

TOPIC
1

Start of “Koka Omutsu-Bin”, Monthly Visits to Families with Infants

To ensure that families can have and raise children with peace of mind, the city will make monthly visits to households with small children, delivering diapers and other childcare items.

Koka City supports the healthy growth of the next generation of children by reducing the financial burden on households raising children.

●Eligible Households

Households raising an infant or infants up to 1 year old

●Details of the Visits

Your home will be visited once a month until your child reaches 1 year of age. Each time, childcare items worth 1,500 yen per child and local childcare information will be delivered.



●Process from Application to Visitation

(1) Application

At the time of registering a birth (or submitting a moving-in notification), application procedures can be completed at the Sukoyaka Shien Ka or at the counter of each Chiiki Shimin Center.

(2) Eligibility Notice Sent

The month following the month of application, the city will send an "Eligibility Notice (決定通知書)" and a "Catalog of Designated Childcare Items()" to your home by mail. Please have a look at the catalog and select the childcare products you want to receive.

(3) Phone Call about the Visit

The visits will be made by the contractor, Coop Shiga. The staff member (called a 'KOxCO Mate') who is scheduled to visit your home will call you. Please tell the staff the childcare products you have chosen from the catalog.

(4) Visitation

Two months after the month of application, the KOxCO Mate staff member will deliver your chosen products and childcare information materials to your home. All staff have experience raising children themselves. Please feel free to consult with the KOxCO Mate staff member if you have any worries or problems about raising children rather than facing them alone.

Contact

Sukoyakashien Ka
Tel: 69-2169 Fax:63-4085

“Career Guidance” for Children with Foreign Roots and their Parents/Guardians

“I want to keep studying after graduating from junior high school!” “What is Japanese high school like?” Using multilingual materials, we will hold an information session on career paths after graduating from junior high school. We look forward to seeing you and your family.

●When October 16 (Sun), 14:00-16:10

●Where Aikoka Shimin Hall, Exhibition Room

●Contents Career guidance, talks by senior students, Q&A session

●Eligible Persons

Students in the 3rd grade of elementary school to the 3rd grade of junior high school and their parents/guardians

●Capacity No limit

●Fee Free

●How to Apply Please fax the application form to Gakko Kyoiku Ka. This is not necessary if you have already applied via a school. (If you need an application form, please visit your school or Gakko Kyoiku Ka).

Contact

Gakko Kyoiku Ka Tel: 69-2245 Fax: 69-2293

Autumn is the Perfect Season to Exercise and Enjoy Seasonal Foods!

Beware of Being Overweight



Obesity (being extremely overweight) is more than just a weight problem. It is a condition of excessive fat accumulation. Obesity is also called "the root of all diseases". It can lead to serious conditions such as strokes and heart disease. Reducing obesity is effective in avoiding and overcoming such illnesses.

Obesity Check Using BMI

What is BMI?

Body mass index (BMI) measures the degree of obesity in adults, and is calculated based on weight and height. A BMI value of 25 or higher is considered obese. It's fast and easy to check your BMI, so why not give it a go.

$$\text{BMI} = \text{Weight (kg)} \div \text{Height (m)} \div \text{Height (m)}$$

Body Mass Index

*For a height of 170 cm and a weight of 70 kg:
 $70 \div 1.7 \div 1.7 = 24.2$ <Considered to be normal>

Underweight	Normal	Overweight
Less than 18.5	From 18.5 to under 25	25 and higher

"My belly is protruding a little", "My blood pressure is a little high", "Have I gained a little weight?" Don't overlook these "little" signs. Please review your own eating and exercise habits.



● Tips to Avoid Weight Gain

- Eat slowly
- Avoid overeating (stop when you're 80% full)
- Chew your food well
- Avoid doing something else while eating
- Eat at regular mealtimes
- Use smaller dishes (to encourage smaller portions)



● Lifestyle Habits to Prevent Weight Gain

- Walk an average of 6,000 steps per day.
- Take the stairs where possible, such as at the train station.
- Exercise and stretch while relaxing at home.

Contact

Sukoyakashien Ka Tel: 69-2168 Fax:63-4085

TOPIC

2

Covid-19 Vaccination is Still Available

The vaccination period for Covid-19 has been extended beyond September 30, 2022.

