

Influenza Vaccinations for the Elderly

When you have the flu (infected by the influenza virus), you can suddenly develop symptoms such as a fever of 38°C or higher, headache, joint pains, muscle pains, and general fatigue.

Many elderly people who have the flu can develop pneumonia and other complications, and some may even die.

You can prevent yourself from getting influenza and having it develop into a serious condition by getting the influenza vaccination, and also by following the new way of living of boosting immunity by living an orderly life, gargling and washing your hands, wearing a mask, and avoiding the three Cs (crowds, closed spaces, and close contact).

Eligible Persons Koka City residents, who satisfy

① and/or ②. ① Those aged 65 years or older on the day of vaccination ② Those aged between 60 years or older and under 65 years on the day of vaccination, and who have dysfunction of the heart, kidney or respiratory organs, and/or have impaired immunity due to the HIV virus, and/or have a Physical Disability Certificate Level 1.

Vaccination Period Middle of October to late December (varies among medical institutions and healthcare facilities)

What to Bring Health insurance card and/or medical insurance card for older senior citizens

Vaccination Fee Paid by the Individual ¥2,000 (Please pay at the medical institution or healthcare facility)

Participating Medical Institutions and Healthcare Facilities Please check table 1.

* If you prefer to receive the influenza vaccination at a medical institution or healthcare facility outside of Koka City, please be sure to contact Health Support (Sukoyaka Shien Ka) at least 2 weeks before the vaccination date.

Exemption of the Vaccination Fee Paid by the Individual

Koka City residents, who satisfy ① and/or ② are exempt from paying the vaccination fee.

Please be sure to apply for an exemption before receiving the influenza vaccination.

① Households receiving public assistance

② Households exempt from residence tax in fiscal 2021

* Applications for exemption cannot be made after receiving the vaccination.

* If you are aged between 60 years or older and under 65 years and want to apply for an exemption, please bring a copy of your Physical Disability Certificate and/or a written statement of opinion from your family doctor.

Where to Acquire and Submit the Application Form

You can apply at Health Support (Sukoyaka Shien Ka), or at your nearest Health Care (Hoken) Center or Community Civic (Chiihi Shimin) Center.

* Please contact Health Support (Sukoyaka Shien Ka) if it is difficult for you to pick up an application form from the above places; we will post the application form to you. Please fill in the application form, and return it to Health Support (Sukoyaka Shien Ka). (Please pay the postage fee for returning the form.)

* You can also download the application form from the Koka City website.

Hours Until November 30 (Tue.) (Weekdays from 8:30 am to 5:15 pm)

(Table 1) Fiscal 2021 Participating Medical Institutions and Healthcare Facilities for Influenza Vaccinations for the Elderly

