the landslide warning areas in case the Tone-river or the Tega-numa Lake overflows. This section also provides how to acquire information about evacuation, rainfall and weather forecast.

Flood prevention information by the Ministry of Land, Infrastructure and Transportation (P37)

This section provides information about rainfall, water level of rivers, and the map of flood warning. Please visit the Ministry's website to get more information. (English version is available)

Earthquakes (P29~36)

This section provides information about the possibility of shaking, liquefaction, destruction of a house when hit by an earthquake.

The websites you can gain information at an emergency (P37~38)

Please visit the websites shown in this section at an emergency (P37~38) where you will find timely and useful information by yourself.

Timeline for Safe Evacuation in heavy rains and typhoons

Five warning levels are set to protect yourself in heavy rains and typhoons

Warning level 1 Early alert	Be fully prepared for a coming disaster and collect weather information
Warning level 2 Heavy rain & flood, Deluge advisory	Collect weather information and flood related-information and others
Warning level 3 Heavy rain & flood, deluge warning	Start preparation for evacuation. It is advisable for the elderly people to start evacuation as soon as possible.
Warning level 4 Landslide alert & deluge	Abiko city will issue an evacuation advisory / order. Follow them. Evacuation must be totally completed.
Warning level 5	Abiko city will release hazard related information

Special heavy rain warning & the occurrence of deluge information including the occurrence of deluge. Take the best action to protect your life!

Advisory Service- September 2020

* Reservation required

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Sep. 3(Thu), 10 (Thu), 15 (Tue), 17 (Thu), and 24(Thu) 9:30 - 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. *7185-1714 Call for reservation after 8:30 on 1 st (Tue)
Tax Matters	Sep. 18(Fri) 10:00 - 15:00	Civic Consulting Room 1F, Abiko City Office	Tax Collection Sec. *7185-1349 Call for reservation after 8:30 on Sep 14
Daily life advice	Week days except national holidays 8:30 – 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.394
Child matters in general	Week days except national holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except national holidays 8:30 - 17:00	West Annex 2F	Social Welfare Sec. *7185-1113

Public Health Care Center Programs –September 2020 Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	5, 12, 19 (Sat) *Reservation required	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	1, 8 (Tue.)	Children born in April, 2020
Health Checkup for 18-month-old infants	3, 17 (Thu.)	Infants born between October 6 and December 16, 2018

Dental Checkup for 2 year and 8-month-old children	24 (Thu.)	Children born between October 16 and November 25, 2017
Health Checkup for 3-year-old children	10 (Thu.)	Children born between February 1 and March 1, 2017
Dental Checkup for 5-year-old children	24 (Thu.)	Children born between July 1 and August 7, 2015
Baby Food Class for 4 to 6 month-old babies	25 (Fri.) * Reservation required	First 30 applicants (parents).
Baby Food Class for 8 to 9 month-old babies	9 (Wed.) *Reservation required	First 20 applicants. Children born in December, 2019

—Health Care—

1. Sudden illness at night or on Holidays- Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, call 119 for an ambulance.

2. Child's Sudden Illness at Night- Telephone consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays-Telephone consultation by Nurses

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30,13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

<i>Newsletter Abiko</i>	No.311	September 1, 2020
Published by : Abiko City Office	http://www.city.abiko.chiba.jp	
Edited and translated by Abiko International Relations Association (AIRA)		
Phone: 04-7183-1231	Fax: 04-7183-2005	
E-mail: info@e-aira.jp	http://www.e-aira.jp	



Excerpts of the Newsletter issued by the Abiko City Phone: 04-7185-1111

New Future City Image we are aiming for in 12 years:

Peaceful Lakeside Town A-Bi-Ko to be passed on to the future

We formulated the basic concept in the fourth comprehensive plan for 12 years beginning in 2022. The comprehensive plan consists of “basic concept” (basic goal), “basic plan” to realize the basic concept, and “action plan” which is the concrete projects.

Contact: Planning Section at Ext.270

Eight goals to realize the future city image

1. Disaster prevention – everybody can live safely
2. Promoting health and welfare of elderly and disabled people -- everybody can live healthy and lively.
3. Support for child growth and raising children.
4. Promoting establishment of new business, commerce, industry, and agriculture
5. Improving public transportation – safe and comfortable road construction
6. Protecting nature and the environment in which we live -- eco-friendly town
7. Promoting lifelong learning and preserving historical and cultural properties.
8. Promoting gender equality and protecting human rights – symbiotic society

Abiko city will work on town planning with our residents and strategic city promotion with efficient administrative and financial management to promote all the plans.

