



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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