The Vaccine will be Replaced by an "Omicron Variant-compatible Vaccine" and Eligibility will be Expanded from Mid-October.

Since late September, the city has been using a vaccine compatible with the Omicron variant. Those who have vaccination tickets can make reservations through the reservation website or call center. Vaccination tickets will be sent to newly eligible persons in due course.

● Eligible Persons

Persons aged 12 and older who have received the 1st and 2nd vaccination

● Available Vaccines

Bivalent vaccine for Omicron variant (BA.1) and conventional strains

- Pfizer (12 years and older)
- Moderna (18 years and older)

● Group Vaccination Venues

Venue *byoin: hospital	Address
Second floor, Seiyu Minakuchi	Minakuchi-cho, Minakuchi 6048-1
Konan(甲南) Byoin	Konan-cho (甲南町) Kazuraki 958
Shigaraki Chuo Byoin	Shigaraki-cho, Nagano 473

*Individual vaccinations are also available at medical institutions in the city.

For more details, please visit the Koka City website.

Covid-19 Vaccination for Children aged 5-11 Recommended

The Vaccination Law now recommends that children (5-11 years old) be vaccinated against Covid-19.

As in the past, the decision to receive the vaccination should be made by the child and his/her guardian based on a thorough understanding of the possible effects and adverse reactions.

Covid-19 vaccine Q&A (Childhood Vaccination 5-11 Years Old)

Website of the Ministry of Health, Labor and Welfare



The Third Vaccination for Children (5-11 Years Old) is Now Available

The number of severe cases is increasing along with the number of infected children. Based on the findings on efficacy and safety, a third vaccination for children has been made available.

● Eligible Persons

Children between 5 and 11 years of age whose first and second vaccination was completed more than 5 months ago. Notices will be sent to eligible applicants in due course.

Contact

Shingata Coronavirus Kansensho Taisaku Shitsu Support Center Tel: 69-2154 Fax: 69-2255

Influenza Vaccination for the Elderly

Influenza is a contagious illness caused by infection with the influenza virus. It is characterized by the rapid onset of symptoms such as fever over 38°C, headache, joint pain, muscle pain, and general fatigue. When elderly people are infected, there is a high probability of pneumonia and other complications, which may lead to death.

Get vaccinated to prevent the onset and severity of influenza. A regular lifestyle and routine that includes washing hands, wearing a mask, and avoiding crowded places can also boost immunity.

● Eligible Persons

Those who are registered residents in the city and meet the following conditions (1) or (2)

- (1) Those who are aged 65 years old or older on the day of vaccination
- (2) Those who are aged 60 to 64 on the day of vaccination and have a functional disability of the heart, kidney or respiratory organs, or compromised immunity due to HIV, and a Physical Disability Certificate equivalent to Level 1.

● Vaccination Period

From mid-October to late December
(Details vary by medical institution)

● What You Need

- (1) Health insurance card or medical insurance card for the elderly
- (2) Vaccination co-payment of 2,000 yen

● Medical Institutions Offering Vaccinations

See the chart on the below.

* If you wish to receive the vaccination at a medical institution outside of the city, please contact the Sukoyaka Shien Ka at least two weeks in advance.

● Other

If considered necessary by the supervising doctor, the vaccine can be given together with the corona vaccine.

Exemption from Vaccination Co-payments

Those who correspond to the following (1) or (2) are exempt from paying co-payments.

- (1) Households on public welfare
- (2) Resident tax-exempt households for the fiscal year 2022

*If you wish to be exempted, please make sure to apply for the exemption before receiving the vaccination. You cannot apply for it after the vaccination.

*If you are aged 60 to 65 and wish to apply for exemption, please bring a copy of your physical disability certificate or a letter of diagnosis from your doctor at the time of application.



Where to Obtain and Submit the Application Form

Sukoyaka Shien Ka, or the nearest Hoken Center or Chiiki Shimin Center

*If it is difficult for you to come to the office, please contact the Sukoyaka Shien Ka to have an application form mailed to you. Please fill out the application form and return it to the Sukoyaka Shien Ka. (You will be responsible for the postage when returning the form.)

*The application form can also be downloaded from the city website.