	Name of Medical institution/ Healthcare Facility	Address	Phone	Reservation Method
Minakuchi-cho	Asada Clinic *1	226-1 Higashi-Nasaka Minakuchi-cho	0748-69-7755	Reservation required
	An Clinic	119-1 Mushono-Chuo Minakuchi-cho	0748-65-6884	No reservation required
	Iwaya Clinic	2-10 Nakayashiki Minakuchi-cho	0748-62-0053	No reservation required
	Ohta Clinic	81-2 Mushono-Chuo Minakuchi-cho	0748-63-3553	No reservation required
	Kimura Clinic	1015-9 Mushono Minakuchi-cho	0748-62-2143	Reservation required
	Koka Public Hospital	1256 Matsuo Minakuchi-cho	0748-62-0234	Reservation required
	Saito Clinic Internal Medicine and Gastroenterology	3-26 Shoei Minakuchi-cho	0748-65-2002	No reservation required
	Tashiro Clinic	696 Shinjo Minakuchi-cho	0748-63-0530	No reservation required
	Tashiro Surgery & Plastic Surgery Clinic	1272 Izumi Minakuchi-cho	0748-62-0635	No reservation required
	Tsubasa Clinic	3-33 Ayano Minakuchi-cho	0748-63-7766	No reservation required
	Nakagawa Internal Medicine Clinic	5546-4 Minakuchi Minakuchi-cho	0748-65-5410	Reservation required
	Hamada Clinic *2	5992-1 Minakuchi Minakuchi-cho	0748-65-3737	Reservation required
	Hayami Clinic	1-Chome 128 Kita-Izumi Minakuchi-cho	0748-65-3211	No reservation required
	Hirakawa Clinic	184-2 Higashi-Nasaka Minakuchi-cho	0748-63-6373	No reservation required
	Fukai Clinic	3802 Ban-Nakayama Minakuchi-cho	0748-65-4100	Reservation required
	Minakuchi Clinic	293-1 Kibukawa Minakuchi-cho	0748-62-3346	No reservation required
	Tsuchiyama-cho	Minakuchi Internal Medicine and Gastroenterology	47-2 Minami-Hayashiguchi Minakuchi-cho	0748-63-2100
Minakuchi Hospital		2-Chome 2-43 Honmachi Minakuchi-cho	0748-62-1212	Reservation required
Murakami Orthopedic Surgical Clinic		1095-4 Mushono Minakuchi-cho	0748-63-7751	No reservation required
Yamada Surgery		2-29 Yasaka Minakuchi-cho	0748-62-0893	No reservation required
Yamamoto Internal Medicine and Surgical Clinic		111 Mushono-Chuo Minakuchi-cho	0748-62-9559	No reservation required
Uda Clinic		1684-1 Kita-Tsuchiyama Tsuchiyama-cho	0748-66-1050	No reservation required
Kariyushi Clinic		401 Ono Tsuchiyama-cho	0748-67-0155	Reservation required
Koka-cho	Kawabata Clinic	451 Tokuhara Tsuchiyama-cho	0748-67-0018	No reservation required
	Nakanishi Clinic	1433-2 Kita-Tsuchiyama Tsuchiyama-cho	0748-66-0712	No reservation required
	Oki Clinic	2089 Oki Koka-cho	0748-88-4072	No reservation required
Konan-cho	Furunishi Clinic	833-141 Haisaka Koka-cho	0748-88-5575	No reservation required
	Masuda Clinic	2231-1 Taki Koka-cho	0748-88-2277	Reservation required
	Imamura Clinic	2201 Fukawa Konan-cho	0748-86-2119	No reservation required
	Konan Hospital *3	958 Kazuraki Konan-cho	0748-86-3131	Reservation required
	Takeuchi Rheumatology & Orthopedic Surgical Clinic	77-1 Nojiri Konan-cho	0748-86-8205	No reservation required
Shigaraki-cho	Terai Clinic	6-Chome 857-81 Kibogaoka Honmachi Konan-cho	0748-86-1112	No reservation required
	Heart Clinic Kokoro	411 Nojiri Konan-cho	0748-86-0011	No reservation required
	Furu Clinic	1098 Terasho Konan-cho	0748-86-3135	No reservation required
Shigaraki-cho	Shigaraki Clinic	619-1 Nagano Shigaraki-cho	0748-82-7833	Reservation required
	Shigaraki Central Hospital	473 Nagano Shigaraki-cho	0748-82-0249	Reservation required
	Shigaraki Hospital	997 Maki Shigaraki-cho	0748-83-0101	Reservation required

*1 Vaccination priority given to Asada Clinic patients. *2 Vaccination only available to Hamada Clinic patients. *3 If you want to receive the vaccination only from Konan Hospital, please go there from 12 pm to 3 pm on Monday, Wednesday, Thursday, and Friday, and from 9 am to 12 pm on Saturday.

Shigaraki Community Vaccination Venue Changed to Shigaraki Central Hospital

The Shigaraki community vaccination venue, one of the group vaccination venues for the COVID-19 vaccine, will change from the Shigaraki Development Center to the Shigaraki Central Hospital for vaccinations from October 4 (Mon). People who will receive their second vaccination from October 4 onwards should be particularly careful to go to the new venue.

Although the vaccination venue has changed, the vaccination reservation method is the same. Please use the Koka City vaccination call center or vaccination reservation website to book your vaccination.

Please Get the COVID-19 Vaccination

COVID-19 is a highly infectious virus that has completely changed the way we live.

The COVID-19 vaccine provides a high level of protection against becoming infected with the coronavirus, and against developing a severe case of COVID-19.

If you would like to receive the COVID-19 vaccine but haven't yet booked your vaccination, you can do so at the Koka City vaccination call center or vaccination reservation website. Please book your vaccination as soon as possible.

Please Carefully Keep your Vaccination Coupon Even After Getting Vaccinated

The COVID-19 Vaccination Coupon contains a (temporary) proof of vaccination.

Attached to the proof of vaccination is the seal of the vaccination lot your received. If you dispose of or lose the vaccination coupon it cannot be reissued, so please be sure to keep it carefully.

*(Temporary) does not mean that an official proof of vaccination will be issued at a later date; it means the vaccination you received is a "temporary vaccination."

Inquiries COVID-19 Response Office TEL.0748-69-2154 FAX.0748-69-2255



COVID-19 Vaccination Reservation Website

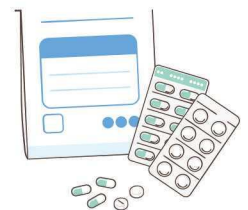


Why Not Try Generic Medicines?

Generic medicines are inexpensive pharmaceutical products approved by the Ministry of Health, Labour and Welfare for having the same active ingredients, efficacy, and effect of the original medicines they are based on. Generic medicines are manufactured by other pharmaceutical manufacturers once the patents of the original medicines (new medicines) have expired.

