



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.

School financial support system (就学援助制度) しゅうがくえんじょせいど

Inquiry: Kyōiku linkai Kyōiku Sōmuka (Tel: 0595-84-5073)

Kameyama city will support entering Elementary or Junior high school financially.

- Eligible: Parents who live in Kameyama city and need financial support for children entering Elementary or Junior high school in April 2021 .
- Application period: From January 8th (Fri) to 29th (Fri)

※See detail information that will be mailed to new students later.



Have you completed the cancer screening? (がん検診は済みましたか?) けんしん す

Inquiry: Chōju Kenkōka(AIAI TEL: 0595-84-3316)

Kameyama city recommends taking cancer screening for early detection to the people who have not taken yet after April 2020.

※See "Kenkō Zukuri no Tebiki" or ask AIAI about available medical institutions, eligible people or fee.

【Individual Screening】

Screening for Stomach cancer, Lung cancer, Colon cancer, Prostate cancer, Breast cancer, Uterine cancer, Osteoporosis, Hepatitis, Virus test

- **Screening period: Until January 31st (Sun)**
- **Place:** Medical institutions in Kameyama city.

※ Confirm the consulting hours to each medical institution before going. Reservation may be required.

※ Capacity may be limited.

【Group Screening】

Screening for Breast cancer

- Place: AIAI
- Available days, hours and type of screening
 - February 2nd (Tue): AM, Mammography
 - March 2nd (Tue): AM and PM, Ultrasonography (Echo)
 - March 5th (Fri): AM and PM, Mammography
 - March 9th (Tue): AM and PM, Mammography
- How to apply: Call or visit AIAI and apply (TEL: 0595-84-3316)

※Number of applicant is limited.



Population of Kameyama City(亀山市の人口)49,525 Population of foreign citizens 1,994 (Ratio 4.0%) As of December 1st, 2020



Brazilian: 701



Vietnamese: 390



Chinese: 254



Filipino: 152



Indonesian: 113



Peruvian: 82



Bolivian: 71



Korean: 67



Other: 164

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

Inquiry: Chōju Kenkōka (AIAI TEL: 0595-84-3316)

Kameyama city recommends to take Periodontal disease checkup. If you haven't taken yet, take it for your own health.

- Eligible: People who live in Kameyama city and will be 30, 35, 40, 45, 50, 55, 60, 65, and 70 years old from April 2nd 2020 to April 1st 2021.
- ※ City office sent "Free coupon of Periodontal disease checkup" to eligible people at the end of June 2020.
- Available period: Until January 30th (Sat), 2021 (Reservation is required)
- How to take: At available dentist in Kameyama city
- ※ See "Free coupon" about details of available dentists
- ※ Confirm the consulting hours to each medical institution before going.
- ※ If you lost "Free coupon", ask for Chōjyu Kenkōka (AIAI). It can be reissued.



Application of deducting tax for disabilities (税の障害者控除の申し込み)

Inquiry: Chōju Kenkōka (AIAI TEL: 0595-84-3316)

Income tax or city/prefecture tax for disabilities may be deducted if you have "Disabilities tax deducting qualified certificate (Shōgaisha kōjo taishōsha Ninteisho)" issued by the city.

Qualified certificate will be mailed to eligible people at the end of January 2021.

Eligible: (1) People who live in Kameyama city and are more than 65 years old as of December 31, 2020. People who are certified as "Requiring nursing care (Yōkaigo/Yōshien-ninte)" and also certified as "Physical disabilities (Shintai shōgaisha) or Mental disabilities (Chiteki shōgaisha)" due to bedridden or dementia.

(2) People who have disability certificate (Shōgaisha-techō) and certified as more serious grade than disability certificate based on "Nurse care insurance certification information (Kaigo hoken ninteijyōhō)".

※ If you need a certificate for a person who died between January 1, 2020 and December 31, 2020, ask Chōjyu Kenkōka (AIAI) as you need to apply.

