



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 |

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| 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.

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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