



City Residential Newsletter

千葉市生活情報誌

Chiba City ちば

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2F Chiba Chuo Community Center, 2-1 Chibaminato,

Chuo Ward, Chiba City

TEL : 043-245-5750 FAX : 043-245-5751

Monday to Friday from 9:00 – 19:30; Saturday from 9:00 – 16:30

ホームページ HP : <https://www.ccia-chiba.or.jp/>フェイスブック FB: <https://www.facebook.com/ccia1994>

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For more details, read the QR code here.



ちばし 千葉市からのお知らせ City News



とうきょう かいまく
東京2020パラリンピック開幕!

Tokyo2020 Paralympics will Start!

The Paralympics will be held from Tuesday, August 24 to Sunday, September 5. 22 events such as goal ball, sitting volleyball, Tae Kwan Doe, and wheelchair fencing will be held in Makuhari Messe. There are some athletes related to Chiba City, so let's support them.

Contact: オリンピック・パラリンピック振興課
Olympic/Paralympic Promotion Division
☎043-245-5739

しんがた せつしゅ
正しく知ろう! 新型コロナワクチン接種

Understand Correctly! The COVID-19 Vaccines

★After Vaccination, Please Continue Taking Basic Measures to Prevent the Spread of Infection

The COVID-19 vaccines are effective at preventing the infection. It is said that even if you are infected with the virus after the vaccinations, you will not become severely ill and also you are unlikely to pass the virus on to people around you. However, it doesn't mean that the risk of infection stops, so please continue taking basic measures such as washing your hands and wearing a mask.

★Check Information from Public Institutions
Chiba City and the Ministry of Health, Labor and

Welfare release information on COVID-19 vaccinations daily. There are various sources of information in the media, so watch out for information through SNS that doesn't have scientific proof. Please search for **厚生労働省 コロナワクチン** (“The Ministry of Health, Labor and Welfare Corona Vaccine”) for more details about effectiveness and safety of the vaccine.

★Adverse Events After the Vaccination

Adverse events to the COVID-19 vaccines

- ① Swelling at the injection site
- ② Feeling of fatigue
- ③ Headache
- ④ Fever



In most cases, the side effects will go away within about 2 days after vaccination. A strong adverse event called anaphylaxis with symptoms such as hives, nausea, and difficulty breathing may occur in one out of several hundred thousand people within 30 minutes after vaccination. In particular, people who are allergic to medicines or food should rest for 30 minutes after vaccination before going home. If you are worried about something, please inquire with the consultation desk below.

Consultation/Ask:

- ① Professional consultations that require medical advice such as adverse events after vaccinations

けんしんがた ふくはんのうなどせんちんそうざんまどぐち
県新型コロナワクチン副反応等専門相談窓口

Prefectural Consultation Service for Adverse Events to COVID-19 Vaccines
TEL: 03-6412-9326 Available every day 24 hours (including Saturdays, Sundays and holidays)

② Notices related to vaccinations and information on vaccines
こうせいろうどうしやうしんがた
厚生労働省新型コロナワクチンコールセンター
The Ministry of Health, Labor and Welfare New Corona Vaccine Call Center
TEL:0120-761-770 Every day 9:00-21:00 (including Saturdays, Sundays and holidays)

★COVID-19 Vaccines will Resume
COVID-19 vaccination reservations that have been temporarily suspended will restart. The reservation method differs depending on whether you get vaccinated at a clinic or at a mass vaccination venue. For more information, please contact the Chiba City Corona Vaccine Call

Center or search for ちばし コロナワクチン
("Chiba City corona vaccine").

Contact: ちばし 千葉市コロナワクチン接種コールセンター
— Chiba City Corona Vaccine Call Center
TEL:0120-57-8970 every day 8:30-18:00 (including Saturdays, Sundays and holidays)

こうつうじこ 交通事故から身を守るために

Protecting Yourself from Traffic Accidents

Traffic increases during summer vacation, and children tend to spend more time playing outside. Please obey the traffic rules below to avoid traffic accidents.

★For Drivers

- ① Be considerate and relaxed, and keep the traffic rules
- ② Watch for pedestrians and other traffic when you approach a pedestrian crossing.
- ③ Be sure that no one is crossing the street.
- ④ Don't use your smartphone while driving
- ⑤ Don't drive after drinking alcohol

★For Cyclists

- ① Bicycles are treated as cars
- ② Please ride your bike in the designated areas of the road.
- ③ Both adults and children should wear a helmet.
- ④ Purchase a medical insurance policy.