Application Period

Until January 30 (Wed) (Weekdays, 8:30-17:15)

Medical Institutions Offering Influenza Vaccination for the Elderly in 2022

	Medical Institution lin : 医院 Clinic : クリニック Byoin : 病院	Postal Code	Address	Phone Number	Reservation
Minakuchi-cho	Asada Clinic	〒528-0036	Minakuchi-cho, Higashi Nasaka 226-1	69-7755	Required
	An lin	〒528-0042	Minakuchi-cho, Mushono Chuo 119-1	65-6884	Not required
	Iwaya lin	〒528-0024	Minakuchi-cho Nakayashiki 2-10	62-0053	Not required
	Ota lin (太田医院)	〒528-0042	Minakuchi-cho, Mushono Chuo 81-2	63-3553	Not required
	Kimura lin	〒528-0041	Minakuchi-cho, Mushono 1015-9	62-2143	Required
	Koka Byoin	〒528-0074	Minakuchi-cho, Matsuo 1256	62-0234	Required
	Saito lin, Naika / Shokaki Naika	〒528-0015	Minakuchi-cho, Shoei 3-26	65-2002	Required
	Tashiro Clinic	〒528-0007	Minakuchi-cho, Shinjo 696	63-0530	Not required
	Tashiro Geka / Seikei Geka lin	〒528-0056	Minakuchi-cho, Izumi 1272	62-0635	Not required

	Medical Institution lin : 医院 Clinic : クリニック Byoin : 病院	Postal Code	Address	Phone Number	Reservation
Minakuchi-cho	Tsubasa Clinic	〒528-0033	Minakuchi-cho, Ayano 3-33	63-7766	Not required
	Nakagawa Naika lin	〒528-0005	Minakuchi-cho, Minakuchi 5546-4	65-5410	Required
	Hamada Clinic *1	〒528-0005	Minakuchi-cho, Minakuchi 5992-1	65-3737	Required
	Hayami lin	〒528-0058	Minakuchi-cho, Kitaizumi 1-128	65-3211	Not required
	Hirakawa Clinic	〒528-0036	Minakuchi-cho, Higashi Nasaka 184-2	63-6373	Not required
	Fukai Clinic	〒528-0064	Minakuchi-cho, Ban Nakayama 3802	65-4100	Required
	Minakuchi Shinryo Sho	〒528-0049	Minakuchi-cho, Kibukawa 293-1	62-3346	Not required
	Minakuchi Naika / Shokaki Naika	〒528-0029	Minakuchi-cho, Minami Hayashguchi 47-2	63-2100	Required
	Minakuchi Byoin	〒528-0031	Minakuchi-cho, Honmachi 2-2-43	62-1212	Required
	Murakami Seikei Geka Clinic	〒528-0041	Minakuchi-cho, Mushono 1095-4	63-7751	Not required
	Yamada Geka lin	〒528-0032	Minakuchi-cho, Yasaka 2-29	62-0893	Required
	Yamamoto Naika / Geka Clinic	〒528-0042	Minakuchi-cho, Mushono Chuo 111	62-9559	Not required
Tsuchiyama-cho	Uda lin	〒528-0211	Tsuchiyama-cho, Kita Tsuchiyama 1684-1	66-1050	Not required
	Kariyushi Clinic	〒528-0235	Tsuchiyama-cho, Ono(大野) 401	67-0155	Required
	Kawabata lin	〒528-0234	Tsuchiyama-cho, Tokuhara 451	67-0018	Not required
	Nakanishi lin	〒528-0211	Tsuchiyama-cho, Kita Tsuchiyama 1433-2	66-0712	Not required
Koka-cho	Oki lin	〒520-3405	Koka-cho, Oki 2089	88-4072	Not required
	Konishi lin	〒520-3436	Koka-cho, Haisaka 833-141	88-5575	Not required
	Masuda Naika lin	〒520-3432	Koka-cho, Taki 2231-1	88-2277	Required
Konan-cho (甲南町)	Imamura lin	〒520-3322	Konan-cho, Fukawa 2201	86-2119	Not required
	Konan(甲南) Byoin *2	〒520-3321	Konan-cho, Kazuraki 958	86-3131	Not required
	Takeuchi Riumachika Seikeigeka	〒520-3307	Konan-cho, Nojiri 77-1	86-8205	Required
	Terai lin	〒520-3332	Konan-cho, Kibogaoka Honmachi 6-857-81	86-1112	Not required
	Heart Clinic Kokoro *3	〒520-3307	Konan-cho, Nojiri 411	86-0011	Not required
	Furu Clinic	〒520-3301	Konan-cho, Terasho 1098	86-3135	Not required
Shigaraki-cho	Shigaraki Clinic	〒529-1851	Shigaraki-cho, Nagano 619-1	82-7833	Required
	Shigaraki Chuo Byoin	〒529-1851	Shigaraki-cho, Nagano 473	82-0249	Required
	Shigaraki Byoin(紫香楽病院)	〒529-1803	Shigaraki-cho, Maki 997	83-0101	Required

