

**Due to COVID-19 is spreading widely, events may be cancelled or postponed.
Please contact to the division in charge for more details.
Please call Machi Zukuri Kyōdō-ka(TEL:0595-84-5008) for interpreter.**

"Kameyama Ochanoma 10-sen (Jussen)" no Susume

("10 suggestions in the living room") (かめやま ちゃま せん じっせん)
(亀山 お茶の間 10選 (実践) のススメ)

Inquiry: Shōgai Gakushū-ka (TEL: 0595-84-5057)

There is no correct answer for how to raise children.

Everybody wishes all children grow up happily, healthy and freely.

"The living room" where children going to spend most of the time with parents is very important for them. Children will learn the rhythm of life and the rules of society there.

"10 suggestions in the living room" is cheering message that we would like whole family to practice.

What is "10 suggestions in the living room"? We asked the children in Kameyama

"What do you want to cherish at home?" We collected about 800 short messages.

The Social Education Committee (*Shakai Kyōiku Iinkai*) sorted and edited them into 10 themes.



Kameyama Ochanoma 10-sen (Jussen) ("10 suggestions in the living room")

Let's practice them with children at each family in daily life!

- (1) Let's say "Hello".
- (2) Let's make family rules.
- (3) Let's express gratitude to each other.
- (4) Let's make a family life rhythm.
- (5) Let's cherish family.
- (6) Let's have a lot of experiences with the family.
- (7) Let's make efforts to realize your dreams.
- (8) Let's talk about today's events with the family.
- (9) Let's read books.
- (10) Let's eat without dislikes.



Population of Kameyama City(亀山市の人口) 49,556 Population of foreign citizens 2,044 (Ratio 4.1%) As of June 1st, 2021



Brazilian: 704



Vietnamese: 420



Chinese: 238



Filipino: 158



Indonesian: 114



Peruvian: 81



Bolivian: 74



Korean: 69



Other: 186

About “Group Individual Cervical Cancer Screening” (集团的個別子宮頸がん検診)

しゅうだんてき こべつ しきゆうけい けんしん

Inquiry: Chōju Kenkō-ka (AIAI TEL: 0595-84-3316)

- * Date: Jul 26 (Mon), Aug 30 (Mon), Sep 27 (Mon), Oct 25 (Mon),
Nov 29 (Mon), Dec 27 (Mon), Jan 31 (Mon)
- * Time: from 13:00 to 15:00, Appointment would be necessary for screening
- * Place: Miyamura Obstetrics and Gynecology
- * Eligible: Women born before April 1, 2002
- * Matters of examination : Interview by doctor, Cervical cytology
Vaginal echo (ultrasonic) examination would be carried out if necessary.
- * Fee: • ¥800 for the people between 20 to 69 years old
• ¥300 for the people over 70 years old
※ People who has coupon for free cervical cancer screening do not need to pay the fee.
- * How to apply: Apply to Chōjyu Kenkō-ka (AIAI)
- * Others: If you receive a second examination in 2021, all fee would be your own expenses
“Group individual cervical cancer screening” by appointment would be added to
the previous “Group screening” and “Individual screening”.
“Endometrial cancer screening” would not be done on the day of “Group individual
cervical cancer screening”.



Let's take Periodontal Disease Checkup (歯周病検診を受けましょう)

ししゅうびょうけんしん う

Inquiry: Chōju Kenkō-ka (AIAI TEL: 0595-84-3316)

Kameyama city has sent free coupon of Periodontal disease checkup for the following people. If not received yet in June, call Chōjyu Kenkō-ka.

- * Eligible: People who live in Kameyama city and going to be 30, 35, 40, 45, 50,
55, 60, 65, and 70 years old from April 2nd 2021 to April 1st 2022.
- * Available term: from Jul 1st (Thu) 2021 to Jan 31 (Mon) 2022
- * Place: Please check the hospitals or clinics on the coupon.



Dental checkup for pregnant women (妊婦歯科健康診査)

にんぶしか けんこうしんさ

Inquiry: Chōju Kenkō-ka (AIAI TEL: 0595-84-3316)

Take a “Dental checkup for pregnant women” to keep good health for yourself and your newborn baby.