If you are uncertain about switching to generic medicines, you can set a period for their use. Please consult with your family doctor or pharmacist.

You can also use the "preferred sticker" and "please prescribe card" enclosed with your health insurance card when it is sent to you, so please show this sticker or card if you prefer to use generic medicines.



Inquiries Health Insurance and Pension (Hoken Nenkin Ka)
National Health Insurance and Pension TEL.0748-69-2140
Elderly Medical Care TEL.0748-69-2142 FAX.0748-63-4618

Let's Enjoy Delicious Eating! October 30 is Food Loss Reduction Day.

October is Food Loss Reduction Month, and October 30 is **Food Loss Reduction Day**.

Food loss refers to food that can still be eaten but is thrown away, and it has become a problem these days. Everyday in Japan, the equivalent of about one bowl of food per person is thrown away (2020 statistics from the Ministry of Agriculture, Forestry and Fisheries (MAFF) and the Ministry of the Environment.) Let's enjoy "delicious eating" of the food we buy!

If you have any food items or ingredients that haven't expired and you cannot use all of, please donate them to the Koka City Social Welfare Council food bank project "e-Kokoro Station" (in three locations in Koka City).

• 7-2 Yasaka Minakuchi-cho • 886 Ohara-Naka Koka-cho • 1267-2 Nagano Shigaraki-cho TEL.0748-62-8085



Inquiries Waste Management, Consumer and Environmental Protection (Seikatsu Kankyo Ka)
TEL.0748-69-2145 FAX.0748-63-4582

Basic Medical Checkup Open for Persons Aged 16 - 39 years

Eligible Persons People born between April 1, 1982 to April 1, 2006

Details Physical measurements, examination by a doctor, urine test, blood pressure measurement, blood test (lipids, liver function, kidney function, anemia, blood sugar)

Fee ¥1,000 **What to Bring** Money for the fee, Health notebook (if you have one)

Date and Place

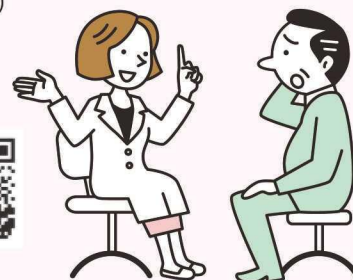
October 7 (Thu)	Maroom (Minakuchi)	9:30 am to 10:45 am
November 2 (Tue)	Koka Health Checkup (Hoken) Center	9:00 am to 10:45 am
January 19 (Wed)	Maroom (Minakuchi)	9:30 am to 10:45 am

How to Apply * Use the QR Code to reserve a check up (Deadline: 2 days before)

* Call to book a check up (Deadline: 7 days before)

TEL.0748-69-2168 (Weekdays 8:30 am to 5:15 pm)

Note: The number of applicants for a check up is limited, and you may not be able to reserve a check up if many applications are received.



You can also get a health check up at a medical institution or healthcare facility.

Please check the health checkups (medical checkups) calendar or Koka City website for details. If you have any questions, please contact Health Support (Sukoyaka Shien Ka).

Inquiries

Health Promotion, Health Support (Sukoyaka Shien Ka)
TEL.0748-69-2168 FAX.0748-63-4085

Health Checkup by Smartphone (For Koka City residents aged 35 to 39 years, and who have National Health Insurance)

National Health Insurance subscribers can now easily access at home a blood test service; this service is available before becoming eligible for a specific health examination*.

From applying for the test to receiving the results, everything can be done using your smartphone. For details, please check the individual notice that will be sent to you.

* Specific health examination: Health checkup for Koka City residents aged 40 to 74 years, and who have National Health Insurance



Fee to Pay ¥1,000

How to Apply Eligible persons will be sent a notice from October 1.

Inquiries

National Health Insurance and Pension, Health Insurance and Pension (Hoken Nenkin Ka)
TEL.0748-69-2141 FAX.0748-63-4618

Sunday is for Breast Cancer Screenings! Japan Mammography Sunday

Date October 17 (Sun) 10 am, 11 am, 1 pm, 2 pm

Place Koka Public Hospital

Capacity 20 people (5 people for each time slot)

Eligible Persons •Persons with a Free Coupon from the Municipal Cancer Screening (Shicho Gan Kenshin) •Persons who do not have the following:① Cardiac pacemaker, V-P shunt, Subcutaneous implantable port ② Breast implants ③ Surgery for cancer within the past 10 years

* If you feel any lumps or other abnormalities in your breast, please get your breasts checked at the mammary gland outpatient clinic.

Application Deadline Reservations required by 5:15 pm on October 8 (Fri)

Inquiries & Applications

Koka Public Hospital Health Checkup Center
TEL.0748-65-1612 (10 am to 5:15 pm)



October After-hours Counter (every Tuesday until 7:00 pm) : October 5, 12, 19, 26

Every Tuesday the Koka City Hall Citizens' Affairs (Shimin Ka) is open until 7:00 pm, so you can complete administrative procedures such as having certificates issued (family register, resident register, tax certificate, etc.) or registering your personal seal.