Inquiry

- (1) Regarding Certification : Chōjyu Kenkōka (AIAI TEL: 0595-84-3312)
- (2) Regarding Income tax : Suzuka Tax Office (TEL: 059-382-0351)
- (3) Regarding city / prefectural tax : City office Zeimuka (TEL: 0595-84-5011)



Protect yourself from disaster (災害から身を守る) Action in occurring earthquake (地震発生時の行動)

Inquiry: Bōsai Anzenka (TEL: 0595-84-5035)

When earthquake occurs, take following action.

Protect yourself and help each other to evacuate.

- (1) When evacuating, close the main valve of gas and turn off the breaker to prevent a fire.
- (2) Evacuate on foot as much as possible without using a car and minimize your luggage.
- (3) Pass on a safe road without approaching narrow lanes or block walls
- (4) Beside the mountain, be careful of landslides and evacuate to the safe place.
- (5) If there are elderly people, injured people, or people who need support, help each other.
- (6) In emergency case, act according to the instructions of disaster prevention organization or regional leaders.



Class for Dad and Mam (パパ・ママ教室)^{きょうしつ}

Inquiry: Chōju Kenkōka (AIAI TEL: 0595-84-3316)

Are you ready to be Dad or Mam?

Date and time: Monday, February 8th, from 13:30 to 15:30

Place: AIAI 1st floor, Group instruction room (*Shūdan shidō shitsu*)

Contents: Training of giving a bath, Experience of pregnant women
(Wearing a pregnant woman simulator, etc.)

Eligible: Pregnant women and their husbands live in the city

Capacity: 6 groups 12 people (first come, first served)

Participation fee: Free

Need to bring: Mother-Child health handbook, 2 bath towels, 1 face towel, plastic bag
(to put wet towels), writing implements

Date of Application: From January 8th (Friday)

How to apply: Apply to Chōjyu Kenkōka (AIAI)



Breastfeeding consultation by midwife (助産師による授乳相談)^{じょさんし じゅにゅうそうだん}

Inquiry : Chōju Kenkōka (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: January 20th (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
- Date for Application: from January 8th (Fri) to February 5th (Fri)
- How to apply: Apply to Chōjyu Kenkōka (AIAI)



Class for Baby food (離乳食教室)^{りにゅうしょくきょうしつ}

Inquiry : Chōju Kenkōka (AIAI TEL : 0595-84-3316)

Explanation and demonstration of how to make baby food for babies around 5 to 8 months old

- Date and time: February 17th (wed), 9:30~11:30
- Place: AIAI, 1st floor "Group instruction room" (*Shūdan shidō shitsu*)
- Eligible: Parents and pregnant women of babies live in the city
- Capacity: 7 people (first-come-first-served basis)
- Participation fee: Free
- Need to bring: Mother-child handbook, apron, hand towel, dish towel, writing implements
- Application period: From January 8th (Fri) to February 5th (Fri)
- How to apply: Apply to Chōjyu Kenkōka (AIAI).



Blood Donation (献血にご協力ください)^{けんけつ きょうりょく}

Inquiry: Chōju Kenkōka (AIAI TEL : 0595-84-3316)

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

- Date and time: February 5th (Fri), (1) 9:30~12:00, (2) 14:00~16:30
- Place: Kameyama City office, Shōkō-kaikan
- 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.



KIFAMIGO 2021 will not be held this year (KIFAMIGO 2021 は ありません)

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

Every February, we held an international exchange event "KIFAMIGO" that all families and friends could enjoy. However, this year's "KIFAMIGO" has been cancelled because of spread of COVID-19. Next year's "KIFAMIGO" will be held if COVID-19 will be ended.



Due date of Tax payment in January (1月の納税)



Due date of the tax and direct debit payment: February 1st (Mon)
Please pay the following taxes.

