



**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.**

**Kameyama city Special benefit (¥100,000)** (かめやまし とくべつていがくきゅうふきん まんえん) (亀山市特別定額給付金10万円)

**Inquiry: Machizukuri Kyōdōka (TEL:0595-84-5008)**  
Have you already applied for the special benefit (¥100,000)?  
The deadline for applications is August 19th (Wed).  
If you have not finished yet, please apply early.  
For more information, please contact Machizukuri Kyōdōka  
Interpreters in Portuguese and English are available.



**About "Group Individual Cervical Cancer Screening"** (しゅうだんてき こべつ しきゅう けい けんしん) (集团的個別子宮頸がん検診)

**Inquiry: Chōjyu Kenkōka (AIAI TEL: 0595-84-3316)**

- \* Date: Jul 30 (Thu), Aug 27 (Thu), Sep 24 (Thu), Oct 29 (Thu), Nov 26 (Thu), Dec 24 (Thu), Jan 28 (Thu)
- \* Time: from 13:00 to 15:00, Appointment would be necessary for screening
- \* Place: Miyamura Obstetrics and Gynecology
- \* Eligible: Women born before April 1, 2001
- \* Matters of examination : Interview by doctor, Cervical cytology  
Vaginal echo (ultrasonic) examination would be carry out if necessary.
- \* Capacity: 50 people in a day
- \* Fee: • 800 yen for the people between 20 to 69 years old  
• 300 yen 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 Kenkōka (AIAI)
- \* Others: If you receive a second examination in 2020, 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".



**Population of Kameyama City(亀山市の人口)49,611 Population of foreign citizens 2,059 (Ratio 4.2%)** From data in , June 1st, 2020



Brazilian: 698



Vietnamese: 399



Chinese: 267



Filipino: 160



Indonesian: 126



Peruvian: 83



Bolivian: 72



Korean: 68



Other: 186

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

しゅうびょう けんしん う



**Inquiry: Chōjyu Kenkōka (AIAI TEL: 0595-84-3316)**

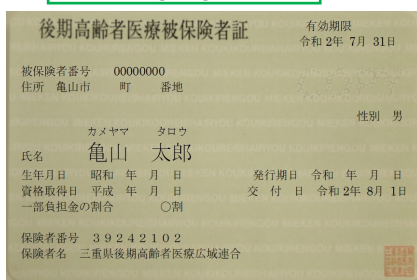
Kameyama city has sent free coupon of Periodontal disease checkup for the following people.

- \* 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 2020 to April 1st 2021.
- \* Available term: From Jul 1st (Wed) 2020 to Jan 30 (Sat) 2021
- \* Place: Please check the hospitals or clinics on the coupon.

**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 : Light green



**Inquiry: Shiminka (TEL: 0595-84-5005)**

Kameyama city sends a health insurance card to people over 75 years old. The color of the new insurance card is light green 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.

**For Heatstroke, Prevention is Important (熱中症は予防が大事)**

ねっちゅうしょう よぼう だいじ

**Inquiry for treatment: Shōbōsho(TEL: 0595-82-9496)**

**Inquiry for prevention: Chōjyu Kenkōka(AIAI TEL: 0595-84-3316)**

Heatstroke is dangerous illness may causing death. Not only staying outside on a hot day but also even if staying inside the house may cause heatstroke depends on high temperature or humidity.

**\* Symptoms of heatstroke:**

- ① Feel dizzy, Humbles,
- ② Headache, Nausea
- ③ Feel body hot, Consciousness disorder, Spasms

**\* How to treat the Heatstroke patient?**

- ① Move the patient to a cooler place. Unfasten his/her clothes and lay him/her down
- ② Give the patient water and send him/her wind
- ③ Cool his/her neck and under arm with ice pack

If the patient doesn't drink water or not getting better, call 911 for ambulance immediately .

**\*For preventing heatstroke,**

- ① Drink water frequently if sweat, get salt
- ② Wear parasols and hats when you go out. Also, avoid going out on a sunny day.
- ③ Use air conditioner and electric fan to keep air temperature comfortable.