Bicycle rental around Teganuma lake – New bikes!

Days: 9:00 am to 4:00 pm on Saturdays, Sundays, and Holidays (canceled in the rain)

Rental and Return Place: Teganuma Park, Bird Museum, etc.

Fee: 500 yen (300 yen under 12 years old)

Please bring your ID and a helmet (for children) (you can borrow one)

Please contact the following for details: 7188-2204 (weekdays)

090-4520-3603 (Saturdays, Sundays, Holidays), or
Commerce and Tourism Section at 7185-1111 (ext. 610)

Dog Training Class

◇ Basic Class

Dates: 13:30 to 15:30 on October 13th, November 10th, December 8th (Dog owners only).

Up to five groups

Fee: Free

◇ Practical Skill Class

Dates: 9:30 to 11:30 on October 28th, November 25th, December 23rd (With your dog)

You must have completed the basic class. Up to 10 groups

Fee: 3300 yen

Please contact Higashi-Katsushika Branch of the Chiba Animal Welfare Center at 7191-0050 for details.

Clean Center Information

A new clean center building is now under construction, scheduled for completion on March 31st, 2023, and currently parking is not available. Please make a reservation in advance to bring your garbage by contacting the Clean Center at 7187-0015.

Resident Advisory Services - October 2020 (* reservation required)

Item	Date / Time	Place	Contact
Legal Advice	Oct. 6th, 8th, 15th, 20th, 22nd From 9:30 to 15:30		Secretarial Sec. * 7185-1714 (Reservations after 8:30 on Oct. 1st)
Human rights	Week days From 8:30 to 17:15		Human rights for everyone 0570-003-110
Daily Life Advice	Weekdays 8:30 to 17:00	Social Welfare Sec. (West Annex, 2F)	Social Welfare Sec. 7185-1111, ext.394
Health Care	Weekdays 8:30 to 17:00	Abiko Public Health Care Center	Health Promotion Sec. 7185-1126
Domestic Violence	Weekdays 8:30 to 17:00	Social Welfare Sec. (West Annex, 2F)	Social Welfare Sec. 7185-1113
Mental Care	Oct. 26 th , from 13:30	Consulting Room	Welfare Support for

	Make reservation by Oct. 23rd	(West Annex 2F)	the Disability Sec. *7185-1111, ext. 421
Consultation for Children	Weekdays 8:30 to 17:00	Child Consultation Sec. (West Annex, 1F)	Child consultation Section, 7185-1821

Public Health Care Center Programs - October, 2020

Kohokudai 1-12-16

Tel: 7185-1126

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Oct. 3rd, 10th, 17th Please call for an appointment	Women pregnant for 20 weeks and over, and their families
Consultation for Babies	Oct. 28th	
Health Check-up for 18- month-old infants	Oct. 8th	Those born between Dec. 17, 2018 and Jan. 19, 2019
Dental check-up for kids 2- year and 8-month-old kids	Oct. 29th	Children born between Nov. 26, 2017 and Jan. 10, 2018
Health check-up for 3-year- old children	Oct. 1 st , 22 nd	Children born between March 2 and April 16, 2017
Health check-up for 5-year- old kids	Oct. 29th	Children born between Aug. 8 and Sep. 18, 2015
Baby Food Class for 4 to 6- month-old babies Baby Food Class for 8 to 9- month-old babies	Oct. 30th, Oct. 14th	First 30, Please call for reservation ★First 20, those born in January 2020
Health Exercise Class (Cancelled in case of rain Call 7185-1112 to confirm)	Oct. 14th, Fusa Minami Park 16th Tennoudai Nishi Park 20th Kohokudai chou Park All 10am to 11am	Elderly Support Sec.
Alcohol Problem class	Oct. 2nd 14:30 to 16:00	Welfare Support for Disabilities
Mental Care Club	Oct. 19th 14:00 to 16:00 Health Care Center	Please call 7185-1111, ext. 421

Day care club	Oct. 16th Welfare Support for Disabilities Center 1:00 pm to 2:30 pm	For details: 7185- 1111, ext. 381 Welfare Support for Disabilities Sec.
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—Health Care—

1. Sudden illness at night or on Holidays- Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, Call 119 for an ambulance.

