



Kameyama News



かめやまニュース
れいわ ねん がつごう
(令和3年3月号)

えいご ばん
英語版



March 1st, 2021
No. 144

Due to coronavirus is spreading widely, events may be cancelled or postponed.

Please contact to the division in charge for more details.

Please call Machi Zukuri Kyōdōka(TEL:0595-84-5008) for interpreter.

Have vaccinations of measles and rubella (MR) (ましん・ふうしん(MR)の予防接種を受けましょう)

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

Measles and rubella are highly infectious diseases. Make sure the eligible children get vaccination.

● Eligible children of FY2020:

- 1st time: 1 year old (Before being 2 years old)
- 2nd time: Children who were born from April 2nd, 2014 to April 1st, 2015

※Deadline for vaccination is March 31st, 2021

● Application: Make an appointment at each medical institution in Mie Prefecture.

※If you get vaccination out of Mie Prefecture, consult with Chōju Kenkō-ka.

● Vaccination fee: Free

● Required documents : Mother-Child health handbook (*Boshi kenkō techō*),
Pre-examination sheet (*Yoshinhyō*),
Health insurance card, *Zairyū card* for foreign citizen



※If you don't have the pre-examination sheet (*Yoshinhyō*), visit Chōju Kenkō-ka (AIAI, TEL: 0595-84-3316) with Mother-Child health handbook (*Boshi kenkō techō*).

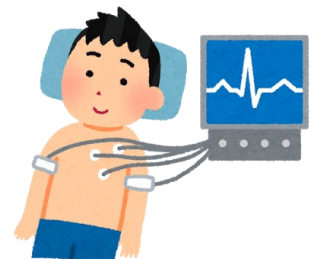
※For details, see the personal notification or the information of vaccination in "Akachan Suku Suku" that you received on delivery.

Those who were judged to be "Detailed examination required" in the 2020 health check up should get detailed examination. (2020年の検診で「要精密検査」と判定された人は 詳しい検査を受けましょう)

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

Proper action after getting Health check up is important to keep good health.

If the result of Health check up "Detailed examination required", get detailed examination to find out the cause.



Population of Kameyama City(亀山市の人口)49,586 Population of foreign citizens 2,078 (Ratio 4.2%) As of February 1st, 2021



Brazilian: 702



Vietnamese: 426



Chinese: 261



Filipino: 155



Indonesian: 143



Peruvian: 81



Bolivian: 69



Korean: 68



Other: 173

Information of Sports Classes (1) (スポーツ教室のご案内 (1))

There are sports classes from April to September. Please contact each facility for details.

■ Nishino Kōen Taiikukan (Nishino Park Gymnasium) (TEL: 0595-82-1144)

Class	Day	No. of times	Time	Eligible	Maximum Participants	Fee
Tennis lesson	Tue	12	A.M.	18 years old and over	25	¥ 6,600
Tennis lesson for Kids	Thu	12	P.M.	6 years old to 8 years old	10	¥ 7,200
Tennis lesson for Junior	Thu	12	P.M.	9 years old to 12 years old	10	¥ 7,200
Wai wai ! New sports	Wed	12	A.M.	18 years old and over	20	¥ 4,800
Tai Chi	Tue	20	P.M.	18 years old and over	20	¥ 8,000

■ Higashino Kōen Taiikukan (Higashino Park Gymnasium) (TEL: 0595-83-1888)

Class	Day	No. of times	Time	Eligible	Maximum Participants	Fee
Enjoy! aerobics	Tue	20	A.M.	18 years old and over	15	¥ 8,000
Exercise for posture improvement	Tue	20	P.M.	18 years old and over	15	¥ 8,000
Exercise for Straighten body	Tue	20	P.M.	18 years old and over	15	¥ 8,000
Cheer dance for adult women	Tue	18	Night	18 years old and over	15	¥ 8,100
Core exercise	Wed	20	A.M.	18 years old and over	15	¥ 8,000
Stretch with a foam roller	Thu	20	A.M.	18 years old and over	15	¥ 8,000
Movement care & aerobics	Thu	12	Night	18 years old and over	15	¥ 5,500
Yoga for being healthy	Fri	18	A.M.	18 years old and over	15	¥ 8,100
Burning fat by aerobics	Fri	18	Night	18 years old and over	15	¥ 8,100
Hip hop little, kids (Basic)	Sat	18	A.M.	6 years old to 8 years old	12	¥ 8,100
Hip hop junior (Basic)	Sat	18	A.M.	9 years old to 12 years old	15	¥ 8,100
Hip hop Step Up	Sat	18	A.M.	9 years old to 12 years old *	15	¥ 8,100

*Children who had attended "Hip hop little" or "Hip hop junior"

■ Seki B&G Kaiyō Center (TEL: 0595-96-1010)

