

# City Office Notices

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July 15, 2019

## Topics

- \* National Health Insurance: document renewal and application
- \* Do not forget: property tax and city planning tax
- \* Summer closure of municipal kindergartens and schools
- \* Heatstroke and heat exhaustion
- \* Seeking tenants for City-owned retail spaces
- \* Help clean up Peace Memorial Park
- \* Help clean up the Ota River
- \* Peace Tourism website

## National Health Insurance: document renewal and application

国民健康保険の保険証などの交付・更新(P6)

### National Health Insurance cards (*Kokumin Kenkō Hoken Shō*)

Current National Health Insurance Cards will become invalid on July 31 (Wed). New cards will be sent by mail after July 22 (Mon).

### Payment limit certificate (*Gendogaku Tekiyō Nintei Shō*)

If you have National Health Insurance and a certificate for payment limitation, and your medical fees are high, you can show this certificate at the hospital or clinic will pay less. For more details, contact the number below.

If you have a certificate already, it will expire on July 31 (Wed), 2019. If you want to continue to use it, you must apply again during August. You might have to report your municipal residence tax situation.

**HOW TO APPLY:** Go to your local ward office or branch office with your National Health Insurance card (*Kokumin Kenkō Hoken Shō*), personal seal (*inkan*), your My Number, and some ID.

**ENQUIRIES:** National Insurance and Pension Division (*Hoken Nenkin Ka*) of your local ward office:

Ward	Telephone	Fax	Ward	Telephone	Fax
Naka	504-2555	541-3835	Asaminami	831-4929	877-2299
Higashi	568-7711	262-6986	Asakita	819-3909	815-3906
Minami	250-8941	252-7179	Aki	821-4910	822-8069
Nishi	532-0933	232-9783	Saeki	943-9712	923-5098

## Do not forget: property tax and city planning tax

納期をお忘れなく 固定資産税・都市計画税 (P 6)

Payments for property tax and city planning tax for this quarter (second quarter) are due by the end of July 31 (Wed). For more details, refer to the City of Hiroshima website.

## Summer closure of municipal kindergartens and schools

市立幼稚園・学校夏季一斉閉庁の実施 (P 6)

All municipal kindergartens and schools will be closed from August 13 (Tue) to August 15 (Thu). This is to ensure that staff and children are well rested.

**ENQUIRIES:** Educational Planning Division (*Kyōiku Kikaku Ka*), Board of Education

Telephone: 504-2479 Fax: 504-2509

**If you are calling August 13 – 15**

General Affairs Division (*Sōmu Ka*), Board of Education

Telephone: 504-2463 Fax: 504-2509

## Heatstroke and heat exhaustion

熱中症に気を付けて (P 2)

Heatstroke and heat exhaustion can happen not only when you are outside for a long time on hot days, but also just from being inside a hot room with no air conditioning. Be extra careful with infants and the elderly.

### Tips to prevent heatstroke and heat exhaustion

When outdoors		When indoors
<ul style="list-style-type: none"> <li>∅ Keep hydrated</li> <li>∅ Replace water and salt lost from sweating</li> <li>∅ Wear light clothing</li> </ul>	<ul style="list-style-type: none"> <li>∅ Take breaks</li> <li>∅ Stay in the shade</li> <li>∅ Shade yourself with a hat or parasol</li> </ul>	<ul style="list-style-type: none"> <li>∅ Draw the curtains</li> <li>∅ Use air conditioning and fans</li> <li>∅ Keep hydrated</li> <li>∅ Replace water and salt lost from sweating</li> </ul>

### Signs of heatstroke and heat exhaustion:

Mild	Medium	Serious
<ul style="list-style-type: none"> <li>∅ Dizziness</li> <li>∅ Muscle ache</li> <li>∅ Light-headedness</li> <li>∅ Heavy sweating</li> </ul>	<ul style="list-style-type: none"> <li>∅ Headaches</li> <li>∅ Nausea</li> <li>∅ Feeling sluggish or tired</li> <li>∅ Despondency</li> </ul>	<ul style="list-style-type: none"> <li>∅ Fainting</li> <li>∅ Muscle spasms</li> <li>∅ High temperature</li> <li>∅ Strange speech</li> <li>∅ Cannot walk straight</li> <li>∅ Cannot run</li> </ul>

### Heatstroke first aid

∅ Move the person to shade.

