



Influenza vaccination fees will be subsidized

Influenza vaccination fees will be subsidized to reduce the number of people with influenza and prevent the simultaneous outbreak of COVID-19 and seasonal influenza.

Vaccination will be free for elderly people and pregnant women.

Subsidies will be available for those aged 18 or under.



- **Eligible persons, description of the subsidy, etc. :** Those who are registered as residents of Koka City as of the vaccination date and fall under (1) to (5) below

Eligible persons	Subsidy	Items that must be presented	How to receive the subsidy
(1) Those aged 65 or over	Full * No out-of-pocket cost	Health Insurance Certificate	No need to submit an application
(2) Those aged 60 or over but under 65 who suffer from cardiac, kidney or respiratory dysfunction or immune dysfunction caused by HIV and have a Class 1 Physical Disability Certificate		Health Insurance Certificate Physical Disability Certificate	
(3) Pregnant women		Mother and Child Health Handbook Health Insurance Certificate	Application forms are available at • Health Support Division, • Hoken Centers, and • Chiiki Shimin Centers. They can also be downloaded from Koka City's website. Please fill out the form before the vaccination date and submit it to the medical institution.
(4) Those who are 6 months of age or older as of the vaccination date with a birth date on or after April 2, 2005 (from 6 months of age up to the end of compulsory education)	2,000 yen * 6 months to 12 years of age: two subsidies of 2,000 yen each.	Health Insurance Certificate Infant Welfare and Medical Service Recipient Certificate	
(5) Those with birth dates between April 2, 2002, and April 1, 2005 (from the end of compulsory education up to 18 years of age as of April 1, 2021)	1,000 yen	Health Insurance Certificate	

Those who fall under (1) or (2) will receive routine vaccinations. Those who fall under (3), (4) or (5) will receive voluntary vaccinations.

Those who fall under (4) or (5) will have to pay the amount of the vaccination fee minus the subsidy at the medical institution.

◆ **Vaccination period: Until February 28, 2021 (Sun.)**

* If you wish to be vaccinated at a medical institution outside the city or prefecture, make sure to contact Health Support Division at least two weeks prior to the vaccination date.

* Those aged 65 or over can also be vaccinated against pneumococcal infection in the elderly. If you are eligible this fiscal year, please get vaccinated to prevent pneumonia. For details, see the health checkup calendar.

◆ **Request for cooperation regarding the timing of influenza vaccination**

If you fall under (1) or (2) above, please get vaccinated as soon as possible on or after October 1 (Thu.).

If you do not fall under (1) or (2) above, please get vaccinated on or after October 26 (Mon.).

* Those vaccinated before October 26 will still be eligible for the subsidy.

As the outbreak of COVID-19 remains a concern, the demand for influenza vaccinations might increase as winter approaches. This year, the largest vaccine supply in the last five years (for 63 million people) will be available, and we ask for your cooperation to ensure that we can reach those in greater need.

Medical institutions that will provide influenza vaccinations for the elderly in fiscal 2020

	Medical institution	Phone No.	Reservation method	
Minakuchi-cho	Asada Clinic *1	0748-69-7755	Reservation not required	
	An lin	0748-65-6884		
	Iwaya lin	0748-62-0053		
	Oota lin	0748-63-3553		
	Kimura lin	0748-62-2143	Reservation at medical institution	
	Kohka Public Hospital	0748-62-0234		
	Saito lin - Internal Medicine and Gastroenterology	0748-65-2002	Reservation not required	
	Shinai Ladies Clinic (women only - from junior high school students to those aged 64)	0748-63-3321		
	Tashiro Clinic	0748-63-0530		
	Tashiro Geka/Seikei Geka lin	0748-62-0635		
	Tanaka Shonika Clinic (junior high school students and younger children)	0748-65-0121	Online reservation	
	Tsubasa Clinic	0748-63-7766	Reservation not required	
	Nakagawa Naika lin	0748-65-5410	Reservation at medical institution	
	Hamada Clinic *2	0748-65-3737		
	Hayami lin	0748-65-3211	Reservation not required	
	Hirakawa Clinic	0748-63-6373	Reservation at medical institution	
	Fukai Clinic	0748-65-4100		
		Koka Municipal Minakuchi Clinic	0748-62-3346	Advance reservation required for third-grade junior high school students and younger children Reservation not required for others (See P18 for details)
		Minakuchi Hospital	0748-62-1212	Reservation at medical institution
		Minakuchi Clinic (age 10 or over)	0748-63-2100	
	Murakami Seikeigeka Clinic	0748-63-7751	Reservation not required	
	Yamada Geka lin (age 16 or over)	0748-62-0893		
	Yamamoto Clinic	0748-62-9559		
Tsuchiyama-cho	Uda lin	0748-66-1050	Reservation not required	
	Kariyushi Clinic	0748-67-0155		
	Kawabata lin	0748-67-0018		
	Nakanishi lin	0748-66-0712		
Koka-cho	Oki lin	0748-88-4072	Reservation not required	
	Koka Chuo Shinryojo	0748-88-5106	Visit medical institution or reservation by phone	
	Konishi lin	0748-88-5575	Reservation not required	
	Masuda Clinic	0748-88-2277	Reservation at medical institution	
Konan-cho	Imamura lin	0748-86-2119	Reservation not required	
	Konan Hospital	0748-86-3131		
	Takeuchi Orthopedic Surgery	0748-86-8205	Reservation at medical institution	
	Terai lin	0748-86-1112	Reservation not required	
	Heart Clinic Kokoro	0748-86-0011	Reservation at medical institution	
	Furu Clinic	0748-86-3135	Reservation not required	
Shigaraki-cho	Shigaraki Clinic	0748-82-7833	Reservation at medical institution	
	Shigaraki Central Hospital	0748-82-0249		
	National Hospital Organization Shigaraki Hospital	0748-83-0101		
	Nozaki Hospital *3	0748-82-7887		