Class	Day	No. of times	Time	Eligible	Maximum Participants	Fee
Swimming class for preschooler	Mon	12	P.M.	3 years old to 6 years old	15	¥ 13,500
Swimming class for preschooler	Fri	12	P.M.	3 years old to 6 years old	15	¥ 13,500
Swimming class for kids	Mon	12	P.M.	5 years old to 8 years old	15	¥ 13,500
Swimming class for kids	Fri	12	P.M.	5 years old to 8 years old	15	¥ 13,500
Swimming class for junior	Mon	12	P.M.	7 years old to 12 years old	15	¥ 13,500
Swimming class for junior	Fri	12	P.M.	7 years old to 12 years old	15	¥ 13,500
Walking in the water	Thu	15	A.M.	18 years old and over	35	¥ 6,750
Exercise for posture improvement in pool	Mon	15	A.M.	18 years old and over	30	¥ 6,750
Water enjoying class for adults	Thu	10	A.M.	18 years old and over	20	¥ 4,500
Conditioning Yoga	Thu	18	P.M.	18 years old and over	30	¥ 6,800
Self-pelvic correction	Mon	12	P.M.	18 years old and over	30	¥ 4,800

Information of Sports Classes (2) (スポーツ教室のご案内 (2))

- How to apply : Bring your participation fee and sports insurance premium and apply directly to each facility.
- Date for application : From March 4th (Thu)
- Others
 - ※Detail schedule will be handed at the time of application.
 - ※Depending on the class, it has minimum number of participants so confirm at each facility.
 - ※Sign up for sports insurance is required if you participate the classes.
Sports insurance will be valid for any classes until March 2022 .
 - ※Check eligible age for kids and preschooler classes when you apply.
 - ※Sports insurance fees
 - (1) From 18 years old to 64 years old : ¥ 1,850 (2) 65 years old and over: ¥ 1,200 (3) Children : ¥ 800



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

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 and time: March 17th (Wed), (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 (Shūdan shidō shitsu)"
- 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 March 3rd (Wed)
- How to apply: Apply to Chōjyu Kenkō-ka (AIAI)



Pregnant women class (妊婦教室)

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

- Contents: Talk about the life after childbirth, communication among participants
- Date and time: Wednesday, March 24, 13:30~15:30
- Place: AIAI, 1st floor "Group instruction room (Shūdan shidō shitsu)"
- Eligible: Pregnant women and their husbands who live in the city
- Capacity: 5 people (first-come-first-served)
- Participation fee: Free
- Need to bring: Mother-Child health handbook (Boshi kenkō techō)
- Date for application: From March 3rd (Wednesday)
- How to apply: Apply to Chōjyu Kenkō-ka (AIAI)



Have you made the application for subsidy of vaccination and health checkup?

よぼうせつしゅ けんしんひよう じよせいきん しんぜい す
 (予防接種と健診費用の助成金の申請はお済みですか)

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

The due date of the application for the subsidy of vaccination and health checkup written below is **March 31 (Wed)**.

- ※Any application after due date is not acceptable.
- ※Ask Chōju Kenkō-ka about details such as eligible person or subsidy amount before due date.
- Fee of vaccination (Influenza, pneumococcus for adults, chickenpox, mumps, rotavirus, measles and rubella) at medical institutions outside of Kameyama city from April 1st, 2020 to March 31st, 2021 (Except regular vaccination)
- Fee of checkup for pregnant woman at medical institutions out of Mie Prefecture from April 1st, 2020 and March 31st, 2021
- Fee of health checkup for mother soon after childbirth at medical institutions without contract from April 1st, 2020 and March 31st, 2021
- Fee of test (Newborn hearing screening) at medical institution from April 1, 2020 to March 31, 2021 (excluding insurance coverage)
- Fee of infertility treatment (Kameyama City's subsidy, *Kōnotori* assistance) from April 1st, 2020 to March 31st, 2021



Due date of Tax payment in March (3月の納税)

がつ のうぜい



Due date of the tax and direct debit payment: March 31st (Wed)
 Please pay the following taxes.

- National health insurance tax: 9th pay
- Latter-stage elderly healthcare insurance premium: 9th pay

Note: We recommend convenient and reliable direct debit for tax payment etc.

Emergency medical care in March (3月の夜間・時間外・休日の応急診療)

がつ やかん じかんがい きゆうじつ おうきゅうしんりょう

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 (March)	Name of Medical Institution	Address	Phone (0595)
1, 3, 4, 5, 6, 8, 10, 11, 12, 13, 15, 17, 18, 19, 22, 24, 25, 26, 27, 29, 31	Kameyama Shiritsu Iryō Center	Kameda-chō	83-0990
2, 9, 16, 23, 30	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 (March)		Name of Medical Institution	Address	Phone (0595)
7	Sun	Hifuka Nouchi Clinic	Minamizaki-chō	98-4112
14	Sun	Nobono Clinic	Nobono-chō	85-3636
20	N.H.	Matsuba Jibi Inkōka	Higashidai-chō	83-0087
21	Sun	Kameyama Shiritsu Iryō Center	Kameda-chō	83-0990
28	Sun	Mitsui Jibi Inkōka	Sakae-machi	82-4133

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

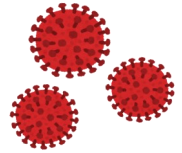
Inquiry: If you have any questions, call above phone number. Portuguese and English interpreters are available.