∅ Fan them. Cool their neck, armpits and crotch with an ice pack or a plastic bottle with cold water in it.

In an emergency, call 119 for an ambulance!  
Please only ask for an ambulance when it is appropriate.

## Seeking tenants for City-owned retail spaces

市営店舗への入店者募集(P7)

You can find a list of City-owned retail spaces seeking tenants in the Architecture Division (*Kenchiku Ka*) of some ward offices from July 16 (Tue). For more information including requirements and how to apply, please inquire at those offices.

**TO APPLY:** Apply to the Architecture Division (*Kenchiku Ka*) of the ward office for the ward where the retail space is. Apply between July 25 (Thu) and July 26 (Fri).

**ENQUIRIES:** Architecture Division of the relevant ward office

Ward	Telephone	Fax	Ward	Telephone	Fax
Naka	504-2578	541-3835	Minami	250-8959	252-7179
Higashi	568-7744	262-6986	Nishi	532-0949	232-9783

## Help clean up Peace Memorial Park

平和記念公園の一斉清掃にご参加を(P7)

**WHEN:** August 1 (Thu), from 7:10 am onwards

If it rains heavily on August 1, the event will be postponed to August 2 (Fri)

**WHERE:** Meet at the parking lot on the south side of Peace Memorial Museum

Address: Naka-ku, 1-2 Nakajima-cho,

**ENQUIRIES:** Operation Division I (*Gyōmu Daiichi Ka*)

Tel: 504-2098 Fax: 504-2229

## Help clean up the Ota River

河川一斉清掃「クリーン太田川」にご参加を(P7)

**WHEN:** July 28 (Sun)

If it rains on July 28, there will be an announcement about whether the cleaning will happen or not on RCC Radio at 5:59 am.

Ward	Meeting Place	Meeting Time
Naka	Ote-machi Daiichi Park	7:30 am
	East end of Sorazaya Bridge	8:00 am
Higashi	Riverside near Hesaka Shimo-senzoku bus stop	6:40 am
Minami	Riverside near Hijiyama-shita streetcar Stop	8:20 am
Nishi	In front of Nishi Ward Office main entrance	8:00 am
Asaminami	Open space near Kōjinja Shrine (Nagatsuka 1-6)	8:00 am
Asakita	East end of Asa-ōhashi Bridge	8:30 am
Saeki	Open space next to Geiyousenzai (Yuki-cho, Shimo-sakaichi)	7:30 am

**ENQUIRIES:** Environmental Conservation Division (*Kankyō Hozen Ka*)

Telephone: 504-2188 Fax: 504-2229

## Peace Tourism website

ピースツーリズム「平和への思い」を巡る(P4-5)

The City of Hiroshima is promoting “peace tourism,” so that people can visit buildings and other spots related to peace while thinking about the meaning of peace. It has created a website designed for smartphones with information on such spots. You can also access the website from a computer.

The site guides you along 4 themed routes:

- Ø Culture and literature before and after the atomic bombing
- Ø Buildings that survived the atomic bombing and remain as traces of that time
- Ø The revival of civic life
- Ø Museums related to the atomic bombing

For details on these routes, check out the website (<https://peace-tourism.com/en/top.html>)  
You can find the website by searching online for “Hiroshima Peace Tourism”.

**ENQUIRIES:** Tourism Policy Department (*Kankō Seisaku Bu*)  
Telephone: 504-2767 Fax: 504-2253