*1 Only those who have previously been treated at Asada Clinic

*2 Only those who have previously been treated at Hamada Clinic

*3 Only those who have previously been treated at Nozaki Hospital or been vaccinated at Nozaki Hospital (junior high school students or older)

Contact Health Support (Sukoyaka Shien Ka) Tel: 0748-69-2169 Fax: 0748-63-4085

Have you responded yet? October 1 is Census Day

To prevent the spread of COVID-19, census takers will not visit to collect survey documents. Please respond to the Census online or submit the survey documents by post.

Contact Census Telephone Center or Census Koka City Headquarters (General Affairs (Somu Ka))
Tel: 0748-69-2120 Fax: 0748-63-4086

Inquiries about the survey

Census Telephone Center established by the Ministry of Internal Affairs and Communications
Tel: 0570-07-2020 * For IP telephone Tel: 03-6636-9607

If you encounter discrimination

If you or your family members are the victims of unreasonable discrimination, prejudice, verbal abuse, bullying or other similar incidents, consult us immediately.

You do not have to carry the burden on your own; by talking to someone about it, you can sort out the situation and will undoubtedly feel better. A variety of counseling services are available, and we encourage you to make use of them.

Human Rights Hotline

(Nationwide human rights telephone consultation service)

☎ 0570-003-110 Monday to Friday
(excluding national holidays and Year-End/New Year holidays)
8:30 to 17:15

Children's Rights Hotline

(Nationwide toll-free counseling service)

☎ 0120-007-110 Monday to Friday
(excluding national holidays and Year-End/New Year holidays)
8:30 to 17:15

Foreign-language Human Rights Hotline

(Human Rights Division, Otsu District Legal Affairs Bureau)

☎ 0570-090911 Monday to Friday
(excluding national holidays and Year-End/New Year holidays)
9:00 to 17:00

If you are harassed or verbally abused in relation to COVID-19

COVID-19 Human Rights Counseling Hotline

☎ 077-523-7700 (phone/fax)
Weekdays

(excluding Thursdays, national holidays and Year-End/New Year holidays)
10:00 to 12:00 / 13:00 to 16:00

* Face-to-face counseling is also available (reservation required).
* Counseling by email is also available.

Counseling regarding anxiety about infection, stress in everyday life, and other issues


Shiga Prefectural Mental Health and Welfare Center

☎ 077-567-5010 Monday to Friday
(excluding national holidays and Year-End/New Year holidays)
9:00 to 16:00

The information below is as of September 18, and services may be terminated or postponed due to the impact of COVID-19 infection.

Consultation corner

October 15 - November 14

Consultation content / Contact	Date	Time	Location
Life and work consultations (Public Assistance Counter)* You can ask for advice regarding concerns about life and work. * No application required. ● Responders: consultation support staff and employment support staff Contact: Public Assistance (Seikatsu Shien Ka) Tel: 0748-69-2158 Fax: 0748-63-4085	Monday to Friday (except national holidays)	8:30 to 17:15	Public Assistance (Seikatsu Shien Ka), City Hall
Consumer affairs consultations You can ask for advice regarding concerns about consumer affairs, such as contracts and products. ● Responders: consumer affairs counselors Contact: Consumer Life Center (Shouhi Seikatsu Center) Tel: 0748-69-2147 Consumer Hotline 188 (without area code)	Monday to Friday (except national holidays)	9:00 to 17:00	Consumer Life Center (Shouhi Seikatsu Center) City Hall 1F
Pension consultations ● Consultants: Staff of the Kusatsu Pension Office *Reservation required (first-come, first-served) Contact / Application: Kusatsu Pension Office Tel: 077-567-1311 (for making reservations only) Fax: 077-562-9638 (for making reservations only)	November 12 (Thu.) 2021 January 14 (Thu.) * Organized every two months	10:00 to 15:00	Minakuchi Shakai Fukushi Center 2F, Middle meeting room
Childrearing and learning consultations* You can ask for advice regarding development, educational, mental and other issues. * Reservation by phone or fax required. ● Targets: Children roughly 4 years old or older, elementary school, junior high school and high school students, and youths (up to around 25 years old) * For consultations regarding children under 4 years old or so, contact the Health Support (Sukoyaka Shien Ka) (Tel: 0748-69-2169). Contact / Application: Public Assistance (Seikatsu Shien Ka) Tel: 0748-69-2179 Fax: 0748-69-2298 (reception hours: 9:00 to 17:00)			Kindergartens/ Nurseries, Schools, Koka Shiyakusho, etc.
Youth concerns consultations* You can ask for advice on school absenteeism, bullying, delinquency, relationships with friends, employment, admission to schools, etc. * Monday to Friday (excluding national holidays and Year-End/New Year holidays), 9:00 to 16:00. You can ask for advice by phone or email as well.	Contact : Shounen Center (Minakuchi Chuo Kouminkan Bekkan 2F) Tel: 0748-62-6010 Fax: 0748-63-3977 Email: k-syonen@city.koka.lg.jp		