★For Pedestrians

- ① Don't use your smartphone while walking
- ② Don't ignore traffic signals.
- ③ Check both ways before crossing the street.
- ④ Avoid darting into the street suddenly or crossing the street diagonally.
- ⑤ Wear eye-catching colored clothes at night.

Contact: ちいきあんぜんか 地域安全課 Community Safety Division
☎043-245-5148

こ いりょうひじょせいじゆきゆうけん こうしん 子ども医療費助成受給券の更新

Children's Medical Expense Support Tickets

Children's medical expense support tickets that you currently have can be used until Saturday, July 31. Support tickets that can be used starting Saturday, August 1 have been mailed out. If you have not received yours yet, please contact the Health and Welfare Center of the Child and Domestic Affairs Division of the ward in which you live.

Contact: かくくほけんふくし 各区保健福祉センター かていか こども家庭課

Child and Domestic Affairs Division, Health and Welfare Center
Chuo: ☎043-221-2149 Hanamigawa: ☎043-275-6421
Inage: ☎043-284-6137 Wakaba: ☎043-233-8150
Midori: ☎043-292-8137 Mihama: ☎043-270-3150

げんきょうとどけ 現況届は がつ にちか 8月31日(火)までに だ 出して ください

じどうふようてあて 児童扶養手当

Submit Your Status Report Forms by Tuesday, August 31

Child Support Allowance

Those who have been receiving the child support allowance or have stopped receiving it due to income limit, please submit a status report form by Tuesday, August 31 to the Health and Welfare Center of the Child and Domestic Affairs Division of the ward you live in to continue receiving the allowance. If you do not submit it, you will not receive the allowance for the month of November and onwards. If you wish to start receiving the allowance, review the following requirements and complete the procedures at the Health and Welfare Center of the Child and Domestic Affairs Division of the ward you live in.

★Eligibility:

Recipient must have a child under the age of 18 (until the end of March the year after they turn 18) or a child under the age of 19 with certain disabilities, and must be one of the following:

- ① The father or the mother
- ② The person taking care of the children in place of the father or mother

★Conditions to Receive the Allowance:

- ① Any one of the following must apply to the child, father and mother are divorced
- ② The father or the mother is deceased
- ③ The mother is not married, and others

★Income Limit: Income for 2019 must be less than the income limit (amount of allowance received depends on income). Please inquire for more details.

Contact: 各区保健福祉センターこども家庭課
Child and Domestic Affairs Support Division
Chuo: ☎043-221-2149 Hanamigawa: ☎043-275-6421
Inage: ☎043-284-6137 Wakaba: ☎043-233-8150
Midori: ☎043-292-8137 Mihama: ☎043-270-3150

更新手続きは 8月31日(火)までに!

ひとり親家庭の医療費助成

Submit Renewal Application by Tuesday, August 31!

Medical Expense Support for Single-Parent Household

Chiba City offers financial assistance to single parent households for medical expenses. A 'Renewal Application Form' was sent at the end of July to those who are currently receiving support. Please submit the form with necessary documents by Tuesday, August 31. You won't be able to receive the support from November without submitting the application. Single parent household who wish to apply for the Medical Expense Support for the first time should inquire directly to the Health and Welfare Center of the Child and Domestic Affairs Division of the ward where you live.

Ask/Apply: 各区保健福祉センターこども家庭課
Child and Domestic Affairs Division, Health and Welfare Center
Chuo: ☎043-221-2172 Hanamigawa: ☎043-275-6421
Inage: ☎043-284-6137 Wakaba: ☎043-233-8150
Midori: ☎043-292-8137 Mihama: ☎043-270-3150

児童虐待を防ごう!

Stop Child Abuse!

When raising children, it is easy to abuse them by shouting or hitting them. In order to protect children, it is important for the people around them to be aware of them and talk to them. If you think you are being abused... If you suspect abuse, please consult with us. We will protect the

confidentiality of the person who reports.

Consultation: 児童相談所 Child Guidance Center
☎043-277-8880

If you would like to consult or contact someone about this topic, access the homepage or search for 千葉県 児童虐待 ("Chiba City child abuse")

行って みましょう

Let's Go!

新型コロナウイルスの影響で 催し
(イベント)が 変更・中止・延期になる場合が
あります

When you are unwell, do not attend events. For up to date information, please search for 千葉県 新型コロナ イベント ("Chiba City novel corona event")

特別な体験を! 千葉市内のイベント
Have a Special Experience! Events in Chiba City

Here are some events in Chiba City where you can experience the extraordinary!

