

Watch out for HEAT STROKE!!!

Have you heard of heat stroke?

As summer is fast approaching, weather forecasts expect that this year's summer is going to be exceptionally hot with days exceeding temperature of 37°C. When the outside temperature gets higher than our body temperature, the risk of getting a heat stroke significantly increases. To spend this summer fun and in great health, we all should learn about heat stroke and how to prevent it.



Children Children cannot regulate body temperature as well as adults, making them susceptible for the reflected heat from the ground.

- ① Examine your child's face carefully: is his/her face turning red?, sweating heavily?, are his/her lips dried?
- ② Have your child(ren) play outside and get them used to summer heat.
- ③ Attach shades to your stroller.
- ④ Never leave your child(ren) in the car unattended, even for a brief period of time.

Seniors have difficulty sensing heat, and their ability to regulate body temperature and perspiration.

Seniors

- ① Drink plenty of water, even if not feeling thirsty.
- ② Check thermometer and hygrometer often.
- ③ When taking a bath, keep it short and not too hot.



Workers

Body temperature increases rapidly when working in hot and humid environment for a long time.

- ① When being outside, cool down your body with wet towel/icepack by applying them on your head, neck and armpits.
- ② Take breaks often.
- ③ Drink water regularly and up your intake of salt.

Take these steps to prevent heat stroke

- Sip water throughout the day: aim to drink about 1.2 liters per day.
- Eat well-balanced meals.
- Strengthen your body against summer heat. *Walking 20 to 30 min. a day is recommended.
- Cool down your room by cutting direct sunlight using blinds, Sudare and curtains.
- Ventilate your home with screens and fans.

If you suspect you have heat stroke,

If you think you or others have heat stroke, act accordingly depending on the symptoms seen in below stages.

Stage 1

- Dizziness
- Light-headedness
- Heavy sweating
- Muscle stiffness such as cramps

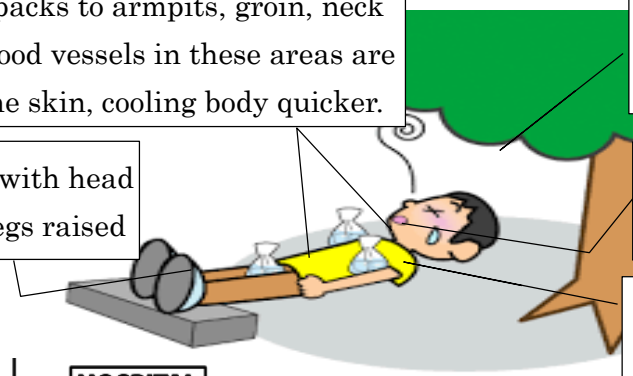
Apply icepacks to armpits, groin, neck because blood vessels in these areas are close to the skin, cooling body quicker.

Lay down with head low and legs raised

Carefully move to cool, shady area

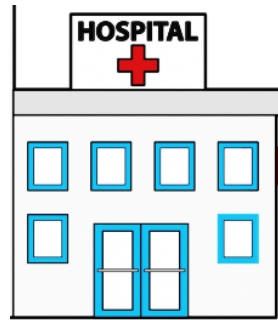
Drink water or sports drink.

Loosen restrictive clothing



Stage 2

- Headache
- Vomiting
- Fatigue
- Poor concentration and judgement.



Stage 3

- Unconsciousness
- Seizure

For more information on heat stroke prevention, contact Sukoyaka Shien Ka at 0748-69-2168

HEALTH CHECKUP FOR INFANTS AND TODDLERS: JULY

No appointment necessary: please visit your nearest Hoken Center directly.

For more details, please refer to Health Checkup Calendar.

Inquiry: すこやか支援課 (すこやか しえんか) at 0748-69-2168

しちがつにゅうよう じけんしん

7月 乳 幼児健診

Health checkup	Eligible Child	Exam Date	Location	Reception Hours	What to Bring
4 months	March 2017	7/20 (Thr)	Kaede Kaikan	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), towel, diapers, change of clothes, formula if necessary.
		7/27 (Thr)	Minakuchi HC		
10 months	August 2016	7/13 (Thr)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), towel, diapers, change of clothes, formula if necessary.
		7/20 (Thr)	Kaede Kaikan		
1 year and 8 months	November 2015	7/5 (Wed)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), diapers
		7/26 (Wed)	Kaede Kaikan		
2 years and 6 months	December 2014	7/12 (Wed)	Minakuchi HC	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), survey for your child's hearing ability (ささやきこえけんしん)
		7/26 (Wed)	Kaede Kaikan		
3 years and 6 months	December 2013	7/6 (Thr)	Kaede Kaikan	1:00pm~ 1:30pm	Maternity record book(ぼしてちょう), questionnaire (しつもんひょう), Additional questionnaire distributed at 2 years and 6 months checkup
		7/24 (Mon)	Minakuchi HC		



--- July Events ---



Tanabata Matsuri

At the end of this festival, hand-held fireworks will light up the sky.

