



Naka Ward Town News presents useful information such as municipal government information, guidance about everyday living in Japan and specifics about social systems in the interests of enhancing knowledge and understanding among the Japanese and foreign residents of Naka Ward. This newsletter is published in English and Chinese.

Even if you don't understand Japanese!

Peace of Mind for Your Baby's Health Checkups and Hospital Visits

Nyuyoji kenko shinsa (infant health checkups) are provided free of charge at the Naka Ward Office at three points—4 months, 18 months and 3 years—with the aim of checking the growth and development of your child while providing support for child-raising. The checkup consists of a medical examination, dental examination (excluding 4-month-olds), height and weight measurement, and consultation. If necessary, the doctor will refer your child to a hospital or specialist. *Note that this health checkup is required for all children.*

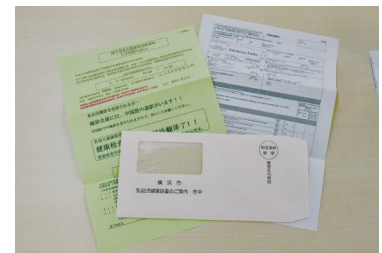
Inquiries: *Kodomo Katei Shien* (Children and Families Support) Division, 5F, Naka Ward Office, Counter 54, Tel: 045-224-8171



"You will feel reassured that a professional will check that your child is growing healthily!"



"An interpreter is available for those who cannot speak Japanese so you can attend the checkup with peace of mind!"



A pink envelope with an explanation and questionnaire will arrive at your home. Please fill out and bring the medical questionnaire to the checkup.

The *Kodomo Katei Shien* (Children and Families Support) Division of Naka Ward Office sends out the letters for the infant health checkup in English, Chinese, Korean, Spanish or Portuguese accordingly. If the scheduled checkup date is inconvenient, please contact the Naka Ward Office in advance to arrange for the checkup on another available date. But please make sure your child has the checkup. If you do not take your child for these checkups, a ward office employee may visit your home.

A Message from the Naka Ward *Fukushi Hoken* (Health and Welfare) Center Director



The infant health checkup is an introduction to your public health center!

Raising your child is a lot of work. The infant health checkup looks for milestones to confirm your child's growth. With doctors, public health nurses, nutritionists, midwives, dentists and other healthcare professionals onsite, you can consult about breastfeeding, meals, your child's teeth, or other concerns. The health of your child is important to us and we'll make you feel glad that you came!

Dr. Iwata, Center Director



Chinese interpretation will be provided without a reservation at the time of the checkup. For English interpretation, please make a reservation ahead of time.



At the health and dental checkup for 3-year-olds. The doctor and dentist will carefully check your 3-year-old's health.

I Want to Go to the Hospital, but I Don't Understand Japanese...

Use a Hospital That Has a Medical Interpreter

JCHO Yokohama Chuo Hospital has 1 English interpreter and 4 Chinese interpreters (one can also communicate in Korean) on regular duty.

Since this hospital is located next to Yokohama's Chinatown, many foreigners use it. This is especially true for Chinese, so the demand for Chinese interpretation has grown. Interpreters will provide various kinds of support for hospital reception, tests, examinations, hospitalization and surgery.

Since the number of foreign patients at the hospital has grown over the past 6 years, medical interpreters have become a necessity. Such native language support is reassuring to patients for examinations and during hospitalization.

We also have a medical checkup center where medical questionnaires and communication boards are available in several languages. Please make an appointment if you can speak Japanese or will be accompanied by a Japanese speaker. If you cannot communicate in Japanese, then please consult with the hospital by phone ahead of time.

As JCHO Yokohama Chuo Hospital is a general hospital, you may have a long wait time after you arrive. Since there are clinics in Naka Ward where you can use English or Chinese, we recommend that you first try to find a family doctor in your neighborhood and get an examination there.



