



City Residential Newsletter

千葉市生活情報誌

Chiba City ちば

2020年6月号
英語版
English Edition
June 2020

No.180

発行：(公財) 千葉市国際交流協会
Issued by: Chiba City International Association
〒260-0026 千葉市中央区千葉港 2-1 千葉中央コミュニティセンター2階
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 : <http://www.ccia-chiba.or.jp/>
フェイスブック FB: <http://www.facebook.com/ccia1994>

この情報誌は 下の URL または 右の QR コードよりダウンロードすることができます。
This newsletter is available to download from the link below, and from the QR code on the right:
<http://www.ccia-chiba.or.jp/index.php/forforeign/residentialnewsletter.html/>



ちばし 千葉市からのお知らせ CITY NEWS

新型 しんがた コロナウイルス かんせんしやう 感染症 かん に関する しえん 支援 し のお知らせ

Announcement About Support Related to the Novel Coronavirus (COVID-19)

★Novel Coronavirus telephone consultation services

① If you have struggles related to the coronavirus (daily life difficulties, debts, violence, problems at home, residence, workplace, fraud/scams, etc.)

Contact: 新型コロナウイルス専用お困りごと電話相談窓口 しんがた せんやう こま でんわ Coronavirus Counselling Hotline
☎245-5187 Weekdays 9:00-17:00

Those with hearing difficulties may consult by email: komarigoto@city.chiba.lg.jp

② You have a cold (severe fatigue, fever, difficulty breathing, etc.)

Contact: Coronavirus Consultation Center きこくしや せつしょくしや そうだん 帰国者・接触者相談センター

③ If there's something you don't understand about the novel coronavirus

Contact: 市民向け電話相談窓口 しみんむ でんわ そうだん まどぐち Citizens' Telephone Consultation Desk

The phone number for both ② and ③ is
☎238-9966 *9:00-19:00 (until 17:00 on Saturdays, Sundays, and holidays)

If you have hearing difficulties, you can consult by email: chibashicorona@city.chiba.lg.jp

④ Mental health consultations are available at

こころ そうだん のケア相談 Mental Health Care Consultations

☎0570-010-400 Mon-Fri: 17:00-21:00
Sat., Sun., holidays: 13:00-17:00

★Support for those struggling financially

① Consultations about livelihood funds しやかいふくしきやう きかいせいかつふくし とくれいかしつけ しきん しお 市社会福祉協議会生活福祉(特例貸付)資金事務センター Chiba Council of Social Welfare, Livelihood Welfare Funds (Special Loans) Business Center
☎209-8780

② Consultations about housing Search for (“Chiba city housing security benefit”)

③ Payment of public utility charges (water, daycare fees, etc.) Search for ちばし コロナ 公共 りやうきん 料金 (“Chiba city corona public utility charges”)

★Beware of benefit/grant scams

A bad person might lie and tell you to give them your bank account information so they can try to take your money. If you think something is suspicious, feel free to consult.

しょうひせいかつ そうだん せんやう でんわ 消費生活センター相談専用電話 Consumer Affairs Center Consultation Hotline
☎207-3000 Weekdays 9:00-16:30

とくべつていがくきゆうふきん ひとり まんえん きゆうふ 特別定額給付金(1人10万円)を給付します
Special Cash Payments (100,000 per person)
Will be Provided

The application form for the Special Cash Payments will be mailed to your address.



Eligibility: People registered in the Basic Resident Registration System as of April 27 (children are also eligible)

Amount: 100,000 yen per person (the family's portion will be provided to the household owner)

Apply: Fill in the necessary information on the application form and send back the necessary documents (bank transfer number, a copy of identity verification documents) by August 31

Transfer Times: The benefit will be deposited into your account 2 weeks to a month after applying.

Contact: 市特別定額給付金コールセンター Chiba City Special Cash Payments Call Center

☎306-2277 Everyday 8:30-17:30

You can enquire by email if you are hard of hearing: t-kyufukin@city.chiba.lg.jp

こくみんけんこうほけんりょう
国民健康保険料

National Health Insurance Premiums

★The head of the household is obligated to pay.

★Payment method and number of payments:

① Method

Pay by bank transfer or with the payment slip as written on the notice.

② Number of payments

Payments made by bank transfer or payment slip will be done 10 times between June and next March. The end of every month is the payment deadline. Payments withdrawn from pensions are done 6 times (on the same day as regular pension payments).

★If you have trouble making the payment on time...

Be sure to consult if you cannot pay the premiums or delinquent premiums all at once for circumstantial reasons such as losing your job.