- * Eligible: Pregnant women who live in Kameyama city
- * Available term: During pregnancy
- * Checkup fee: Free
- * Place: Kameyama Dental Association affiliated clinic

※ For details, please see the documents provided when Mother-Child health handbook (*Boshi Kenkō Techō*) was issued.



Sending a health insurance card to people over 75 years old (75歳以上の人へ保険証を送ります)

さいいじょう ひと ほけんしょう おく

Color : Pink

後期高齢者医療被保険者証 被保険者番号 00000000 住所 亀山市本丸町577番地	有効期限 令和3年7月31日
カメヤマ タロウ 氏名 亀山 太郎	性別 男
生年月日 昭和21年1月1日 資格取得日 令和3年1月1日 一部負担金の割合 1割	発効期日 令和3年1月1日 交付日 令和3年8月1日
保険者番号 39242102 保険者名 三重県後期高齢者医療広域連合	

Inquiry: Shimin-ka (TEL: 0595-84-5005)

Kameyama city sends a health insurance card to the people over 75 years old.

The color of the new insurance card is pink and it would be available from August this year.

If the information on your card is incorrect, lost or dirty, please contact with Shiminka and ask to reissue it.

※ From this year, Health checkup fee for the elderly over 75 years old is free.

Breastfeeding consultation by midwife (助産師による授乳相談)

じよさんし じゆにゆうそうだん

Inquiry : Chōju Kenkō-ka (AIAI TEL : 0595-84-3316)

A midwife will provide consultation regarding breastfeeding such as

"I am worried about breastfeeding only",

"I want to ask how to wean (next step of breastfeeding)" or

"I want to know how to care for breasts during pregnancy".

- Date: July 20 (Tue)
- Time: (1) 9:30~, (2) 10:00~, (3) 10:30~, (4) 11:00~
- ※ Consultation time is about 20 minutes per group

- Place: AIAI, 1st floor "Group instruction room"
- Eligible: Pregnant or maternity women who live in the city.
- Capacity: 4 groups (first come, first served)
- Participation fee: Free
- Need to bring: Mother-Child health handbook (*Boshi Kenkō Techō*)
- Date for Application: from July 7 (Wed)
- How to apply: Apply to Chōjyu Kenkō-ka (AIAI)



Blood Donation (献血にご協力ください)

けんけつ きょうりよく

Inquiry: Chōju Kenkō-ka (AIAI TEL: 0595-84-3316)

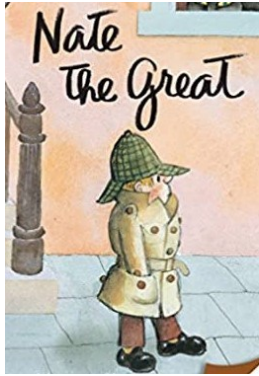
We would appreciate your kind cooperation for 400ml of blood donation.

- Date and time: July 8th (Thu), (1) 10:00~11:30, (2) 13:00~16:00
- Place: Kameyama City office
- Eligible: People from 18 years old to 69 years old, heavier than 50Kg (Male can donate from 17 years old.)



※ People who have visited overseas, or currently take medicine may not be able to donate blood.

Information from Library (としょかん からののお知らせ)



Inquiry: Kameyama City Library (TEL: 0595 82-0542)

A Recommended Book : 『Disappearing picture of dog』 <English book for children>

Annie and detective Nate are good friends.

One day, the picture of the dog that Annie painted was disappeared somewhere.

Annie asked Nate to search for the criminal who stole the picture.

Where has the picture of the dog disappeared?

Kameyama City Library has variety of books written in foreign languages not only for kids . Please feel free to visit our library.



Tax due date in June (がつ のうぜい 7月の納税)

Due date of the payment and direct debit payment: August 2nd (Mon)

Please pay the following taxes.

- Fixed property tax / City planning tax : the 2nd payment
- National health insurance tax : the 1st payment
- Latter-stage elderly healthcare insurance premium : the 1st payment



Note: We recommend direct debit for payment of tax, etc. which is convenient and reliable.

