



Chiba City ・ ちば

2016年6月号
英語版
English Edition
June 2016

No.132

発行：(公財) 千葉市国際交流協会
Issued by: Chiba City International Association
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This newsletter is available at:

<http://www.ccia-chiba.or.jp/005003jyoho/index.html>

ちばし 千葉市からのお知らせ CITY NEWS

がん検診を受けましょう

Get Screened for Cancer

Please undergo examinations for cancer. Eligible persons and examinations are as follows:

Examination: Eligible Age

- Stomach cancer: Age 35 and above
- Lung cancer: Age 40 and above
- Colorectal cancer: Age 40 and above
- Cervical cancer: Women age 20 and above
- Breast cancer: Women age 30 and above

Examination period: Until Tue., Feb. 28, 2017

Cost: Fee-based. Exception: free for those aged 70 and older (65 and older for lung cancer)

Please inquire for more details.

Questions: けんこうしえんか 健康支援課 Health Support Division

☎238-9930

特定健康診査・健康診査

毎年の健診で生活習慣病を予防しましょう!

Health Examination and Specified Health Examinations

Prevent Lifestyle Diseases through Yearly Examinations! Health examinations and specified health examinations are meant to prevent lifestyle diseases. These examinations are held for people aged 40 and above.

The city provides specified health examinations or specified health guidance for residents aged 40-74 who are enrolled in National Health Insurance.

Health examinations are also available for those enrolled in the medical care system for senior citizens aged 75 and older. Vouchers will be sent to those who are eligible, so please confirm if they have arrived or not.



★ When examination vouchers will be sent

- ① Those enrolled in National Health Insurance or the medical care system for senior citizens aged 75 and older: mid-May
- ② Those who enrolled in National Health Insurance after April 1: the end of the month following the month when the application was sent
- ③ Those who enrolled in the medical care system for senior citizens aged 75 and older after April 1: please inquire for more details

★ Specified health examinations: Those aged 40-74 who are enrolled in National Health Insurance – fee: 500 yen

★ Health examinations: Those aged 75 and above who are enrolled in the medical care system for senior citizens aged 75 and older – free

The examination period is until Tue., Feb. 28, 2017. Please see the information send with the examination vouchers for information on where and how to receive examinations.

Questions: けんこうほけんか 健康保険課 Health Insurance Division
☎245-5146

こくみんけんこうほけん かいごほけん ほけんりょうが き
国民健康保険・介護保険の保険料が 決まりました
Premiums for National Health Insurance and Long-Term Care Insurance Have Been Decided

Those enrolled will be notified of the new premiums by mail around mid-June. Please be sure to pay using the designated methods by the deadline. Long-term care insurance is for those who are aged 65 and older. Please inquire for more details.

Questions: National Health Insurance: **健康保険課** Health Insurance Division ☎245-5144
 Long-term care insurance: **介護保険課** Long-Term Care Insurance Division ☎245-5061

じどうてあてけいぞく げんきょうとどけ ひつよう
児童手当継続には 現況届が 必要です
A Status Report Is Necessary to Continue Receiving Child Allowances

Those who are receiving child allowances will be sent a status report form (genkyoutodoke). Fill in the necessary information and submit the form to the Child and Domestic Affairs Division at the Health and Welfare Center in each ward directly or via mail by Thursday, June 30. Without this report, it is not possible to receive an allowance from June.

Questions: こども企画課 Children's Future Planning Division ☎245-5178

こ いるょうひじよせい じゆきゆうけん
子ども 医療費助成 受給券
Vouchers for Financial Assistance for Children's Medical Fees

The deadline to use vouchers for financial assistance for children's medical fees is Sunday, July 31, 2016. Documents have been mailed to those who are in need of renewal. As with the status report form (genkyoutodoke), documents must be submitted either directly or via mail to the Child and Domestic Affairs Division at the Health and Welfare Center in each ward. Those who do not need a renewal will be sent new vouchers by mail around the end of July.

Questions: こども企画課 Children's Future Planning Division ☎245-5178

かんせんしやう らげ
感染症を 防ぐため
に 蚊にご注意を
Beware of Mosquitos to Prevent Infectious Diseases



Mosquitoes can be carriers of infectious diseases such as dengue fever and Japanese encephalitis. To prevent infection, it is very important to avoid being bitten by mosquitoes and especially to prevent mosquito larvae from hatching, so please begin preparing now.