Let's take Measles and Rubella Vaccination (麻疹風しんの予防接種を受けましょう)



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

● Eligible children who take the regular vaccination in 2020

1 <sup>st</sup> time	One-year-old to under 2 years old.
2 <sup>nd</sup> time	Children who were born from April 2 <sup>nd</sup> 2014 to April 1 <sup>st</sup> 2015. Vaccine period : Until March 31 <sup>st</sup> 2021 at your earliest

\* How to take: Please make reservation with medical institution in Mie Prefecture.

✕ In case of taking vaccination outside of Mie, please contact with AIAI to get application for subsidy.

\* Fee for the vaccination: Free

\* Need to Bring: Mother-child health handbook, Medical examination card, Health insurance card, Residence card

\* If you don't have Medical examination card, please visit to AIAI with Mother-child health handbook.

Please refer to Vaccination information of "Akachan Suku Suku" for more information.

● Eligible children who receive subsidy for any vaccination

In case of missing vaccination during general vaccination period, following people who live in the city can receive subsidy for any vaccination.

✕ Please confirm vaccination fee with medical institution.

Who missed 1 <sup>st</sup> time vaccination	Children who are older than 2 years old and under 5 years old before 2nd time day and missed 1st time vaccination
Who missed 2 <sup>nd</sup> time vaccination	Children who were born from April 2nd 2013 to April 1st 2014 and missed 2nd time vaccination.



\* Eligible vaccination period for subsidy: Until March 31<sup>st</sup> 2021 (Wed)

\* Applying period: Until March 31<sup>st</sup> 2021 (Wed)

\* Available medical Institution: Any medical institutions including outside of Mie Prefecture.

\* If you take vaccination in Kameyama city, not necessary to apply for subsidy.

Please pay the vaccination fee subtracting subsidy amount at hospital.

\* If you take vaccination outside of Kameyama city, please visit AIAI first and get the necessary documents such as application form.

\* **Notice**

Twice vaccinations are needed to have enough immunity against measles. Since measles have highly infectivity and can be transmitted by air, it cannot be prevented only by hand washing and wearing masks. If a person without immunity against measles has contact with an infected person, he or she is almost 100% infected.

Bronchitis, pneumonia, otitis media, and encephalitis are the main complications of measles, and sometimes may die. They say that twice vaccinations can get immunity more than 95% of the vaccinated people and prevent the measles.

Japanese class (日本語教室のお知らせ)

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

Starting date of Japanese class has been postponed due to coronavirus yet. If you are interested in the class, please visit city hall No. 11 counter for the application. We will contact you when the starting date will be decided.



## Information from Library (図書館からのお知らせ)

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

A Recommended Book : 『Guruguru and Gorogoro at the cookie factory』 <Children's English book>

Author : Chiho Egawa

Two kitties called Guruguru and Gorogoro visited the cookie factory and assist the manager, Mister Crums.

This book has three funny stories concerning these two kitties.

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



## Due date in July (7月の納税)

Due date of the payment and direct debit payment: July 31st (Fri)

Please pay the following taxes:

- Fixed property tax 2nd payment
- National health insurance tax
- Latter-stage elderly healthcare insurance premium 1<sup>st</sup> payment

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



## Emergency medical care in July (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	Address	Phone
1, 2, 3, 4, 6, 8, 9, 10, 11, 13, 15, 16, 17, 18, 20, 22, 25, 27, 29, 30, 31	Kameyama Iryō Center	Kameda-chō	(0595) 83-0990
7, 14, 21, 28	Mie Kokyū Enge Rihabiri Clinic	Airisu-chō	(0595) 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)
5 Sunday	Kameyama Shinshin Clinic	Sakae-machi	82-2500
12 Sunday	Gotō Ganka Clinic	Kita-machi	84-1800
19 Sunday	Kameyama Shiritsu Iryō Center	Kameda-chō	83-0990
23 Holiday	Seki Clinic	Seki-chō Shinjo	96-2220
24 Holiday	Kameyama Shiritsu Iryō Center	Kameda-chō	83-0990
26 Sunday	Itō lin	Nomura 3 chōme	82-0405

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)