Emergency medical care in July (がつ やかん じかんがい きゅうじつ おうきゅうしんりょう 7月の夜間・時間外・休日の 応急診療)

The doctor on duty for the day may be changed. Please confirm by phone before going to the doctor's office.

※Regarding the emergency case, call Mie Pref. Kyūkyū Iryō Jōhō Center (TEL: 059-229-1199) or Kameyama City Office (TEL: 0595-82-1111)

◎Make sure to bring health insurance certificate, medical care certificate (such as infant medical care), medical consultation fee and medicine notebook (or actual medicine being taken).

◎Please see the doctor in day-time as far as possible.

◎In case of child's emergency, call "Mie child medical care dial."

TEL: #8000 or 059-232-9955, 19:30 to 8:00 (next morning)



NIGHT-TIME and AFTER OFFICE HOURS (Except Sundays and Holidays) Consultation hours: 19:30 to 22:00 Reception hours: 19:00 to 21:30			
Day (July)	Name of Medical Institution	Address	Phone (0595)
1, 2, 3, 5, 7, 8, 9, 10, 12, 14, 15, 16, 17, 19, 21, 24, 26, 28, 29, 30, 31	Kameyama Shiritsu Iryō Center	Kameda-chō	83-0990
6, 13, 20, 27	Mie Kokyū Enge Rihabiri Clinic	Airisu-chō	84-3536

SUNDAYS and HOLIDAYS Consultation hours: 13:00 to 19:30 Reception hours: by 19:00			
Day (July)	Name of Medical Institution	Address	Phone (0595)
4 Sun	Kameyama Iin	Hon-machi 3 chōme	82-0015
11 Sun	Kameyama Hifuka	Shibukura-chō	83-3666
18 Sun	Tenjin Ganka Iin	Tenjin 2 chōme	83-1195
22 N.H.	Gotō Ganka Clinic	Kita-machi	84-1800
23 N.H.	Mie Kokyū Enge Rihabiri Clinic	Airisu-chō	84-3536
25 Sun	Sakae Seikei Geka Hinyōkika Clinic	Sakae-machi	97-3335

Issued by: Community Development and Cooperation Section, Civic Cooperation Group (Machizukuri Kyōdōka Shimin Kyōdō Group) (TEL: 0595-84-5008)

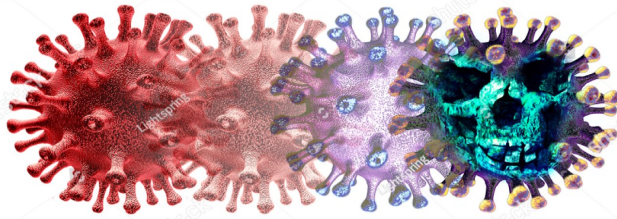
Inquiry: If you have any questions, call above phone number. Portuguese and English interpreters are available.

問い合わせ先: 亀山市 生活文化部 まちづくり協働課 市民協働グループ(電話: 0595-84-5008)

Information for New Coronavirus (COVID-19)

しんがた かんれん し
(新型コロナウイルス関連のお知らせ)