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)

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)



March 1st, 2021

COVID-19 Information for Foreigners (COVID-19 外国人のみなさまへ)

<https://www.pref.mie.lg.jp/YAKUMUS/HP/covid19info-jp.htm>



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

しんがた しごと うしな くに きゆうふきん
(新型コロナウイルスで仕事を失ったときの国からの給付金)

When you can't get your salary while you lost your job due to COVID-19, in some cases, you may receive benefit from the government.

Consult Benefit call center below how to apply or how to fill necessary documents.

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

Phone: 0120-221-276

Monday to Friday 8:30-20:00

Saturday, Sunday, Holiday 8:30-17:15



Let's stop to blame infected people (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.

Provide temporary special benefit for newborn baby "Hagukumi (¥100,000)"

しんせいじ りんじとくべつきゆうふきん まんえん
(新生児のための臨時特別給付金「はぐくみ(10万円)」)

Inquiry: Chiiki-Fukushi-ka (AIAI, TEL:0595-84-3311)

- Eligible: Head of household with children born from April 28, 2020 to March 31, 2021.
Head of household who has lived in Kameyama City from April 27, 2020 to the application date
- Benefit: ¥100,000 per child born
- How to apply: Please apply by mail to prevent the spread of new coronavirus infection.
Fill out the necessary items in the application form mailed from the city office and send it back with a copy of your identity verification documents (such as residence card) and a copy of the bankbook (Page of branch name, account name and number).

*Please see the city website for details about "Hagukumi" (Japanese only).

If you have difficulties for the tax payment etc. due to new coronavirus infection

しんがた ぜいきん しはら むずか
(新型コロナウイルスで税金などの支払いが難しいときは)

Inquiry: Machizukuri Kyōdōka (TEL:0595-84-5008)

If it becomes ① to ④ due to new coronavirus infection and you have difficulties for the payment of Tax, Insurance premiums, Water charge or Municipal housing fee, there is a system where the payment deadline will be extended.

- ① Income has decreased significantly
- ② Wealth has decreased significantly
- ③ I or my family were infected with the new coronavirus
- ④ I quit my job or took a rest



Request for Infection Prevention to Save Your Life and Health

いのち けんこう まも かんせんよぼう ねが
(命と健康を守るために感染予防のお願い)

- ◆ Wash your hands frequently
- ◆ Wear a mask
- ◆ Avoid crowded places
- ◆ Try to keep social distance
- ◆ Check your health condition & body temperature every day



For those who have symptoms such as fever or cough, and are worried that you may be infected with the Novel Coronavirus,

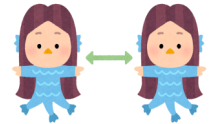
- (1) First, call to consult your doctor or medical institution near you place.
- (2) If you cannot decide which medical institution to consult, please contact Local Call Center below.

Local Call Center

9:00~21:00 ・ Suzuka Public Health Center (TEL: 059-392-5010)

21:00~9:00 ・ Mie Emergency Medical Information Center (TEL: 059-229-1199)

will receive your call, and contact Local Call Center if you need.



5 situations with a High Risk of infection (感染リスクが高まる「5つの場面」)

(1) Social Events with Alcohol

- The risk of infection increases especially when large numbers of people stay in a small partitioned spaces for long period of time.
- The risk of infection is also high if you pass drinks around share chopsticks.



(2) Eating and Drinking with Large Group of People or for Long Periods of Time

- The risk of infection is higher if you have a meal over a long period of time, or while entertaining guests or go barhopping as compared to a short meal.
- The risk also increases if you have a meal with a large group of people (more than 4 people) because droplets may spread due to speak loudly.



(3) Talking Without a Mask

- The risk of infection via water droplets increases when you talk in close distance without wearing masks.
- There have been cases of infection caused by singing karaoke without a mask on during the day.
- Please be careful even on buses or cars.



(4) Living Together in Small Spaces

- There is an increased risk of infection if you live with other people in small spaces and spend long period of time together in enclosed spaces.
- There have been cases of infection that are suspected to have arisen from shared spaces like dormitories or toilets.



(5) Change in Locations

- There may be a higher risk of infections during break time due to lowering your guard and a change in surroundings.
- Cases of infection arising from spaces like the break room, smoking area or changing room have confirmed.

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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)