- ★ To prevent mosquitoes from hatching
 Eliminate standing water with mosquito larvae
 - ① Do not leave water in places such as the saucers under potted plants and flowerpots in the garden, etc.
 - ② Remove any water gathered in empty cans or plastic bottles, old tires, etc.
- ★ To avoid mosquito bites
 When entering areas with mosquitoes (grassy areas, etc.), wear long pants and long sleeves to avoid exposing your skin. When necessary, use insect repellent spray.

Questions: 保健所環境衛生課 Health Center Environmental Sanitation Division ☎238-9940

6/1(水)~9/30(金)は 食品衛生夏期 対策期間
食中毒を 予防しましょう
Wed., Jun. 1 - Fri. Sept. 30 is the Food Sanitation Summer Countermeasures Period Prevent Food Poisoning

The basics of preventing food poisoning are preventing contact with bacteria, keeping it from spreading, and eliminating it.

Please be aware of the following things at home:

- ① When buying food
 When buying meat, fish, and vegetables, be sure to buy fresh items
- ② Storing food
 Remember to put items requiring refrigeration or freezing straight into the refrigerator or freezer
- ③ Before cooking
 Be sure to sanitize cooking tools with hot water, etc.
- ④ When cooking
 Be sure to cook food thoroughly with the right amount of heat
- ⑤ Always wash your hands before eating
- ⑥ Leftover food
 Do not leave food as it is and instead transfer it to a clean container. Be sure to heat it properly when reheating and finish any leftovers sooner rather than later.



Questions: 保健所食品安全課 Health Center

6月は 動物の正しい飼い方 推進月間

動物を理解し 正しい飼い方としつけを！

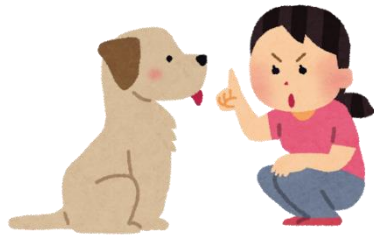
June Is Proper Pet Ownership Promotion Month

Understand Your Pet and Provide Proper Training

June is a month for activities meant to increase understanding about animals and encourage proper training and pet ownership that does not cause trouble to others.

Things to Be Aware of When Owning A Pet

- ① Please take care of and love your pets until they die.
- ② Pet owners are responsible for cleaning up their pets' waste (feces and urine).
- ③ If you do not want your pet to have children, be sure to have it spayed or neutered.
- ④ Equip your pet with a license, name tag, microchip, etc. that includes the owner's name and address. If your pet is lost, take responsibility for searching for it. It may have been brought to the Animal Protection and Guidance Center.
- ⑤ Permission is required to keep dangerous animals as pets. Please consult with the Animal Protection and Guidance Center.
- ⑥ It is illegal to abandon pets. If you are no longer able to take care of your pet, please consult with the Animal Protection and Guidance Center.



To Dog-Owners

- ① Dogs should not be allowed to run around freely outside. Letting your dog loose in a park or on a road is dangerous, as it may bite or injure people. When walking your dog, be sure to use a leash.
- ② If your dog has bitten somebody, contact the Animal Protection and Guidance Center.
- ③ Be sure to register your dog and have it vaccinated for rabies once a year. Attach the license and proof of vaccination to its collar.

To Cat-Owners

Please keep cats indoors, as outdoor cats may enter other people's gardens and use them as litter boxes or scatter the garbage and cause trouble. There is also a possibility of your cat getting into a traffic accident or being infected with diseases by other cats if left outside.

Cat Adoption Event

It is possible to adopt cats that have been taken in at the Animal Protection and Guidance Center. Please come directly to the venue.

When: Tue., Jun. 28 from 11:00 - 15:00

Where: 動物保護指導センター Animal Protection and Guidance Center

Eligibility: Those who are capable of being responsible pet owners

Cost: Free

Questions: 動物保護指導センター Animal Protection and Guidance Center ☎258-7817

6月は 不法投棄防止強化月間

不法投棄(法律を守らないごみ捨て)をしない させない

June is Illegal Dumping Prevention Awareness

Month. Do not dispose waste illegally or tolerate illegal waste dumping. It is illegal to throw away trash on roads or empty lots. Please follow the rules on proper garbage segregation and disposal.



- ★ Recyclable household appliances (Air cons, TVs, refs., washing machines, dryers, etc.)
 - ① Return to the store where they were purchased from.
 - ② Bring them to designated collection spots by yourself.
 - ③ Ask a business licensed by the city to come collect them.

