

English Newsletter

AI KOKA



2016

August



Annual Report of "Child-Raising Allowance" and "Special Child-Raising Allowance"

(児童扶養手当の現況届／特別児童扶養手当の所得状況届)

Beneficiaries of "Child-Raising Allowance(児童扶養手当 *Jidou-Fuyou-Teate*)" and "Special Child-Raising Allowance(特別児童扶養手当 *Tokubetsu-Jidou-Fuyou-Teate*)", including those who are under suspension of payment due to income limits, are required to submit annual report called *GENKYOU-TODOKE*(現況届) every August.

This report is for confirming income during the previous year and child-raising conditions.

If you don't submit the report, you will not be able to receive the allowance for August onward. Be sure to submit the report within the given period below.

As we need to have an interview, the report must be submitted by beneficiaries of Child-Raising Allowance in person.

- ◇Report submission period: 【From 8:30a.m. to 5:15p.m. (Except for Saturdays, Sundays and holidays)】
 For Child-Raising Allowance (*Jidou-Fuyou-Teate*) > August 1st (Mon) ~ August 31st (Wed)
 For Special Child-Raising Allowance (*Tokubetsu-Jidou-Fuyou-Teate*) > August 12th (Fri) ~ September 12th (Mon)

- ◇Where to submit: - Reception desk (at Koka City Hall)
 - *Chiiki-Shimin-Center* of: Tsuchiyama, Koka-Ohara, Kounan-Daiichi and Shigaraki
 - Child Support Division (子ども応援課 *Kodomo-Ouen-Ka*)

Inquiries Child Support Div. (子ども応援課 *Kodomo-Ouen-Ka*) ☎0748-86-8423 Fax:0748-86-8029

For persons enrolled in National Health Insurance

Application for "Eligibility Certificate for Ceiling-Amount Application"

Application is required. (限度額適用認定証)

If you receive a high-cost medical treatment (whether hospitalization or outpatient), by showing "Eligibility Certificate for Ceiling-Amount Application" (限度額適用認定証 *Gendogaku-Tekiyou-Ninteishou*) at a medical facility, you can hold the monthly co-payment amount at the medical facility to the ceiling-amount.

If you need the certificate, please apply to the offices listed below.

Those who currently have the certificate and wish to continue using the certificate also need to apply for the update, as validity of the certificate is up to July 31st. Application has been accepted from August 1st (Mon)

Please note that your application might not be accepted if you are in arrear with your payment of insurance tax.

- Where to apply: -Insurance and Pension Div. of Koka City Hall
 -*Chiiki Shimin Center* of Tsuchiyama, Koka-Ohara, Kounan-Daiichi and Shigaraki.
 ○What to bring: · National Health Insurance card, · Certificate of taxation (*KAZEI-SHOUMEI-SHO*) (Only for those who are not registered in Koka city as of January 1st,2016)

※In case of person aged 70 to 74, **only person who belongs to household exempt from residential tax** will be required to apply for "eligibility certificate for ceiling amount application / reduction of standard co-payment amount".

Inquiries Insurance and Pension Div. (保険年金課 *Hoken-Nenkin-Ka*) ☎0748-65-0688 Fax: 0748-63-4618

Exemption of Nursery School Fee for the third child onward

第3子以降の保育料無料化

In order to reduce financial burden of households with children, as one of the measures against birthrate decline, Koka city has expanded the eligibility for the exemption of Nursery School Fee for the third child onward.

Before In the case of more than 2 siblings admitted to a nursery school at the same time, the nursery school fee for the third child and/or onward is exempted (free).

In addition to the above,

From April 2016 In case of a nursery school child has siblings who are supported by same parents or guardian in a household with an annual income of less than 4,700,000 yen, regardless of the siblings' age, nursery school fee for the third child and/or onward is exempted (free).

We've mailed a notification to those who are qualified in July.

Inquiries Kodomo-Mirai-ka Div. ☎0748-86-8179

Heat Stroke Prevention!

予防しましょう 熱中症

This summer also is expected to be extremely hot, and this season will increase the risk of taking heat stroke. In Shiga Prefecture, between May and September of last year, about 670 people were taken to hospitals by ambulance due to heat stroke. There is a risk of taking heat stroke not only outside but also inside a room in the case of hot and humid circumstance. Please correctly understand this physical illness and make an effort to prevent it.