* There are some procedures that cannot be done at the After-hours Counter. Please call or fax the numbers listed below to find out which procedures are handled at this counter.

Notice from Maina-chan

You can use your Individual Number Card to get a copy of various certificates at convenience stores. (Check the list below for the applicable certificates.)



Inquiries Citizens' Affairs (Shimin Ka) TEL.0748-69-2138 FAX.0748-65-6338

October Tax Payments

The due date for tax payments this month is **November 1 (Mon)**.

Please use the convenient direct debit system for your tax payments.

- Municipal and prefectural residences tax (3rd installment)
- National Health Insurance tax (5th installment)
- User fees (Nursery school fees, Kindergarten and Nursery school lunch fees)
- Nursing-care insurance premium (5th installment)
- Medical Insurance premiums for older senior citizens
- Water rates

Consultation content/Contact

Date

Time

Location

Life and Work Consultations (Public Assistance Counter)*

Advice is available for concerns about daily life and work.

*No need to apply Responders: Consultation support staff, and employment support staff

Contact Public Assistance, Public Assistance (Seikatsu Shien Ka)

TEL.0748-69-2158 / FAX.0748-63-4085

Every week, from Monday to Friday (except public holidays)

8:30 am to 5:15 pm

Public Assistance (Seikatsu Shien Ka), Koka City Hall Public Assistance Counter (Seikatsu Shien Madoguchi)

Consumer Affairs Consultations

Advice is available for concerns about consumer affairs, such as products, purchase agreements and other contracts.

You may be directed to the Shiga Prefecture Consumer Center.

Responders: Consumer affairs counsellors

Contact Consumer Life Center (Shouhi Seikatsu Center)

TEL.0748-69-2147 (Consumer Hotline) / TEL.188 (no area code)

Every week, from Monday to Friday (except public holidays)

9:00 am to 5:00 pm

1F, Koka City Hall Consumer Life Center (Shouhi Seikatsu Center)

Pension Consultations

Consultations: Kusatsu Pension Office staff

*By appointment only, first-come-first-served basis

Contact Appointments Kusatsu Pension Office

TEL.077-567-1311 (for appointments) / FAX.077-562-9638 (for appointments)

November 11 (Thu)
January 13, 2022 (Thu)
*Held every second month

10:00 am to 3:00 pm

Minakuchi Social Welfare (Shakai Fukushi) Center 2F Middle Meeting Room

School-age Children Consultations

This consultation counter is for school-age children (elementary to high school) and their parents/guardians and other family members. Why don't we think about school, life, and parenting together?

Responders: Counsellors for school-age children

Contact Child Rearing Policy, Child Rearing Policy (Kosodate Seisaku Ka)

TEL.0748-69-2176 / FAX.0748-69-2298

Every week, on Monday, Thursday, and Friday (except public holidays)

8:30 am to 5:15 pm

Child Rearing Policy (Kosodate Seisaku Ka), 2F Koka City Hall
You can also make inquiries by telephone or by the Child-Rearing Concierge Inquiry Form.



Parenting and Study Consultations*

We are ready to listen and offer advice on matters about your child's development and emotional/mental concerns.

*Please make an appointment by phone or fax.

Eligible: Generally children aged 4 years or older, elementary and middle & senior high school students, adolescents and young adults (up to around 25 years old)

*For consultations regarding children aged 4 or young, please contact the Health Support (Sukoyaka Shien Ka) on 0748-69-2169.

Contact Appointments Development Support (Hattatsu Shien Ka)

TEL.0748-69-2178 / FAX.0748-69-2298 (Hours: 9:00 am to 5:00 pm)

Kindergartens/nurseries and schools, Koka City Hall, etc.

Youth Concerns Consultations*

We are ready to listen and offer advice on matters concerning young people, including school absenteeism, bullying, misbehaving, delinquency, friendships, and pursuing further education or finding work.

* From Monday to Friday, 9:00 am to 4:00 pm (except public holidays and end-of-year holidays). Consultations can also be made by phone and email.

Contact

Youth (Shonen) Center (2F Annex, Minakuchi Central Community Center (2F Minakuchi Chuo Kominkan Bekkan))

TEL.0748-62-6010

FAX.0748-63-3977

Email: k-syonen@city.koka.lg.jp



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Hours: 8:30 am to 5:15 pm

(except for the After-hours Counter on Tuesday)

Please check the Koka City website and Facebook page for information on the newsletter.

Koka City website

<https://www.city.koka.lg.jp/>

Koka City Facebook page

<https://www.facebook.com/city.koka>

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