



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

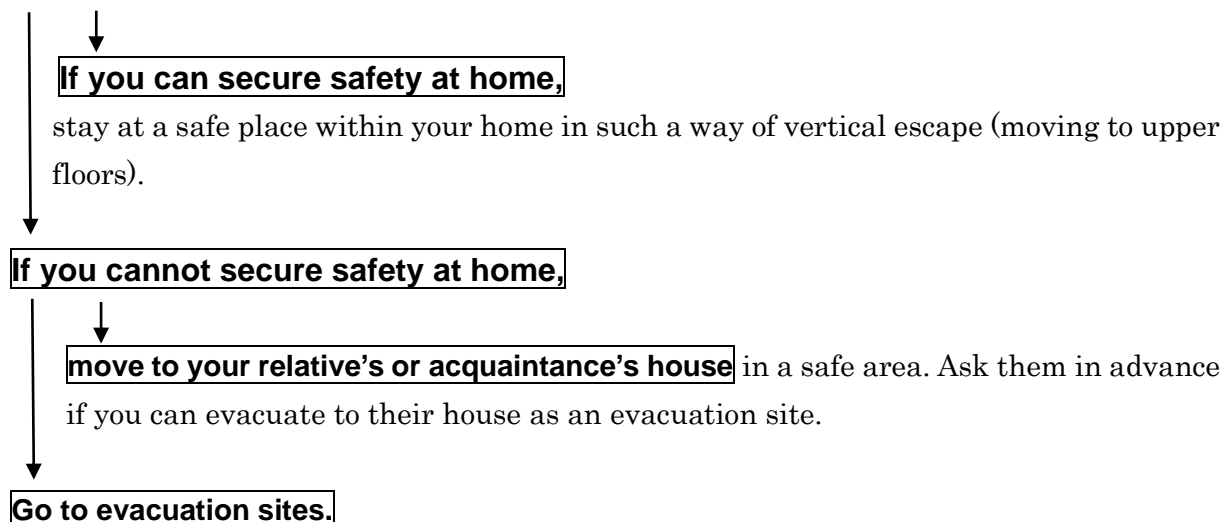
Your cooperation in separate evacuation in the disaster under the corona virus pandemic shall be much appreciated.

It is important to evacuate without hesitation when dangers from landslides and river floods are imminent. On the other hand, when people gather at evacuation sites, risks of novel corona virus infection will be increased. Evacuation is to escape from disasters and evacuation is not just going to evacuation sites. Please cooperate with us in “separate evacuation” including finding out separate evacuation sites in advance.

Inquiry: extension 217, Citizens Safety Section.

Check that you can evacuate at your home.

Let us check at first what kinds of risks you may meet in your daily life by referring to your hazard maps.



The city will operate evacuation sites based on “the guidelines for opening and operational drills of evacuation sites that take novel corona virus infection control into consideration.

Be sure to take proper measures to avoid infection at the evacuation sites such as

- Wearing masks (Bring more masks than usual.)

- Using alcoholic sanitizer
- Timely ventilation (Wear clothes easy to adjust temperature.)
- Frequent hand washing
- Taking your temperature (Bring your own thermometer.)

Alert Levels and actions to be taken.

Alert Level 5: An emergency self-protection order by Abiko City

Secure self-protection immediately.

Alert Level 4: An evacuation order by Abiko City

Everyone must evacuate from the place in danger immediately.

Alert Level 3: An evacuation order for the elderly and people with disabilities

Elderly people and people who may have difficulty in quick evacuation should evacuate from the place in danger.

Alert Level 2: Japan Metrological Agency will announce heavy rain, flood, storm, etc.

Alert Level 1: Japan Metrological Agency will announce earlier advisories for a coming disaster.

When you cannot hear disaster radio,

- Use telephone service (Tel: 0120-031676)
- Use e-mail distribution service (prior registration required)

In disasters, do not move carelessly and keep calm no matter what happens.

When a big disaster occurs, people may have difficulties in returning home.

Do not move carelessly.

- Secure your safety and stay at a safe place such as your office and evacuations sites.
- Check that your family is safe by using messaging services for disasters.
- Obtain traffic information and disaster information.

What you need to prepare in your daily life:

- Check how to confirm family safety, gathering places and conditions of return routes with your family.
- Prepare sneakers, flashlights, mobile batteries, gloves, drinking water and foods.
- Always carry portable radio and maps.

September is a health promotion month. To avoid life-related illness, take a special health check-up. Inquiry: Health Building Support Section at 7185-1126.

Individual Number Card Services On Weekends (By reservation only)

Call the Civic Section at 7185-4326 (9:00a.m. – 5:00p.m. on weekdays) for a reservation.

Dates and Hours	Reservation will be accepted from
September 11 (Sat) 9:00 – 15:00	from 9:00 a.m. on September 2 (Thu)
September 26 (Sun) 9:00 – 15:00	from 9:00 a.m. on September 14 (Tue)
October 10 (Sun) 9:00 – 15:00	from 9:00 a.m. on September 22 (Wed)
October 23 (Sat) 9:00 – 15:00	from 9:00 a.m. on October 6 (Wed)

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

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, Renewal of electric certificate (reservation required)

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

Contact: Civic Section, Ext. 693

Advisory Services– September, 2021 *Reservation required

Item	Date/Time	Location	Contact
Legal Advice	September 7, 9, 16, 21 and 28 9:30 ~ 15:30	Currently, telephone consultation only	Secretarial Section *Tel: 7185-1714 Call for an appointment after 8:30 on September 1
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	Child Consulting Section West Annex 1F	Child Consulting Section Tel:7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30-17:00	Social Welfare Section West Annex 2F	Social Welfare Section Tel: 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 –September 2021 Tel:04–7185–1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Sep 4,11 and 18 (Sat) *Reservation required	*Expecting women of 20 weeks or over, their husbands and

		family
Consultation for 4-month-old children	Sep 7 and 14 (Tue)	Children born in April, 2021
Health Checkup for 18-month-old children	Sep 2 and 16 (Thu)	Children born between Jan 9 and Mar 2, 2020
Dental Checkup for 2 year and 8 month-old children	Sep 30 (Thu)	Children born in Jan 2019
Health Checkup for 3-year-old children	Sep 9 (Thu)	Children born between Feb 7 and Mar 2, 2018
Dental Checkup for 5-year-old children	Sep 30 (Thu)	Children born between Aug 7 and Sept 6, 2016
Baby Food Class for 4 to 6 month-old babies	Sep 29 (Wed) *Reservation required	First 30 applicants. (parents)
Baby Food Class for 8 to 9 month-old babies	Sep 8 (Wed) *Reservation required	First 20 applicants. Children born in Dec 2020

— Urgent Health Care Consultations —

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

Call Fire Station at 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 ~ 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 with a nurse

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. Illness or Toothaches 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	No.323	September 1, 2021
Published by: Abiko City Office http://www.city.abiko.chiba.jp		
Edited and translated by: Abiko International Relations Association (AIRA)		
Tel: 04-7183-1231 Fax: 04-7183-2005		
E-mail: info@e-aira.jp http://www.e-aira.jp		