JCHO Yokohama Chuo Hospital
Deputy Director Koji Oiwa

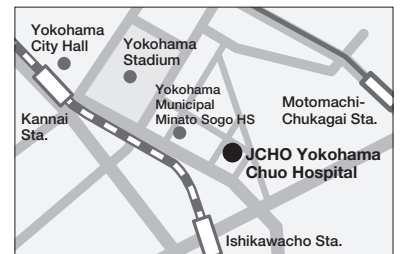


The hospital's medical interpreting team

JCHO Yokohama Chuo Hospital (268 Yamashita-cho, Naka Ward)

Tel: 045-641-1921

A general hospital with 28 departments, including Internal Medicine, Surgery, Ophthalmology and Orthopedic Surgery.



About Japan's Medical Insurance

Japanese and foreigners resident in Japan are required to join public medical insurance (that is, Japan has a universal coverage system). When medical treatment is needed for illness, injury or the like, public medical insurance covers part of the treatment costs. There are two main types of public medical insurance. Persons who are self-employed, working part-time or retired and their families join the National Health Insurance program. Company employees and their families join Employee Health Insurance.

Public Medical Insurance (Mandatory)

National Health Insurance

Persons who are self-employed or who do not have health insurance through their workplace, retirees and other persons who are not enrolled in any other public medical insurance program join the National Health Insurance program (NHI). Join NHI at your ward office. You are also required to take the necessary procedures with your ward office if you get a job (i.e., join public medical insurance via your employer), move, etc.

You have a duty to pay your insurance premiums even if you do not go to the hospital. The insurance will cover 70 to 90 percent of the cost of your visit/treatment (depending on your age). Most treatments for illness or injury will be covered, so be sure to take the necessary procedures to join so you are prepared for a medical emergency.

<Hoken Nenkin (Insurance and Pension) Division,
Naka Ward Office, Tel: 045-224-8315>



The Various Types of Employee Health Insurance

• Association/Union-Administered Health Insurance (Kumiai Kenpo)

For employees (and their families) when the employer has its own health insurance association

• Japan Health Insurance Association (Kyokai Kenpo)

For employees (and their families) when the employer does not have its own health insurance association

• Mutual Aid Association

For civil servants and teachers (and their families)

Join through the place of employment. Insurance premiums are deducted from the employee's salary. Coverage varies according to the type of insurance.



Those 75 years and older join "the Elderly Health Care Insurance System"

Travel Insurance (Optional)

When family members from overseas come to visit you in Japan and need medical treatment, the cost could be very high, causing you trouble. There are many private companies that provide temporary coverage plans for travelers. If family will visit you in Japan, please consider having them purchase travelers' insurance. (Public medical insurance is not available for persons staying in Japan temporarily.)

Responses to inquiries will be in Japanese unless it is clearly indicated that the response should be in English or Chinese.

There is a current rubella outbreak!

There has been a large rise in the number of rubella cases nationwide since July 2018. The main symptoms of a rubella infection are a high fever, rash and swollen lymph glands behind the ears/on the back of the head. A pregnant woman who is infected will pass the infection to her fetus, and there is a possibility that the child will be born with congenital rubella syndrome—that is, with heart, ear and/or eye disorders.

A rubella vaccination is effective against the rubella virus

- ▶ Children: Provided free as part of routine vaccinations
 - ▶ Of Yokohama residents, women 19 and older who are planning a pregnancy and their partners can be given an antibody test and vaccination. (Already pregnant women cannot receive the vaccination, but it is important that their partners receive one.)
- If you experience symptoms that could be rubella Phone the hospital/clinic ahead of time to inform them of the situation. Wear a mask when you go and follow the hospital's instructions.

<Fukushi Hoken (Health and Welfare)

Division, Naka Ward Office,
Tel: 045-224-8333>

Did you use your coupons for free cervical cancer and breast cancer screening?

Last June, women in the age ranges listed below were sent coupons for a free cervical cancer screening and breast cancer screening. (The information was sent in Japanese by post.) You can use the coupons at medical institutions designated by the City of Yokohama, but you will first need to make a reservation (in Japanese) on your own. If you would like to know which medical institutions can provide service in English or Chinese, please visit the

Naka International Lounge (1F, Naka Ward Office Annex).

▶ **Cervical cancer:** Women born between April 2, 1997 and April 1, 1998

▶ **Breast cancer:** Women born between April 2, 1977 and April 1, 1978

Note: The coupon is valid only until March 31, 2019!