July 1st, 2021



Protect Yourself and Protect the World from COVID-19

Wear a mask

Please keep a mask on at all times when around others



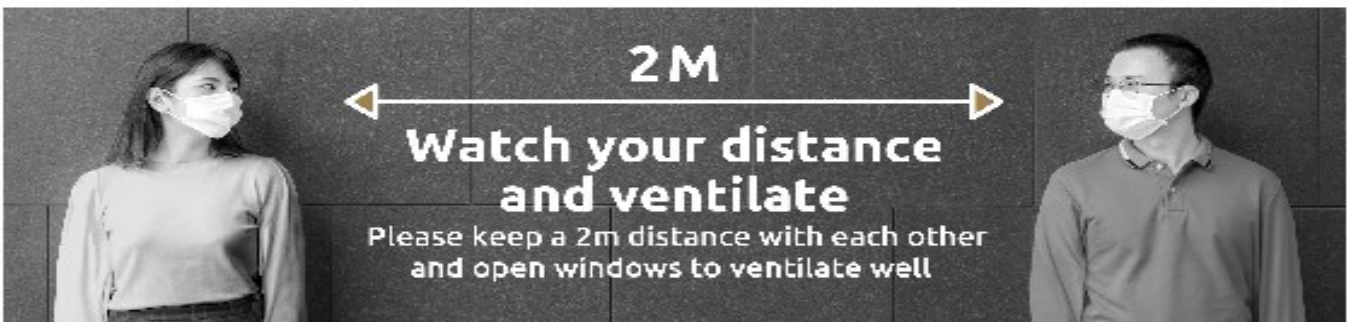
Wash your hands

Please wash your hands thoroughly with soap after every outing



2M Watch your distance and ventilate

Please keep a 2m distance with each other and open windows to ventilate well



THANK YOU FOR YOUR SUPPORT AND PLEASE CONTINUE TO BE THE STANDARD FOR A SAFER LIFE, TOGETHER.

STOP THE SPREAD

FOR ANY QUESTIONS, PLEASE CALL US AT

HOTLINE: 0120-565653

Toll free telephone number

Hours: Open 7 days a week including national holidays.
Japanese, English, Chinese, Korean, Portuguese, Spanish: 9:00 -21:00,
Thai: 9:00 -18:00, Vietnamese: 10:00 -19:00

For more information: <https://www.c19.mhlw.go.jp>



Benefit from the government when losing job due to COVID-19

しんがた しごと けい くに しんがた かんせんしょうたいおうえんきょう しえんきん きゅうふきん
(新型コロナウイルスで仕事を失ったときの 国からの『新型コロナウイルス 感染症対応 休業 支援金・給付金』)

When you can't get your salary while you absent yourself from job due to COVID-19, you may receive benefit from the government.

To receive the benefits, fill necessary application form by getting support with the company and submit it to the Labor Bureau of Mie Prefecture (*Mie-ken Rōdō-kyoku*).

If the company weren't able to support you, consult the Labor Bureau, then Labor Bureau will ask the company to support you.

※City Office also has the leaflet for procedure issued by Ministry of Health, Labor and Welfare.



【*Mie-ken Rōdō-kyoku Tsu Rōdō Kijun Kantokusho*】

TEL : 059-227-1281

Consult “Benefit call center” below how to fill application and apply it.

【Ministry of Health, Labor and Welfare, COVID-19 leave support “Benefit call center”】

TEL : 0120-221-276, Monday to Friday, 8:30~20:00

Saturday, Sunday and Holiday, 8:30~17:15



Let's stop to blame infected people かんせん せ (感染した人を責めるのはやめましょう)



Inquiry: Machizukuri Kyōdō-ka (TEL:0595-84-5008)

Everybody has a risk of infection, even they have been careful about putting a mask and washing their hands enough.

Blaming the infected people never eliminate the risk of infection.

Heartless prejudice and discrimination against infected people and their families are becoming social issues.

Let's stop to blame infected people and help each others.

If you are infected with COVID-19 しんがた かんせん (新型コロナウイルスに感染したら)

(1) Truthfully and accurately, answer the questions from your local public health center (*Hokenjo*).

- The health center (*Hokenjo*) wishes to protect you and your family's health.
- No one from the public health center (*Hokenjo*) will be angry with you for getting COVID-19.

(2) Stay at home and do not go to outdoors until it is time to go to the hospital.

(3) Your family and friends will have to self-isolate at home for approximately 2 weeks.



Issued by: Community Development and Cooperation Section, Civic Cooperation Group (Machizukuri Kyōdō-ka Shimin Kyōdō Group) (TEL: 0595-84-5008)

Inquiry: If you have any questions, call above phone number. Portuguese and English interpreters are available. You can also consult in Spanish, Vietnamese, Chinese, Indonesian, Tagalog, Korean, Thai, Hindi, Nepali, and Russian.

といあわせき かめやまし せいかつぶんかぶ きょうどうか しみんきょうどう でんわ
問合先 : 亀山市 生活文化部 まちづくり協働課 市民協働グループ(電話: 0595-84-5008)