Apply/Contacts: 千葉市リサイクル事業 協同組合 Chiba City Recycling Cooperative ☎204-5805

- ★ Bulky waste (Other than household appliances.)
 - ① Request collection at the Bulky Item Reception Center ☎302-5374
Reception hours: Monday – Friday from 9:00-16:00, Saturday from 9:00-11:30
 - ② Contact a waste management facility and bring it there yourself.
 - ③ May apply via the city's homepage.
- ★ Beware of businesses that collect disused articles illegally!
Please beware of those illegal traders who come around with trucks with a 'free collection' signs trading disposed household

appliances. Do not transact with illegal traders, and dispose your items appropriately.

Questions: 収集業務課 Waste Collection Operations Division ☎245-5246

行って みましよう

Events

千葉ポートタワー 開館30周年イベント Chiba Port Tower 30th Opening Anniversary Events Schedule

Events held to commemorate the 30th year of the opening of the Chiba Port Tower

★ Mineral water distribution
When: Wed., Jun. 15 from 9:00
Distribute to first 1,000 visitors

★ Concerts
When: Sun., Jun. 26
11:00 Japanese Drums performance
12:30 Wind (instruments) ensemble
14:00 Saxophone ensemble
Capacity: first 100 people
Entrance fee: 420 yen for adults; 200 yen for elementary and junior high school students

Questions: 千葉ポートタワー (中央区中央港1)
Chiba Port Tower (1 Chuo-ko, Chuo-ku)
☎241-0125

市の花 オオガハスを 観賞しよう
Let's See in Bloom the City Flower, Oga Lotus
The perfect time to view the city flower Oga lotus has come. Oga lotus festival is held together with the Oga lotus viewing.

Oga Lotus Festival

- ① 'Zobihai' Experience (use of lotus petiole as straw)
When: Sat., Jun. 18, Sun. Jun. 19, Sat., Jun 25, Sun., Jun. 26
Capacity: first 50 people (Numbered tickets distribute from 9:30 on the day.)
- ② Musical instruments performances
When: Sat., Jun. 18, Sun., Jun. 19 from 9:00-12:00
Sat., Jun. 25, Sun., Jun. 26 from 10:00-12:00
- ③ Farm products and seedlings are available to purchase
When: Sat., Jun. 18, Sun., Jun. 19 from 9:00-14:00

Where: ①② 千葉公園蓮華亭 (中央区弁天3) Chiba Park 'Rengetei' (3 Benten, Chuo-ku), ③ 千葉公園ハス池周辺 Chiba Park, around the lotus pond.

Questions: 緑政課 緑と花の推進室 Greenery

Administration Division Flowers and Greenery Promotion Office ☎245-5753

消防市民見学会

Fire Department Citizens Tour

Event includes fireboats, firetrucks, ambulance tour, and rescue drills, etc. Ride the fireboats 'Matsukaze'. Pre-school children cannot ride.

When: Sat., Jun. 25 from 10:00-12:00

Where: 中央消防署臨港出張所 (中央区中央港1) Chuo Fire Department, Rinko Shucchojo (Harbor Branch) (1 Chuo-ko, Chuo-ku)

Capacity: first 200 people
(Children younger than elementary school age must be accompanied by guardians.)

Apply/Ask: 消防局総務課 Fire Department, General Affairs Division ☎202-1664

交流会

「テーマでつながる外国と日本-しごと」 Exchange Event

Japanese Class Connected Through Topic 'JOB'

When: Sat., Jun. 18 from 10:00-12:30

The event includes speeches by foreign residents tackling the topic 'job', and exchange activities.

Where: 国際交流プラザ (中央区中央2)
International Communication Plaza (2 Chuo, Chuo-ku)

Capacity: first 20 people (Reservation required.)

Apply/Ask: 千葉市国際交流協会 Chiba City International Association ☎202-3000

健康・相談

Health & Consultations

外国人のための 無料法律相談

Free Legal Consultation for Foreigners

When: Mon., Jun. 20 from 17:00-20:00

Where: 千葉市国際交流プラザ 会議室 (中央区中央2) Chiba City International Communication Plaza, Conference Room (2 Chuo, Chuo-ku)

Capacity: First 4 people
Reservations are required. Please consult when making a reservation if you would like an interpreter.

Apply/Ask: 千葉市国際交流協会 Chiba City International Association ☎202-3000