



Excerpts from the Newsletter issued by Abiko City [Tel:04-7185-1111](tel:04-7185-1111)

How to be prepared for disasters?

- Two months have passed since Noto Peninsula Earthquake 2024.

Protect yourself by Self-help, Mutual Aid and Public Assistance

When a disaster happens, it may take 3 days or more for local governments to start offering public assistance in earnest. Thus, self-help and mutual aid are important to protect yourselves from disasters. We should always be aware of and prepared for disasters.

Self-help: Save your own life by yourself.

Stock food and drink for 3 days or more, prepare emergency supplies such as a portable radio and mobile battery. Check evacuation sites or evacuation centers with your family. Take anti-quake measures such as fixing furniture, receiving earthquake resistance diagnosis and putting on anti-shattering film in order to minimize housing damage.

Mutual aid: Cooperate and help each other in your community.

There are 140 volunteer disaster prevention organizations in neighborhood council or association which conduct original disaster drills, maintenance of disaster prevention materials and equipment, and participate in city general disaster drills. Participate in disaster drills in your community and have communications with your neighbors.

Public assistance: Rescue and assistance by city government, fire department, and the police

The city government, fire department and the police will rescue and assist people at emergency. We are prepared to provide information through emergency administrative radio and carry out emergency response activities such as opening evacuation centers. We will strengthen public assistance by increasing food and water stock.

How to get city emergency information

City Line Official Account Read the QR code →
and select City emergency information.



Mail Distribution Service Read the QR code and send an e-mail. →

Inquiry: Ext. 217, Citizen Safety Section



File a Tax Return by March 15

The due date to file an income tax return or municipal and prefectural tax returns is Friday, March 15. Please file a tax return early if necessary.

Inquiry: Kashiwa Tax Office at 04-7146-2321 about income tax return

Taxation Section at Ext. 401 about municipal and prefectural tax returns

Application by March 8 for Additional Benefit for Priority Payments due to Price Hikes of Electricity, Gas and Food

Eligibility: residence registered in Abiko city as of December 1, 2023, and applied to either (1) or (2): the household in which all household members are (1) exempt from resident tax for the fiscal 2023 or (2) taxed only at per capita levy

Inquiry:04-7185-1763, Benefit call center from 8:30 to 17:00 Monday through Friday

except national holidays

Free Vaccination for COVID-19 until March

If you want to receive a vaccination free, make an appointment as soon as possible. Visit the City website for the detail. People who got vaccinated after September 20, 2023 are not allowed to receive vaccinations. From fiscal 2024, we plan to provide routine vaccinations for a fee in autumn and winter.



Inquiry: 04-7185-1634, Covid-19 Vaccine Immunization Office, Health Promotion Section

Family Support Center Membership Application

Family support center is an organization engaged in mutual aid activities for service providing members to help members raising children.



Visit the website for more details.

	Hours	Contents	Fee/hour/child (second sibling fee is half)
Regular help	6:00 ~ 22:00	Child care and transportation	Mon ~Fri ¥700 Sat, Sun, Holiday, Yearend/New year ¥900
Help for sick child & child in recovery	7:00 ~ 22:00		Mon ~ Fri ¥1,000

Inquiry: 04-7186-4161 Family Support Center from 9:00 to 18:00 Monday through Saturday
except national holidays

EVENTS: Laughter Yoga

Date: March 11 (Mon) 10:00 ~ 11:30

Venue & Inquiry: Community Center Komorebi, Tel:04-7165-2011

First 20 people (No reservation required.) Free of charge.

Wear clothing for exercise and bring a towel and drink.

Laughter boosts immunity.

Individual Number Card Services on Weekends (Issuance by reservation only)

Call the Civic Section at 04-7185-4326 (8:30 ~ 17:00 on weekdays except national holidays) for a reservation by the day before.

Dates and Hours			Reservation will be accepted
March	16 (Sat)	9:00 ~12:00	Accepting reservations
April	14 (Sun)	9:00 ~12:00	from 9:00 on March 27 (Wed)

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- March, 2024

* Reservation required

Item	Date/Time	Location	Contact
Legal Advice	March 5, 7, 14, 19 and 21 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext.394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

Public Health Care Center Programs – March, 2024 Tel:04-7185-1126*

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	March 2, 9 and 16 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family

Consultation for 4-month-old children	March 5 and 12 (Tue)	Children born in Oct,2023
Health Checkup for 18-month-old children	March 7 (Thu)	Children born between Aug 9 and 31, 2022
Dental Checkup for 2-year and 8-month-old children	March 14 (Thu)	Children born in July, 2021
Health Checkup for 3-year-old children	March 7 (Thu)	Children born between Aug 12 and 31, 2020
Dental Checkup for 5-year-old children	March 14 (Thu)	Children born between Feb 25 and Apr 1, 2019
Baby Food Class for 4 to 6-month-old babies	March 22 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	March 6 (Wed) Reservation required*	First 20 applicants. Children born in June, 2023

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 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 with a nurse

Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(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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