2. Child's Sudden Illness at Night- Telephone consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays-Telephone consultation by Nurses

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30,13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

Newsletter Abiko

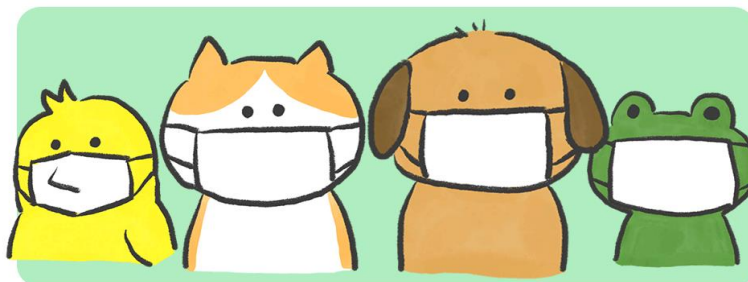
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E-mail: info@e-aira.jp <http://www.e-aira.jp>



Newsletter



No.313

Abiko

November 1, 2020

Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

Commemorative Events of the 50th Anniversary of Abiko's Municipalization

Welcome back, Kiyoshi-san,

the KIYOSHI YAMASHITA Exhibition

November 21st(Sat) ~ December 20th (Sun)

Time: 10:00 am~4:30 pm(Entrance until 4:00 pm)(Open daily during the Exhibition)

Venue: Lifelong Learning Center ABISTA

Admission: ¥700.- for a general adult/ ¥300.- for both an elementary to a high school student and person who brings disability certificate

*Admission free for preschool children, elementary to high school students who bring disability certificates and a helper for the person who brings disability certificate (only one helper admitted)

Sponsors: Abiko city, Abiko Board of Education

Supporters: Abiko Seijinkai Hospital, Special elderly nursing home Accomorder, Special elderly nursing home Aquil, Imai Taxi

Cooperators: Kiyoshi Yamashita Works Administration Office, Yayoi-Ken, Tombow Pencil, Mr. Tomita, Individuals having personal relation to great painter Kiyoshi Yamashita

Planning cooperator: STEP east

*Entrance may be restricted sometimes in order to prevent Covid-19 from spreading.

* Prior advice is requested for a group of 40 people or more.

Enquiry: Lifelong Learning Center ABISTA 〒270-1147, 26-4 Wakamatsu☎7182-0511 Fax 7165-6088 HP http://www.city.abiko.chiba.jp/event/event_moyooshi/yamashita-kiyoshi.html

Search "Yamashita Kiyoshi Exhibition" on the city's HP.

Memorial Lecture for the Exhibition "Family member speaks about Kiyoshi Yamashita"

Date & time: November 21st(Sat), December 19th(Sat) 1:30pm~

Venue: ABISTA hall

Lecturer: Mr. Hiroshi Yamashita (Representative of Kiyoshi Yamashita Works Administration Office, Kiyoshi Yamashita's nephew)

Capacity: First arrival 50 people each day (application required)

Admission: ¥700.- (Ticket fee for Kiyoshi Yamashita Exhibition) Show the stub of the ticket to join. Enquiry: Lifelong Learning Section, Board of Education, ☎7182-0511

Message from Mayor, Junichiro Hoshino

Mr. Kiyoshi Yamashita, who is well known as a naked general and/or a wandering painter, used to work in Abiko. In the TV drama titled as "Naked General Wandering Record", the stories which he experienced at his wanderings were broadcasted. But I hear many Abiko citizens regret that no scene about his activities in Abiko has been shown. At the Kiyoshi Yamashita Exhibition, the lithograph of Mt. Fuji which is now displayed in the Mayor's room will also be exhibited. Every time I see this lithograph, it recalls me to the president of Yayoi-Ken who employed Mr. Kiyoshi Yamashita and never fired him despite his frequent wanderings and other employees of Yayoi-Ken as well as local people who warmly welcomed him. Earnestly I'm looking forward to your visit to "Kiyoshi Yamashita Exhibition" for the wandering genius painter who lived in the era of Showa.

Natural Walking in Yatsu in the Autumn

Date & time: November 21st(Sat) 9:30 am~Noon * Cancellation in stormy weather

Venue: Assemble at the south square of JR Higashi-Abiko station. Breakup at the site

Activities: Walking in Okahotto and Yatsu Museum in Ichibu and observe autumn flowers, nuts, insects, wild birds and so on. Capacity: First arrival 15 people at free of charge

Things to bring: Easy-to-walk clothes and shoes, drink, rain gear, loupe (if available)

Application/enquiry: Teganuma Section ☎7185-1484

Let's Play with Boy Scouts! (entrusted project by Ministry of Education, Culture, Sports, Science and Technology)

Date & time: First session: November 15th(Sun) ; Second session: November 22nd (Sun)
10:00am~Noon

If raining, please refer to HP to confirm cancellation or not.