- Municipal and Prefectural tax: 4th pay
- National health insurance tax: 7th pay
- Latter-stage elderly healthcare insurance premium: 7th pay

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

Emergency medical care in January (1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

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 (January)	Name of Medical Institution	Address	Phone (0595)
4, 6, 7, 8, 9, 13, 14, 15, 16, 18, 20, 21, 22, 23, 25, 27, 28, 29, 30	Kameyama Shiritsu Iryō Center	Kameda-chō	83-0990
5, 12, 19, 26	Mie Kōkyū Enge Rihabiri Clinic	Airisu-chō	84-3536

New year schedule Consultation hours: 9:30 to 16:30 Reception hours: by 16:00			
Day (January)	Name of Medical Institution	Address	Phone (0595)
1 Fri	Kameyama Hifuka	Shibukura-chō	83-3666
	Tora Seikei Clinic	Egamuro 2 chōme	84-1700
2 Sat	Kameyama Shinshin Clinic	Sakae-machi	82-2500
	Shiritsu Iryō Center	Kameda-chō	83-0990
3 Sun	Nakamura Shōnika	Chōmyōji-chō	84-0010
	Mitsui Jibi Inkōka	Sakae-machi	82-4133

SUNDAYS and HOLIDAYS Consultation hours: 13:00 to 19:30 Reception hours: by 19:00			
Day (January)	Name of Medical Institution	Address	Phone (0595)
10 Sun	Kameyama Shinshin Clinic	Sakae-machi	82-2500
11 N.H.	Gotō Ganka Clinic	Kita-machi	84-1800
17 Sun	Sakae Seikei Geka	Sakae-machi	97-3335
24 Sun	Seki Clinic	Seki-chō Shinjo	96-2220
31 Sun	Hattori Clinic	Kameda-chō	83-2121

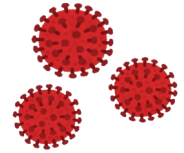
Issued by: Community Development and Cooperation Section, Civic Cooperation Group
(Machizukuri Kyōdōka Shimin Kyōdō Group) (TEL: 0595-84-5008)

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.

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)



January 1st, 2020

Measures for new coronavirus (新型コロナウイルスへの対応について)

- ◆What should we do to prevent the spread of new coronavirus infection?
 - Wash your hands and fingers
 - Wear a mask
 - Be careful when coughing
- ◆What should you do if you might be infected with new coronavirus infection?
 - At first, consult inquiry below by telephone immediately before going to hospital or medical institution for test.
- ◆Inquiry
 - Mie foreigner consulting support center "Mieko" (TEL:080-3300-8077) (Multilingual support is available)
 - Website "<http://www.covid19-info.jp/>" (Japanese, English, Chinese, Korean, Portuguese)



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

- After drinking alcohol, many become excited and their attentiveness decreases. In addition, their hearing is dulled so they are more likely to speak loudly.
- 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.



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 Kyōdōka (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 りんじとくべつきゅうふきん 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-Fukushika (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).

The deadline for applying "Temporary special benefits for single-parent household" is February 26th (Fri), 2021 (ひとり親世帯への臨時特別給付金の締め切りは2021年2月26日です)

Inquiry: Kodomo Miraika (TEL: 0595-96-8822)

- Eligible: To meet one of following condition
 - (1) Those receiving a child-rearing allowance in June 2020
 - (2) Those receiving public pensions and not receiving any child-rearing allowance in June 2020.
 - (3) Those whose income is at the same or below level as those receiving child-rearing allowance, such as from sudden changes in household finances due to new coronavirus infection.
- Benefit amount: ¥50,000 per household, ¥30,000 per child after the second child



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

しんがた しはら むずか
(新型コロナウイルスで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



Kameyama City Premium Gift Voucher has deadline

かめやまし つきしょうひんけん きげん
(亀山市プレミアム付商品券の期限)

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

Kameyama City Premium Gift Voucher can be used **until February 28th (Sun).**



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.

といあわせさき 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)