<Yokohama Health Checkup Hotline,
Tel: 045-664-2606>

Caution! A norovirus outbreak is causing gastroenteritis

November through March is peak season for gastroenteritis caused by noroviruses. You will suffer from diarrhea, nausea, high fever and stomach pain 1–2 days after exposure. Please visit a doctor if you think you might have caught a norovirus. Also, please note that you will continue to shed the virus in your stool for one week (or as long as one month for some people) even after your diarrhea ends.

If a family member become infected with norovirus

- ▶ Disinfect all items that have stool or vomit on them using a chlorine-based disinfectant that contains sodium hypochlorite and also wipe down any surfaces that the infected person touched.
- ▶ When cleaning up vomit, put on a disposable mask and gloves, place the items in a plastic bag, then tightly tie and dispose the bag.

How to Prevent an Infection

- ★ Always wash your hands well with soap after using the bathroom and before cooking or eating.
- ★ Heat food thoroughly to the core(85–90°C for at least 90 seconds)



Naka Ward Multilingual Website

Information in English, Chinese and Korean and Easy Japanese for administrative services and events. Updated monthly.
<http://www.city.yokohama.lg.jp/naka/english/>



All about Neighborhood Associations

What do neighborhood associations do?

Many neighborhood associations have rice pounding around the New Year holidays!

Your neighborhood association holds various events throughout the year. One of the most famous winter events done by many neighborhood associations is *mochitsuki* (rice pounding). *O-mochi* (pounded rice cakes) is indispensable for New Year's celebrations, and making it with people in your neighborhood will deepen your ties to the community and make living in the neighborhood even more enjoyable! The taste of freshly pounded rice cakes is a treat you shouldn't miss.

<Chiiki Shinko (Regional Promotion)
Division, Naka Ward Office,
Tel: 045-224-8131>

Separate Your Garbage!

If you don't know what kind of waste an item is, you can check here →
A guide on how to separate garbage is here ↓

http://www.city.yokohama.lg.jp/shigen/sub-data/pamph/wakedashi/#f_dashikata



Fourth Shi-kenminzei (Municipal/Prefectural Resident Tax) Payment Due Thursday, January 31

Persons who received a 納税通知書 (*nōzei tsūchisho*, Notification of Taxes) should pay at a bank or a convenience store (only if the payment slip has a bar code) by the deadline. Arranging for automatic deduction from your bank account is also very convenient. This procedure requires time.

International Service Staff

Naka Ward Office, Counter 23 (second floor)
(English) 10:00 a.m.–5:00 p.m.

International Service Staff provide assistance with matters such as guidance on ward office activities and interpretation at various counters, as well as support for filling out certificate applications. Stop by if you would like assistance.

Help Me Know Q&A



I want to go to the hospital, but I can't really speak Japanese. What should I do?



⇒ **First, consult with Naka International Lounge. They can introduce you to a hospital that can provide care in English or Chinese. You can also use a multilingual medical questionnaire.**

Naka International Lounge, Tel: 045-210-0667

Naka International Lounge is staffed with people who can communicate in English and Chinese. They can help you with everyday matters, such as how to visit a hospital in Japan.

Introduction to a hospital that can provide care in foreign languages

Based on a list of hospitals that have foreign-language capabilities, we can introduce you to hospitals that provide medical interpretation or that have doctors who can communicate in a foreign language for medical examinations.

Multilingual Medical Questionnaire

We distribute multilingual medical questionnaires so that you can communicate your (or your child's) condition or illness. This questionnaire can be downloaded. If you have it ready, you can immediately go to the hospital in an emergency. Download here →



When you experience a sudden injury or illness

▶ **Phone 119 to call an ambulance.**

What you need to tell 119

• Whether you need a fire truck or an ambulance (illness or injury) inform them of the situation:

Kaji desu (fire) / *byoki desu* (illness) / *kega desu* (injury).

For an ambulance, also tell the operator your condition.

• Your address (the physical address or nearby landmarks)

• Your name (*Watashi no namae wa _____ desu.*)

Do not call 119 unless it is an emergency.