*1 Only current patients of Hamada Clinic will be accepted for vaccination.

*2 Vaccinations are available at Konan(甲南) Byoin between 14:30 and 15:30 on Mondays, Wednesdays, Thursdays and Fridays.

*3 Vaccinations are available at Heart Clinic Kokoro on Mondays, Wednesdays and Fridays.

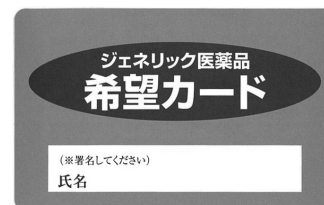
Have You Tried Generic Drugs?

Generic drugs are low-cost drugs made by other drug manufacturers after the patent for the original drug has expired. They are recognized by the Ministry of Health, Labor and Welfare as having the same active ingredients and efficacy as the original drug. It is possible to try generic drugs for a fixed period of time. If you have any concerns or other questions about switching to generic drugs, please consult your doctor or pharmacist.

Contact

Hoken Nenkin Ka Tel: 69-2140 Fax: 63-4618

Koki Koreisha Iryo Kakari Tel: 69-2142 Fax: 63-4618



▲Generic Preference Card



▲Generic Preference Sticker

Easy At-home Blood Test, Sumaho de dokku (For National Health Insurance Subscribers aged 35-39)

Koka City offers a blood testing service that can be easily completed at home for National Health Insurance subscribers who are not yet eligible for the Specified Health Examination*.

You can apply for the service and check the test results using your smartphone. For details, please refer to the notification sent individually.

*Specified Health Examination: Health checkup for Koka City residents aged 40-74 who have National Health Insurance

- **Co-payment** 1,000 yen
- **How to Apply** Notification will be sent to eligible persons after October 1.

Contact

Hoken Nenkin Ka
Tel: 69-2141 Fax: 63-4618

Traffic Restrictions for the 2022 Aino Tsuchiyama Marathon Event

● Date

November 6 (Sun)

Traffic restrictions will be enforced on the roads surrounding the course where the marathon will be held. For details, please see the newspaper insert on October 30 or the marathon event website.

● Start Times

[Marathon]

Women 10:25 / Men 10:30

[Half Marathon]

Women 10:45 / Men 10:50



Contact

Event Secretariat at Tsuchiyama Taiikukan
(Tsuchiyama Gym) Tel: 66-0091

Shakai Kyoiku Sports Ka
Tel: 69-2249 Fax: 69-2293

Koka City Basic Health Checkups

Koka City offers basic health checkups for those aged 16-39.

- **Eligible Persons** Those born between April 1, 1983 and March 31, 2007

● Checkup Details

Body measurements, examination by a doctor, urine test, blood pressure measurement, blood tests (cholesterol, liver function, kidney function, anemia, blood sugar)

- **Fee** 1,000 yen

● What You Need

Health checkup fee, health handbook (only for those who have one), health insurance card (only for those who take the checkup at a hospital)

Individual Checkups at a Hospital

	Address	Reservations
Koka Byoin	Minakuchi-cho, Matsuo 1256	Tel: 65-1612
Konan(甲南) Byoin	Konan-cho (甲南町), Kazuraki 958	Tel: 86-3415 or in person
Minakuchi Shinryo Sho	Minakuchi-cho, Kibukawa 293-1	Tel: 62-3346
Shigaraki Chuo Byoin	Shigaraki-cho, Nagano 473	No reservation required. Visit directly.

Contact

Sukoyaka Shien Ka Tel: 69-2168

Group Checkup

● When

January 18 (Wed) 2023, 9:30-10:45 a.m.

● Where

Community activity center, "Maroom"

● Reservations

By QR code or phone (Tel: 69-2168)

For details such as appointment times and checkup periods, please refer to the Health Checkup Calendar (P15) or the Koka City website.



