



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

10 years past since the 3.11 Great East Japan Earthquake: 48-Hour Journal

- March 11th** 2:46PM Earthquake! A magnitude of 9.0 was measured at the epicenter off the Sanriku coast in Fukushima Prefecture
- 2:48PM The earthquake was measured at a lower 5 intensity in Abiko, right in the middle of Abiko City Counsel meeting
- 3:02PM Community Public Address System (CPAS) provided earthquake info
- 3:15PM Earthquake! Measured at a seismic intensity of 4
Liquefaction in Fusa area
- 3:25PM CPAS, more earthquake information
- 3:30PM Abiko city meeting to determine deployment of city office staff
One-third of city staff to respond to disaster
- 3:55PM Establishment of Disaster Response Headquarters by mayor Hoshino
First meeting : Order to investigate the extent of damage
- 3:58PM and 4:15PM CPAS, appeal to citizens to save water
- 5:00PM Second Disaster Response Headquarters meeting : Confirming media news, report on the extent of damage, protecting children, shelter set-up, etc.
- 7:00PM Third Disaster Response Headquarters meeting :
Report on extent of damage, looking after students unable to return home, accommodation to people unable to return home
- 7:21PM and 7:24PM CPAS, information regarding shelter open in Fusa junior high school
- 7:36PM CPAS, Earthquake Early Warning
- 7:34PM and 9:53PM CPAS, information regarding shelter open in Fusa junior high school and appeal to citizens to save electricity
- March 12th** 6:59AM CPAS appeal to citizens to save electricity
- 8:00AM Fourth Disaster Response Headquarters meeting

Investigate damage due to liquefaction in Fusa area, set up on-site disaster headquarters in Fusa. Two-thirds of city staff respond to disaster

Visit the affected zone (Fusa area)

1:00PM Fifth Disaster Response Headquarters meeting

Report on extent of damage, system and action of Fusa area disaster response branch, setting up portable toilets, etc.

1:48PM Visit the disaster zones (Wakamatsu, Aoyama-dai, Shibazaki-dai)

6:00PM Sixth Disaster Response Headquarters meeting

Report on state of damage, rolling power cut, returning children to parents

10:16PM CPAS Earthquake Early Warning

Check! Collect accurate information about earthquakes through public information or on TV and radio.

Check how to contact your family, meeting place, and route to go home on emergency.

Prepare sneakers, flash lights, mobile battery, gloves, water, food etc. for disasters.

Deadline for filing tax returns extended to April 15th

The deadline for filing tax returns was extended to April 15th. For residents receiving a refund, the deadline is the end of five years from the tax year. (Example: By December 31st, 2025 for returns covering the 2020 tax year.)

Special tax information meetings will not take place in Abiko city due to the State of Emergency.

Contact the Kashiwa Tax Office at 7146-2321 (filing returns), or Abiko City Hall Tax Section at 7185-1111 (ext. 401) for municipal and prefectural tax information

Resident Advisory Services for March 2021 (* reservation required)

Item	Date / Time	Place	Contact
Legal Advice	March 4th, 11th, 16th, 18th, 23rd From 9:30 to 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. * 7185-1714 (From 8:30 on March 1st)
Human rights	Week days From 8:30 to 17:15	By telephone Minna no Jinken	Human rights for all 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	March 22nd from 13:30 Reserve by March 19	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 Sec. (West Annex, 1F)	Child consultation Section, 7185-1821

Public Health Care Center Programs - March, 2021

Kohokudai 1-12-16

Tel: 7185-1126

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	March 6th, 13th, 27th Please call for an appointment	Women pregnant for 20 weeks and over, and their families
Consultation for 4-month- old Babies	March 16th, 23nd	Those born in October 2020
Health Check-up for 18- month-old infants	March 11th	Those born between July23 and Aug.31, 2019
Dental check-up for 2- year and 8-month-old kids	March 18th	Children born between June 19 and July 31, 2018
Health check-up for 3-year- old children	March 4th	Children born between Aug. 10 and 31, 2017
Dental check-up for 5-year- old kids	March 18th	Children born between Feb. 23 and Apr. 1, 2016
Baby Food Class for 4 to 6 month-old babies	March 19th,	First 30, Reservation required
Baby Food Class for 8 to 9 month-old babies	March 10th	First 20, those born in Jun 2020, Reservation required
Health Exercise Class (Cancelled in case of rain Call 7185-1112 to confirm)	March 10th, Fusa Minami Park 16th, Kohokudai Chuo Park 19th, Tennoudai Nishi Park All 10am to 11am	Elderly Support Sec.
Alcohol problem class Mental Care Club	March 5th 14:30 to 16:00 March 15th 14:00 to 16:00 Health Care Center	Welfare Support for Disabilities Please call 7185-1111, ext. 421

Day Care Club	March 19th Welfare Support for Disabilities Center 1:00 pm to 2:30 pm	For details: 7185-1111, ext. 381 Welfare Support for Disabilities
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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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