Venue: Nakazato Citizen's Forest (next to the Abiko 2nd Group campground)

Activities: Fire raising experience, rope work, making photo frames with fallen leaves etc.

Eligibility/capacity: Elder elementary to Jr high school students, First arrival 30 people

Free of charge, Things to bring: Face mask, towel, groves, drink

Application/enquiry: Boy Scout Abiko 2nd Group, Mr. Ogino ☎080-2386-3669

Let's Enjoy the Autumn Starry Sky and Watch lots of Planets!

Date & time: November 21st (Sat) 5:30pm~7:30pm

Venue: Assemble in front of the office on the 3rd floor at the Water Museum

Contents: Lecture about how to watch the starry sky and observation of the same

*In rainy or cloudy weather, the planetarium program will be shown instead of observation.

Capacity: First arrival 25 people *Parent to accompany for children under elementary school age.

Admission: ¥100.- (free for students under Jr high school)

Things to bring: Outfit for cold weather, flash light (red light recommended)

Application/enquiry: Water Museum not later than November 20th (Fri) ☎7184-0555

Advisory Service- November, 2020

* Reservation required

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Nov.5th,12th,17th,19th and 26th 9:30 - 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. *7185-1714 Call for appointment after 8:30 on Nov 2 nd
Tax Matters	Nov 20th (Fri) 10:00 - 15:00	Tax Collection Consulting Room 1F, Abiko City Office	Tax Collection Sec. *7185-1349 Call for appointment after 8:30 on Nov 16 th
Daily life advice	Week days except national holidays 8:30- 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.394
Child matters in general	Week days except national holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except national holidays 8:30 - 17:00	West Annex 2F	Social Welfare Sec. 7185-1113

Public Health Care Center Programs –November, 2020

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	7, 14 ,21 (Sat) *Reservation required	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old	2 (Mon) and 10 (Tue)	Children born in

children		June,2020
Health Checkup for 18-month-old infants	5 (Thu)	Infants born between Jan 20 and Feb 23, 2019
Dental Checkup for 2 year and 8 month-old children	26 (Thu)	Children born between Jan 11 and Feb 15, 2018
Health Checkup for 3-year-old children	12 (Thu)	Children born between Apr 17 and May 9, 2017
Dental Checkup for 5-year-old children	26 (Thu)	Children born between Sept 19 and Oct 22, 2015
Baby Food Class for 4 to 6 month-old babies	27 (Fri) * Reservation required	First arrival 30 applicants (parents)
Baby Food Class for 8 to 9 month-old babies	11 (Wed) *Reservation required	First arrival 20 applicants. Children born in Feb,2020

—Health Care—

1. Sudden illness at night or on Holidays- Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, Call 119 for an ambulance.

2. Child's Sudden Illness at Night- Telephone consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays-Telephone consultation by Nurses

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30,13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

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Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

Cooperation between Agriculture and Welfare in communities

There are 26 work places where we offer production or creative activities for people with disabilities in Abiko. Here we introduce three work places where they farm as their major job.

Contact: Welfare Support for the Disability Sec. ext. 475

- **MUTSUBOSHI** ☎ 7184-6258 ,aiming for the facility where they can work with meaning in life even with serious disabilities

Farming Gr. farm agricultural chemical-free vegetables. Processing Gr. bake cookies and bread. And Goods Gr. make masks, wreaths, cushions and tapestries.

- **Abishe b** ☎ 7113-9190 ,aiming for responsibility and socially and economically independent life through work

They crop green onions and weed in the field. They cut the roots of green onions, peel, select and pack the green onions in the agricultural house.

- **Pole Pole Farm Abiko** ☎ 7199-9591 , aiming for members with disabilities to work long through rewarding and joyful work.

They farm more than 100 kinds of vegetables in a year and also grow flowers and edible flowers.

Guidance for Seasonal Influenza and COVID-19

If you have a **fever**, call your **home doctor** for consultation in the first place.

The medical system to cope with seasonal influenza and novel corona virus is the following flow.

If you have a fever, call your home doctor or your nearest medical institution. They will see you at their places. Be sure to call them in advance.

If they cannot consult at their places, they will introduce a consultation office.

Consultation Office:

- Fever Consultation Center (Chiba Prefecture) *24/7 accessible
- Until 8 a.m. December 5 (Sat.) ☎ 0570-200-613
- After 8 a.m. December 5 (Sat.) ☎ 03-6747-8414
- City Health Consultation Section to contact
- Health Building Support Section ☎ 7185-1126(08:30-17:00 on weekdays)

* National holidays and new/end year holidays excepted.