Opening hours in the month of October will be extended (until 19:00 every Tuesday) on October 6, 13, 20 and 27.

The Shimin Ka of Shiyakusho has extended its opening hours, to 19:00 every Tuesday for the issuance of family registers, residence certificates, tax certificates and other certificates, seal registration and other services.

* Note that some services are not available after normal opening hours even on these days. Please contact the Civic Affairs Division for the available services.



Information from Maina-chan

Using your Individual Number Card, you can get various certificates for 100 yen cheaper at convenience stores than at the window in a city office.

Contact Citizens' Affairs (Shimin Ka) Tel: 0748-69-2138 Fax: 0748-65-6338

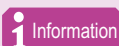
Taxes to be paid this month

The due date is November 2 (Mon.).

- Municipal and prefectural inhabitants tax (3rd term)
- National health insurance tax (7th term)
- Expenses borne by users (childcare fee, nursery lunch fee)
- Long-term care insurance premium (7th term)
- Elderly medical care insurance premium
- Water charges

It is convenient to use account-to-account transfers for payments.

Consider using generic drugs



Generic drugs are low-priced drugs produced by other pharmaceutical manufacturers after the expiration of the patents for the original (brand-name) drugs that are recognized by the Ministry of Health, Labor and Welfare as having the same active ingredients, effects and efficacy as the original drugs.

If you are concerned about switching to generic drugs, it is possible to use them for limited periods of time, so please consult your regular doctor/pharmacist.

In addition, you can also declare your preference for generic drugs by presenting the preference sticker or request card enclosed with your health insurance certificate.

Contact

Health Insurance and Pension (Hoken Nenkin Ka)
Tel: 0748-69-2140 Fax: 0748-63-4618
koukikoureisyairyou-kakari
Tel: 0748-69-2142 Fax: 0748-63-4618

Enjoy food and eat it all!



- October 30 is Food Loss Reduction Day -

One of the problems in modern society is the disposal of still-edible food, which is called food loss, and about one bowl of food is thrown away per person in Japan each day (based on fiscal 2017 estimates of the Ministry of Agriculture, Forestry and Fisheries and Ministry of the Environment). Let's mix delicious foods with fun conversations and enjoy completely finishing delicious meals.

Also, if you have foods, etc., that you cannot consume in your household, please donate them to the e-Kokoro Station food bank project of the Koka City Social Welfare Council.

e-Kokoro Station

Location: 7-2 Yasaka, Minakuchi-cho
Tel: 080-6220-4918

Contact

Consumer and Environmental Protection (Seikatsu Kankyo Ka)
Tel: 0748-69-2145 Fax: 0748-63-4582

Influenza vaccination at Koka Municipal Minakuchi Clinic



Vaccination period	October 12, 2020 (Mon.) to February 26, 2021 (Fri.) (excluding Saturdays, Sundays and national holidays) * The period is subject to change depending on vaccine availability.
Price (per time)	3,200 yen for adults / 2,700 yen for children (pediatrics)
For minors (younger than 20)	Bring your Mother and Child Health Handbook with you and visit the clinic with a guardian (a grandparent is acceptable).

(1) 6 months of age to third grade of junior high school (pediatrics) reservation required

- **Date and time** : Weekdays, 9:00 to 11:30
- **Reservation method**
Reservations are accepted between 14:00 and 16:00 on or after October 7 (Wed.), excluding Saturdays, Sundays and national holidays. Contact the clinic at the numbers below to make a reservation.
* Reservations are not accepted for those aged 16 or over.
* Reception will close when the clinic's capacity is reached.

(2) 16 years of age or older reservation not required

- **Date and time**
Weekdays, 9:00 to 12:00
14:00 to 15:30
* The clinic may close temporarily.
* Vaccination will stop once the entire stock of vaccines has been used.

Contact / Application Koka Municipal Minakuchi Clinic Tel: 0748-62-3346 Fax: 0748-63-1728

Edited and issued by:

Koka Shiyakusho

6053 Minakuchi, Minakuchi-cho, Koka, Shiga Prefecture 528-8502
☎0748-65-0650 FAX 0748-63-4086
Business hours: 8:30 to 17:15
(excluding days with extended opening hours)

The information in this newsletter can also be found on the city's website and Facebook page.

- Koka City Website:
<http://www.city.koka.lg.jp/>
- Koka City Facebook:
<http://www.facebook.com/city.koka>

Koka City Website



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