▶ **If you are not sure whether to call an ambulance, phone # 7119 (service in Japanese only)**

This 24-hour service is staffed by medical professionals such as doctors and nurses who can help you determine if you should go to the hospital immediately or call an ambulance.



Why Not Skate at the Red Brick Warehouse?

Go for a Visit

Did you know that Naka Ward's popular Red Brick Warehouse tourist spot has hosted an annual outdoor skate rink with artistic works? This is the 14th year and painter and picture book artist Miroco Machiko has created a vibrant and animated world of art and skating! After enjoying both, we recommend getting a hot drink nearby then going for a winter walk around the port area. Be sure to dress warmly.

<Red Brick Warehouse, Tel: 045-211-1515>



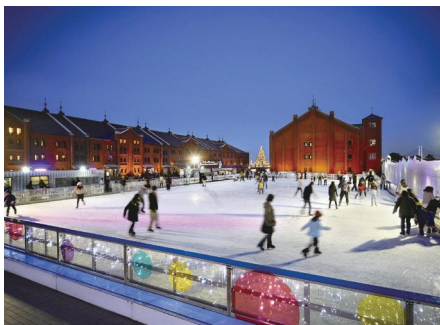
Operating until

Feb.17 (Sun.)*
Hours: 11 a.m.-9 p.m.
(from 1 p.m. on weekdays)

Entrance fee

Adults: 700 yen
Preschool (age 3) through
high school: 500 yen
(Observer entry fee: 200 yen)
Skate rentals (500 yen)

The rink in a past year.
* May be closed certain days for
bad weather or management
reasons. Please phone for
further information.



The rink at night has a nice atmosphere

Red Brick Warehouse Trivia

Completed in 1913 as national bonded warehouse, the Red Brick Warehouse was state-of-the-art for its time, with Japan's first cargo elevators and fire hydrants. The buildings survived a major earthquake and a war, and they continued to be used as a warehouse until 1989. The warehouse buildings remained unused for a period of time, but after nine years of restoration and renovation work, they were reopened in their present form. The Red Brick Warehouse hosts various events throughout the year and is bustling with people.



(A past flower garden event held at the Red Brick Warehouse.)

Thoughts of a Foreign Resident Life and Culture in Japan



Find a Family Doctor!

When I first came to Japan, I began going to a large hospital, as this is the custom in China. But once I got used to living in Japan, I began to go to a clinic near my home. The wait times were shorter and the care provided was good. It was my first experience having a family doctor. I remember the two doctors at this clinic very well. One doctor was Japanese. At the time, my child was often sick, and I was worried trying to balance work with raising my child. I initially picked this clinic because it was open late and I could go after work. It turned out that the doctor was very kind to his patients, and I liked him very much. He not only looked at my child's condition, but gave me various kinds of advice in terms of being a foreigner raising my child alone in a foreign country. His

supportive advice was very helpful. The other doctor was Taiwanese. When a newly arrived Chinese friend went to this clinic, this doctor was very openhearted. My friend was having problems because her child was having difficulty adjusting to life in Japan. The doctor described his own difficulties after coming to Japan, and his advice was a big help to my friend's family. Even though my friend moved away, she still remains thankful for the doctor's help. I myself also received much kindness from this doctor, which helped me to live comfortably in Japan. I highly recommend that you find a family doctor in Japan!

(Naka International Lounge, Chinese language staff)



Good to Know! About Japanese Culture



An introduction to seasonal events and Japanese culture in terms of clothing, food and housing, etc.

Setsubun

The word *setsubun* literally means the "dividing of the season," that is, the transition between seasons. In recent years, it most commonly refers to the shift from winter to spring on February 3, when roasted beans are thrown while chanting *Oni wa soto! Fuku wa uchi!* (Demons out! Luck in!) and eating a number of beans equal to your age. It is also common to eat *eho-maki* (rolled sushi wrapped in nori seaweed). As *setsubun* nears, you will see roasted beans, demon masks and *eho-maki* at your local supermarket or convenience store. Why not celebrate *setsubun* at your home this February 3?



We are always looking for locations to distribute Naka Ward Town News. If you have many foreign visitors to your shop, clinic, organization, etc. and would like to make this newsletter available to them, please contact us to arrange delivery. The next issue will be published on April 1.