“Five Situations” that increase the risk of infection of novel corona virus

Patients of COVID-19 have been increasing in Abiko City and neighboring cities.

On October 23, the Corona Virus Control Subcommittee submitted “five situations” that increase the risk of novel corona virus. Let us review our daily living situations to protect you and us from COVID-19.

Situation 1 Social gathering with drinking alcohol

- Drinking alcohol improves mood and at the same time decreases attention. In addition, hearing is dulled and it leads to speaking in a louder voice.
- The risk of infection increases when large numbers of people are in a small space for a long time.
- In addition, sharing glasses and chopsticks increases the risk of infection.

Situation 2 Long feasts in large groups

- Long-term meals, dinner receptions, drinking alcohol at night increase the risk of infection compared to a short-time meal.
- The risk of infection is increased by eating and drinking in a large group of people, for example, 5 or more people, because in groups you have to talk louder and droplets of saliva spread more often.

Situation 3 Conversation without wearing a mask

- Talking at close range without a mask increases the risk of airborne or micro-droplet infection.
- Cases of infection without masks were observed during gatherings in karaoke rooms.
- Be careful when traveling by car or bus.

Situation 4 Living together in a small and limited space

- Living together in a small and limited space increases the risk of infection because the enclosed space is shared by several people for a long time.
- There have been reports of suspected infection in common areas such as dormitory bedrooms and bathrooms.

Situation 5 Switching locations

- When you move to another location, such as when you take a break in a workplace, the risk of infection may increase due to the feeling of relaxation and changes of the environment.

Important notice for preventing COVID-19 outbreaks

Avoid the following “Three C’s”

1. Closed spaces with poor ventilation.
2. Crowded places with many people nearby

3. Close-contact settings such as close-range conversations.

One of the key measures against COVID-19 is to prevent occurrence of clusters. Keep these “Three C’s” from overlapping in daily life.

The risk of occurrence of clusters is particularly high when the “Three C’s” overlap!

In addition to the “Three C’s,” items used by multiple people should be cleaned with disinfectant.

Advisory Service –December 2020

Item	Date/time	Place	Contact
Legal Advice	3(Thurs.),10(Thurs), 15(Tue.), 17Thurs) and 22(Tue.)	Civic Consulting Room 2F, City Hall	Secretarial Section ☎7185-1714 (Reservation: 8:30 a.m. 1 st (Tue.)~)
Tax matters	18(Fri.) 10:00-15:00	Consultation Office 1F, City Hall	Tax Section ☎ 7185-1349 (Reservation 14th (Mon.) 08:30~)
Health matters	Weekdays except national holidays 8:30-17:00	Health Center	Health Promotion Section ☎7185-1126
Daily life advice	Weekdays except national holidays 8:30-17:00	West annex 2F	Social Welfare Sec Ext 394
Child matters in general	Weekdays except national holidays 8:30-17:00	West annex 1F	Child Consulting Sec. ☎7185-1821
Domestic Violence	Weekdays except national holidays 8:30-17:00	West Annex 2F	Social Welfare Sec. ☎7185-1113

Public Health Care Center Programs –Dec. 2020

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	3,10 and 24(Thurs) Reservation required	*Expecting women of 20 weeks or over, their husbands and family
Consultation for 4-month-old children	1 and 8(Tue.)	Children born in July, 2020

Health Checkup for 18-month-old children	10(Thurs)	Children born between February 24 and April 6, 2019
Dental Checkup for 2 year and 8 month-old children	17(Thurs)	Children born between Feb.16 and March 31,2018
Health Checkup for 3-year-old children	3(Thurs)	Children born between May 10 and June 1, 2017
Dental Checkup for 5-year-old children	17(Thurs)	Children born between October 23 and Nov.30, 2015
Baby Food Class for 4 to 6 month-old babies	18(Fri.)	*First 30 applicants.
Baby Food Class for 8 to 9 month-old babies	9(Wed.)	*First 20 applicants. Children born in March, 2020

*** Reservation Required**

----- Health Care -----

1. Sudden Illness at Night or on Holidays – Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case Call 119 for an ambulance.

2. Child’s Sudden Illness at Night – Telephone Consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00 – 6:00/Next day

A nurse will advise you about the care to be taken for your infant/child.



3. Sudden Illness at Night and Holidays – Telephone Consultation by Nurses

Call #7009 or 03-6735-8305 Hours: weekdays and Saturdays 18:00 – 23:00

Sundays, Holidays and Year-end/New year holidays 9:00 – 23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00 – 11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30 and 13:00 – 16:30

Note: Holidays: Sundays, National Holidays, Year-End/New Year Holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

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