○ Preventions for those who especially need to be careful

Infants: • Don't leave children in a car for even short time. • Supply enough liquids and adjust clothes.
• Put a sunshade on a stroller (baby buggy).
(Even if you put a sunshade, be very careful of the reflected heat from the ground.)

Elderly people: • Drink water frequently. (Especially, drink water before going to bed)
• Check room temperature and humidity frequently, and adjust air conditioning



Those who work outside:

- Make effort to lower the body temperature by using a wet towel or cold compress.
- Drink water frequently and rest moderately

○ Symptoms of Heat Stroke

Light level: dizziness, vertigo, muscle pain, excessive sweating, etc.

Middle level: headache, nausea, fatigue, etc.

Serious level: unconsciousness, spasm, high body temperature, cannot answer properly to a question, cannot walk straight, cannot run, etc.

○ First aid for suspicious heat stroke patient

1. Move to a cool place and rest quietly.
2. Loosen clothes and cool down the body.
3. Supply water and salt



If they are unconscious,
or are unable to drink by themselves,
Call an ambulance immediately. (Call 119)

Application for Group Cancer Screenings for the second half

集団がん検診 後期申込受付

Application for Group Cancer Screenings between Sep. and Dec. will be accepted. (Screening for Stomach cancer, Lung cancer, Breast cancer and Cervical cancer)

- **How to apply:** please make an application by phone at the following number. **TEL: 0120-614-515**
- **Application period:** August 29th (Mon) ~ September 2nd (Fri) 9:00am ~ 6:00pm

※For more information such as eligibility and screening date, please see P.13, 14, 17 and 18 of Health and Medical Checkup Calendar. **Inquiries:** Health Promotion Div. (Kenko-Suishin-ka) ☎0748-65-0737

Health Checkup for Babies and Infants: August 2016

Reception Hour: 1:00pm-1:30pm

HC=Hoken Center

乳幼児健診 (Nyuyouji Kenshin)

| Checkup for | Eligible child (month of birth) | Date of Checkup | Location | What to bring |
|--------------------------|---------------------------------|---------------------|--------------|---|
| 4 months old | April 2016 | Aug 25 (Thu) | Minakuchi HC | Maternity record book, questionnaire, towel, diapers, change of clothes, milk |
| | | Aug 17 (Wed) | Kaede Kaikan | |
| 10 months old | September 2015 | Aug 18 (Thu) | Minakuchi HC | Maternity record book, questionnaire, towel, diapers, change of clothes, milk |
| | | Aug 17 (Wed) | Kaede Kaikan | |
| 1 year and 8 months old | December 2014 | Aug 3 (Wed) | Minakuchi HC | Maternity record book, questionnaire, diapers |
| | | Aug 9 (Tue) | Kaede Kaikan | |
| 2 years and 6 months old | January 2014 | Aug 1 (Mon) | Minakuchi HC | Maternity record book, questionnaire, questionnaire for exam about hearing ability(do the exam at home) |
| | | Aug 23 (Tue) | Kaede Kaikan | |
| 3 years and 6 months old | January 2013 | Aug 22 (Mon) | Minakuchi HC | Maternity record book, questionnaire |
| | | Aug 4 (Thu) | Kaede Kaikan | |

Appointment is not needed. Please visit the Hoken Center directly: **Minakuchi HC** for residents of Minakuchi and Shigaraki towns; **Koka HC** for residents of Tsuchiyama, Koka, and Konan towns; **Kaede Kaikan** for residents of Tsuchiyama, Koka, Konan and Shigaraki towns

For more details, please refer to Health and Medical Checkup Calendar.

Inquiries Health Promotion Div. (健康推進課 Kenkou-Suishin-Ka) ☎0748-65-0736 Fax: 0748-63-4591

English interpreter is available from 8:30 a.m. to 5:15 p.m.
At Regional Community Promotion Div. in City Hall
Phone: 0748-65-0604

Automated translation is available on our homepage:
<http://www.city.koka.lg.jp/>