★Enjoy 24 hour Park! In Makuhari BAY-PARK

This is a large park in the center of the city where you can enjoy day and night activities such as flea markets, disaster prevention training, sports events, illuminations, night cafes, and camping.
Date & Time: From 11:00, Saturday, November 6 to 16:00, Sunday, November 7.

Venue: 若葉3丁目公園 Wakaba 3 chome park
For more details, please search for B-P a m or inquire below.

Contact: 幕張ベイパークエリア マネジメント
Makuhari Baypark Area Management
☎043-273-4815

はじめての日本語クラス
Japanese Class for Beginners

Date: Thu., Aug. 26-Thu., Sep. 16
10:00-12:00 (Total of 7 classes)

Location: Chiba City International Plaza (2-1Chibaminato, Chuo-ku)

Contents: Learn simple basic Japanese for everyday life including hiragana, katakana, pronunciation, greeting, numbers, etc.

Eligibility: For complete beginners

Capacity: First 10 applicants



Fee: 2,000yen

Contact: Chiba City International Association
☎043-245-5750/ Email: nihongo@ccia-chiba.or.jp

けんこう そうだん
健康・相談

Health and Consultations

がっ しょくちゅうどくよぼうきょうちゅうげっかん
8月は食中毒予防強調月間

しょくちゅうどく ちゅうい
食中毒に注意しましょう

August is Food Poisoning Prevention Month Be Careful about Food Poisoning!

The chances of getting food poisoning caused by bacteria is higher during summer due to the hot weather. Be aware of the following points.

★ Protect food from bacteria and viruses

① Bacteria can be transmitted from your hands, knives, and cutting boards to food. Wash them thoroughly prior to cooking.

② Keep raw meat and fish away from ready-to-eat food/cooked food.

③ Wash seafood thoroughly prior to cooking.

★ Prevent the growth of bacteria

① Cooked food should be eaten promptly even when stored in the fridge.

② Store items properly by following storage instructions on the label.

★ Decrease bacteria and viruses

① Bacteria can be killed by heating food. Make sure all the food is thoroughly heated immediately before consumption.

② Do not eat food raw if it is not intended for raw consumption. Cook raw food thoroughly to prevent food poisoning,

③ If possible, please do not eat raw meat or oysters.

Contact: 食品安全課 Food Safety Division

☎043-238-9935

じよせい けんこうそうだん
女性のための健康相談

Health Consultation for Women

Consult with a midwife about pregnancy, labor, and any concerns related to women's health that adolescent to menopausal women might have.

Dates/Location:

① Tuesday, August 24, 13:30-15:30
Wakaba Ward, Wakaba Health and Welfare Center ☎043-233-8714

② Thursday, August 26, 10:00-12:00
Chuo Ward, Chuo Health and Welfare Center ☎043-221-2582

③ Friday, August 27, 10:00-12:00

Inage Ward, Inage Health and Welfare Center

☎043-284-6494

Apply: By phone to Health and Welfare Center of each ward

Capacity: First 2 applicants each ward

Contact: 健康支援課 Health Support Division

☎043-238-9925

がいこくじん ろうどうそうだん ほうりつそうだん
外国人のための労働相談・法律相談

Legal and Labor Consultations for Foreigners

① Labor consultations with a labor and social security attorney

Thursday, September 9, 13:00-16:00

② Legal consultations with a lawyer

Monday, September 27, 17:00-20:00

Where: 千葉市国際交流プラザ

(中央区千葉港2-1) Chiba City International Exchange Plaza

(2-1 Chibaminato, Chuo-ku)

Capacity: First 4 applicants (for ① and ② each).

The consultation is free.

Those who desire interpretation services should request them when making a reservation.

Apply/Ask: 千葉市国際交流協会 Chiba City International Association ☎043-245-5750



【編集後記 Editor's Note】H-man from THANKS "SHO TIME!" The Astonishing Rise of Japanese Two-Way Star!"

The latest and the most inspirational news is the outstanding performance of Shohei Ohtani. While there has been a lot of depressing news about COVID-19, Ohtani's recent success as the best two-way player in major league baseball is stunning! Waking up with the news like "Shohei Ohtani hits another home run!" makes my day. Usually starting pitchers rest 4 days after pitching a game, to allow time for body conditioning by getting a massage, resting, pitching practice, and so on. That's not the case with Shohei Ohtani, he crushes a home run the next day. Although he is a multi-task player who can bunt, steal bases, and so on. He has truly been achieving "all-round success." People all over Japan and the world must be obsessed with the magic of "SHO TIME."

I truly hope for his continued success throughout the season.

Go for MVP! H-man July 28, 2021