Contact: 健康保険課 Health Insurance Division
☎245-5164

★To people whose income has been reduced because of the coronavirus

Subsidies or reduction of insurance premiums may be provided. Please enquire for more details.

Contact: 健康保険課 Health Insurance Division
☎245-5144

どしゃさいがい み まち
土砂災害から身を守る

Protect Yourself from Landslides

Because of the heavy rains in October 2019, the



city experienced many landslide disasters that it never had until now. If small rocks fall from a cliff, if water spurts from a cliff, if a crack forms on the ground of a cliff, etc. run away immediately. You never know when disaster might occur.

Contact: 防災対策課 Disaster Prevention Division
☎245-5147

★Always be prepared

① How are landslides dangerous?

If a cliff collapses, your home could get crushed. Run away before you get hurt.

② What areas are dangerous? Where should I evacuate to?

Use the Earthquake and Storm & Flood Damage Hazard Map (Web Version) or the Landslide Disaster Hazard Map to check if your home is safe or not. You can find them if you search for

千葉県 ハザードマップ (“Chiba city hazard map”).

Speak with your family about safe places to evacuate to and how to get there safely.

★Run away

① If an evacuation order is declared, people living close to cliffs should run away to somewhere far from the cliff.

If you cannot run, then move to a room that is farthest from the cliff on the highest floor.

② Everyone must run during a Level 4 Alert (evacuation order)

The Chiba City Anzen/Anshin Emails or the Public Disaster Prevention Wireless System can keep you informed.

★Know Evacuation Information

“Chiba City Anzen/Anshin Emails”

If you sign up for the Chiba City Anzen/Anshin Emails you can get emails delivered to you about disaster prevention information and crime prevention information during dangerous times, or times when you need to run away. To sign up, send an email with no text to entry@chiba-an.jp.

Contact: 防災対策課 Disaster Prevention Division
☎245-5113

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
Status Report Forms Are Required to Continue
Receiving Child Allowance**

Child Allowance is being provided to people raising children up to end of elementary school. A status report form has been sent to those who are

receiving Child Allowances. Complete the necessary information and submit the form directly to the Child and Domestic Affairs Division at the Health and Welfare Center for the ward in which you live, or via mail by Tuesday, June 30. Without this report, you will stop receiving the Child Allowance beginning in June.

Contact: 保健福祉センター こと家庭課
Health and Welfare Center Child and Domestic Affairs Division

Chuo ☎221-2149 Hanamigawa ☎275-6421
Inage ☎284-6137 Wakaba ☎233-8150
Midori ☎292-8137 Mihama ☎270-3150

子ども医療費助成の

保護者負担額が変わります

Change of Child Medical Expense Amount

Child welfare costs a lot of money. In order to continue the subsidy program for Children's Medical expenses, the city will charge for part of the services that were previously free, starting in August. For example, when a child seeing a doctor receives medicine from a pharmacy outside of the hospital or clinic, it costs 300 yen children up to Grade 3, and 500 yen for children from Grade 4 to the end of junior high school. These finances will be used to enhance education and child-rearing. Please ask the details to Children's Future Planning Division or please search for

千葉市 子ども医療費助成

Contact: こども企画課

Children's Future Planning Division ☎245-5178

6/1(月)~9/30(水)は 食品衛生夏季対策期間

食中毒を予防しましょう

The food hygiene campaign runs from Monday, June 1 to Wednesday, September 30 Preventing Food Poisoning

There are three principles of food poisoning prevention. "Don't touch, don't let it spread, and destroy all bacteria". Please take the following steps at home.

① Store food properly

Put chilled and frozen foods into the refrigerator or freezer immediately.

② Before cooking

Sterilize utensils in boiling water.



③ While cooking

Cook foods thoroughly if needed.

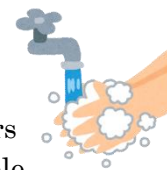
④ Wash your hands before eating.

⑤ Leftovers

Store leftover food in clean containers and finish eating it as soon as possible.

When reheating leftover food, ensure it is properly heated throughout before eating.

Contact: 食品安全課 Food Safety Division
☎238-9935



6月は 不法投棄防止月間

不法投棄をしない させない

June is No Dumping Month

Don't Dump, Stop Others from Dumping

Illegal dumping is disposal of waste in an unpermitted area. Chiba City routinely conducts patrols to prevent illegal dumping, installs "No Dumping" signs, and monitors surveillance cameras. Please follow the rules when disposing of garbage.