Date: 7/7 (Fri) from 4:30pm to 9:00pm at Yagawa Jinja/やがわじんじゃ

(Konancho Morishiri 70) Inquiry: Shokokai Konan Shisho at 0748-86-2016



Kumoi Takeyoino Yube



Few thousand bamboo lanterns illuminate Kumoi Station.

Date: 7/8 (Sat) from 6:30pm to 9:00pm at Kumoi Station of Shigaraki Kogen Tetsudo/くもいえき

Inquiry: Kumoi Chiiki Shimin Center at 0748-83-8531

Shigaraki Himatsuri 2017

Flaming torches will parade to Atago Toki Jinja.

Date: 7/22 (Sat) from 7:00pm to 10:00pm in whole neighborhood around Shigaraki Station/しがらきえきのちかく

Inquiry: Shigaraki Matsuri Executive Committee at 0748-82-0873



Ohara Gion Matsuri



Lanterns are knocked against each other during the eve of the festival, and people scramble for flowers on the day of the festival.

Date: 7/23 (Sun) from 9:00pm, 24th (Mon) from 3:00pm at Otori Jinja/おおとりじんじゃ (Kokacho Toriino 783)

Inquiry: Otori Jinja at 0748-88-2008

Manto Sai

Precincts of the temple will be lit up by 8,000 lanterns.

Date: 7/25 (Tue) to 27 (Thr) from 6:30pm to 10:00pm at Tamura Jinja/たむらじんじゃ (Tsuchiyamacho Kitatsuchiyama 470)

Inquiry: Tamura Jinja at 0748-66-0018



Koka Natsu Matsuri 2017



Sky will be painted with 1,500 fireworks.

Date: 7/29 (Sat) from 3:00pm to 9:00pm at JA Koka parking lot/ JA こうかのちゅうしゃじょう

Inquiry: Kokashi Kanko Kyokai at 0748-60-2690

Sekai Manabi Juku 2017 – learning about Vietnam

In this class, elementary school students get an opportunity to learn about Vietnam.

Date: 7/8 (Sat) from 10:00am to 12:00pm at 2nd floor at Kizuna/きずなの2かい

Open for: elementary school students

Fee: ¥300 for Koka International Society member

¥500 for non-member.

Bring pens.

Seats: 40. Reserve by July 6 (Thr)

Inquiry: Koka International Society (こくさい こうりゅう きょうかい) at 0748-63-8728



--- July Information ---

If you are afraid your medical expenses will be high...

If you are under 70 years of age and you apply for a high-cost medical expense benefit from your health insurance provider beforehand, your monthly payment at the cashier's desk will be no more than a specified amount. If you wish to apply for "Eligibility Certificate for Ceiling-Amount Application (げんどがく てきょう にんていしょう)", read the following information and apply at one of the available locations. Note: You may not be eligible if you have outstanding tax debts. For seniors between age 70 and 74, application is required only if you are of household excluded from resident taxation (aged recipient proof of health insurance can identify one's income bracket thus no need to apply for the certificate).

Submit application to: Hoken Nenkin Ka at Minakuchi Office of City Hall, major Chiiki Shimin Centers at Tsuchiyama, Koka Ohara, Konan Daiichi, and Shigaraki.

Bring: health insurance card, Inkan (personal seal), Certificate of Taxation (かぜいしょうめいしょ) *required if you did not have address registered in Koka City as of January 1, 2017. If you currently have the eligibility certificate, the current certificate is valid until July 31. If you wish to continue, apply for the certificate AFTER August 1.

Inquiry: Hoken Nenkin Ka, Kokuho Nenkin Kakari at phone:0748-69-2140/FAX:0748-63-4618.

July Taxes (7がつの ぜいきん)

- Fixed Assets Tax 固定資産税 (こていしさんぜい)
- Nursing Care Insurance 介護保険料 (かいごほけんりょう)
- National Health Insurance Tax 国民健康保険税(こくみんけんこうほけんぜい)
- Latter-stage elderly medical insurance fees 後期高齢者医療保険 (こうきこうれいしゃいりょうほけんりょう)
- Nursery school fee 保育料 (ほいくりょう) ● Kindergarten fee 幼稚園使用料 (ようちえんしょうりょう)
- Sewerage fee 公共下水道使用料 (こうきょうげすいどうしょうりょう)

Due date for tax payment:

June 31st (Monday)

English interpreter is available from 8:30 a.m. to 5:15 p.m.
at Regional Community Promotion Div. in City Hall
Phone: 0748-69-2114

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