Rent Subsidy up to 20,000 Yen

● Eligible Persons

Those who live in private rental housing and meet the criteria for moving into municipal housing

- **Number of Applications** 30 *A lottery will be held if more than 30 are received

- **Application Period** October 3 (Monday) - 17 (Monday)

- **Subsidy Period** December 2022 - November 2024

- **How to Apply** Application information and application forms are available at the Jutaku Kenchiku Ka and also on the city website.



Contact

Jutaku Kenchiku Ka Tel: 69-2212 Fax: 63-4601

September Tax Payments

The due date for tax payments this month is October 31.

- Resident tax (3rd term installment)
- National health insurance tax (5th term installment)
- User fees (Nursery school, kindergarten fees and nursery school lunch fees)
- Long-term care insurance premium (5th term installment)
- Medical insurance premiums for the elderly
- Water rates

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

**Extended Business Hours
in October
(until 19:00 every Tuesday)**

October 4, 11, 18, 25



On Tuesdays, the Shimin Ka in City Hall is open until 19:00 for issuing certificates such as family registers, residence certificates, tax certificates and for registering personal seals. *Please note that we cannot handle procedures related to the My Number Card or resident transfers (moving in, moving out, etc.).

Consultation Corner

**October 15 to
November 14**

Consultation services are provided **for free**. Feel free to use them.

The events and services below are as of August 22 and may be canceled or postponed due to the impact of COVID-19.

Type of consultation service/contact information	Date	Time	Place/note
Life and work consultations (Public Assistance Counter)※ Advice is provided for concerns about life and work.※Reservation not required. Responders: Consultation and employment support staff (Contact) Seikatsu Shien Ka (Tel) 69-2158 (Fax) 63-4085	Monday to Friday (except national holidays)	8:30 to 17:15	Seikatsu Shien Ka
Consumer affairs consultations Advice is provided for concerns about consumer affairs, such as contracts and products.You may be redirected to Shiga Prefecture Consumer Affairs Center. Responders: Consumer affairs counselors (Contact) Consumer Affairs Center (Tel)69-2147 / Consumer Hotline 188 (without area code)	Monday to Friday (except national holidays)	9:00 to 17:00	Consumer Affairs Center City Hall 1F
Pension consultations Consultants: Staff of the Kusatsu Pension Office ※Reservation required; service provided on a first-come, first-served basis (Contact) (Application) Consumer Affairs Center (Tel) 077-567-1311 (for reservation only) (Fax) 077-562-9638 (for reservation only)	November 10 (Thu.) ※Every two months	10:00 to 15:00	Meeting room 202, City Hall 2F
School-age children consultations This consultation service provides advice to school-age children (from elementary to high school students) and their guardians/parents and families. Let's consider issues relating to school, life, and child rearing together. Responders: Counselors on children of school age (Contact) Kosodate Seisaku Ka (Tel) 69-2176 (Fax) 69-2298	Monday, Wednesday, and Friday (except national holidays)	8:30 to 17:15	Kosodate Seisaku Ka City Hall 2F You can also ask for advice using the concierge inquiry form. 
Child-rearing and learning consultations※ Consultations about development, mental, and other issues. ※Reservation by phone or fax required. Coverage: Children roughly 4 years of age or older; elementary, junior high, and high school students; and youths (up to around 25 years of age)For consultations about children under roughly 4 years of age, contact the Sukoyaka Shien Ka (Tel.: 69-2169). (Contact) (Application) Hattatsu Shien Ka (Tel) 69-2178 (Fax) 69-2298 (reception hours: 9:00 to 17:00)			Kindergartens/nursery schools, schools, City Hall, etc.
Youth concerns consultations※ Consultations about school absenteeism, bullying, delinquency, relationships with friends, employment, admission to schools, etc. ※Monday to Friday (excluding national holidays and Year-End/New Year holidays) from 9:00 to 16:00. Advice is also available by phone or email.			(Contact) Shonen Center (2F Minakuchi Central Public Hall) (Tel) 62-6010 (Fax) 63-3977 (E-mail) k-syonen@city.koka.lg.jp 

Edited and issued by:

Koka Shiyakusho

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 (excluding days with extended business 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



Koka City Facebook