Contact: 環境事業所 Environmental Center

中央・美浜 Chuo/Mihama ☎231-6342

花見川・稲毛 Hanamigawa/Inage ☎259-1145

若葉・緑 Wakaba/Midori ☎292-4930



「行ってみましょう」はお休みします

The "Let's Go!" Series is Suspended

Due to COVID-19, events and consultations might be cancelled or postponed. For up to date information, please search for

千葉市 新型コロナ イベント ("Chiba City Novel Coronavirus Events")

健康・相談

毎年の健診で生活習慣病を予防しましょう

Annual Health Check-Ups to Prevent

Lifestyle-Related Diseases

This annual check-up is available for those aged 40 and over.

① Chiba City has already sent annual physical vouchers to those who are eligible. Please make sure you have received it.

How to get a check-up: Please make a reservation with a cooperating medical institution.

What to bring: voucher for annual physical

(^{じゆしんけん}受診券), health insurance card

Fees: 500 yen (Older senior citizens are free)

② Please ask your health insurance provider about the details of the check-up and the validity period.

③ It's possible that check-ups will be cancelled or changed because of COVID-19. For up to date information and more details, search for **千葉市 特定検診** (“Chiba City Specific Health Check-ups”).

Contact: ^{けんこうしえんか}健康支援課 Health Support Division
☎245-5146

^{じんけんようごいいんかいじょうせつそうだん}
人権擁護委員会常設相談

Special Consultation with a Human Rights Commissioner

Date: 8:30-17:15

Content: Concerns about human rights such as discriminative treatment, defamation, harassing, or bullying.

National Human Rights Counseling Line:

☎0570-003-110

Contact: ^{ちばちほうほうむきよくじんけんようごか}千葉地方法務局人権擁護課 Human Rights Protection Division, Chiba District Legal Affairs Bureau ☎302-1319 or ^{だんじょきょうどうさんかくか}男女共同参画課 Gender Equality Division ☎245-5060

^{じよせい けんりひやくとおばん でんわそうだん}
女性の権利110番 (電話相談)

Women's Rights Call Center 110

Consultation is available about women's problems such as violence, divorce, discrimination in the workplace and same-sex partners.

Date: Tuesday, June 23 10:00-16:00

Telephone counseling ☎222-5110

Contact: ^{けんべんごしかい}県弁護士会 Chiba Bar Association
☎227-8431

^{しんぱいごとそうだんじよ そうだん}
心配事相談所の相談

Consultation at Shinpaigoto Soudanjyo (Consultation for Your Legal Concerns)

① Legal Consultation

Date: Thursday, June 18 13:00-15:00

Details: Consultation with a lawyer.

Capacity: First 6 applicants

Note: Cases currently being tried or mediated in court may not be discussed. Telephone consultation is unavailable.

Apply: ^{しんぱいごとそうだんじよ}心配事相談所 Consultation for Your Legal

Concerns ☎209-8860

② Daily Consultation

Date: 10:00-12:00/13:00-15:00 (during the week)

Content: Consultation with a District Welfare Officer and Commissioned Child Welfare Volunteer.

Contact: ^{しんぱいごとそうだんじよ}心配事相談所 Consultation Office for Your Concern ☎209-8860

^{がいこくじん ろうどうそうだん ほりつそうだん}
外国人のための労働相談・法律相談
Free Legal Consultations for Foreigners

① Labor consultations with a labor and social security attorney.
Saturday, July 11, from 13:00-16:00

② Legal consultations with a lawyer
Saturday, July 20, from 13:00-16:00

Venue: 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: ^{ちばしこくさいこうりゅうきょうかい}千葉市国際交流協会 Chiba City International Association ☎245-5750



^{へんしゅうこうき}
【編集後記】“THANKS の S”

【Editor's note】S from THANKS
アフターコロナは ^{さんみつ}三密に代えて

「^かむんむん・ぎゅうぎゅう・がやがや」

After COVID-19, Instead of Three Cs, (San Mitsu) “mun mun • gyu gyu • gaya gaya”

These three words were suggested by Mr. Inoguchi, Vice President of the Tokyo Medical Association, to help children better understand the Three Cs. It explains how to avoid crowds and noisy places. As an instructor of a Japanese class, I am interested to know how well non-Japanese speakers understand these three words. I have asked Japanese learners if they know the meaning of Three Cs. Those who understood easily were from countries that use Chinese characters, but those from other countries did not understand it. I am curious to know whether the onomatopoeia is understandable for them, including those who did not understand the Three Cs. I hope the onomatopoeia can help people all over the world understand the meaning by the sound or a sense of language.

