

Kameyama News

かめやまニュース（令和元年7月号）

July 1st, 2019
Nó. 124

Please contact to Shimin Kyōdō Group for any questions. (TEL: 0595-84-5008)
Portuguese and English translators will support you.

Take Brest Cancer Screening (乳がん検診を受けましょう)

Inquiry: Kameyama Shiritsu Iryō Center
(TEL: 0598-83-0990)

Clinical breast examination and mammography screening will be giving at Kameyama Shiritsu Iryō Center.

For early case detection, taking the screening regularly is recommended.

■Date: Until January 31st 2020, every Wednesday and Friday from 1:00 pm to 2:00 pm.

■Fee: A Kameyama city citizen woman who is 30 years old to 69 years old・・・2,000 yen.

A Kameyama city citizen woman who is older than 70 years old 300 yen.

※In addition, people who are eligible for free examination will be notified from the city.

■Application Method: Call Kameyama Shiritsu Iryō Center (TEL: 0598-83-0990) to apply Monday to Friday from 8:30a.m to 5:00p.m. Or call Machizukuri Kyōdōka (TEL: 0598-84-5008) for translation support. (Portuguese and English)



Sending a health insurance card to people 75 years or older.

(75歳以上の人へ保険証を送ります)

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

Sending a health insurance card to people of 75 years or older. The insurance card will become available from August. The new card is pink. If there are any mistakes on the contents of the card, please visit Kameyama City hall or Seki branch and ask the correction.

Are You Interested in Taking Cancer Screening? (がん総合検診募集のお知らせ)

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

If you are interested in taking cancer screening for below examination items.

Stomach cancer, lung cancer, colon cancer, prostate cancer, hepatitis testing and health check.

For more questions, please contact AIAI.

■ Starting Application Day : from July 31st 8:30 am ~

■ Application Method : Call or visit to Chōjyu Kenkō Ka(AIAI TEL : 0595-84-3316).

※ Number of applicant is limited. Please apply soon if you are interested in.

Get Periodontal Disease Checkup.

(歯周病検診を受けましょう)

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

Kameyama city has sent out free coupon of Periodontal Disease checkup for people who lives in Kameyama city and will turn 30, 35, 40, 45, 50, 55, 60, 65, and 70 years old between April 2nd 2019 to April 1st 2020.

■Term of Available: from July 1st Monday 2019 to January 31st 2020 Friday.

■Available Medical Institution : Please refer to the coupon.



Population of Kameyama City (亀山市の人口) ...49,678

Population of foreign citizens... 1,989 (Ratio...4.0%)

From data in June, 2019



Brazilian: 663



Vietnamese: 342



Chinese: 304



Indonesian: 149



Filipino: 147



Peruvian: 79



Korean: 67



Bolivian: 64



Others: 174

Take Measles-Rubella Vaccine (麻疹風しんの予防接種を受けましょう)

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

■ Object person who should take the vaccine in year of 2019.

1 st time	From one-year-old to under 2 years old. ※When child turns one-year-old, take the vaccine at your earliest.
2 nd time	Children who was born between April 2 nd 2013 to April 1 st 2014.

※Please make sure to take the vaccine by March 31st 2020.

■ How to take? Please make reservation with medical institution within Mie Prefecture.

※In case you prefer to take the vaccine outside of Mie, please visit AIAI to get application for subsidies.

■ Fee for the vaccine: Free for taking it in Mie

■ Need to Bring: mother-children health pass book, medical pre-examination for Measles-Rubella Vaccine, health insurance card, residence card etc.,

■ If you don't have medical pre-examination, please visit to AIAI with mother-children health pass book.

Please refer to the [Akachan Suku Suku] for more information.

■ Optional Extra object person (Children who has missed routine immunization program)

We support the following people who live in the city.

※Please confirm fee of vaccine with medical institution.

Who missed 1 st term vaccine	Children who are older than 2 years old and the day before the target of the 2nd period.
Who missed 2 nd term vaccine	Child whose birthday is between from April 2 nd 2012 to April 1 st 2013 and who haven't received 2nd term vaccine.



■ Term of the Support: from April 1st 2019 (Monday) to March 31st 2020 (Tuesday)

■ The Last Day of Applying the Support: March 31st 2020 (Tuesday)

■ Place to Apply: Chōjyu Kenkōka AIAI

■ Available Medical Institution: All medical institutions including outside of Mie Prefecture.

■ If you take the vaccine within the Kameyama city, you don't need to apply for the subsidies. Subtract supporting amount from the vaccine fee when you pay at hospital.

■ Please visit AIAI before you take vaccine outside of Kameyama city to apply subsidies.

■ Adult male is also object for taking the vaccine.

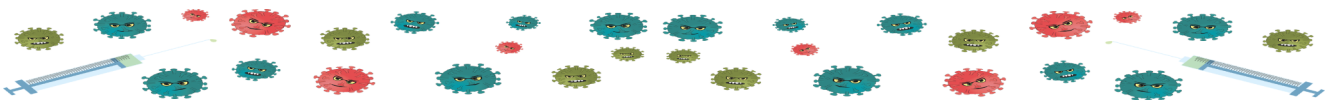
Kameyama city has sent out free coupon of Measles-Rubella antibody test for male who was born between April 2nd 1962 to April 2nd 1979. Use the coupon for the test and if you need to have additional vaccine, please get it.

■ Term of Available: Until March 31st 2023

※If you have antibody test record later than 2014, you don't need to take the test again.

■ Available Medical Institution: Please refer to the coupon.

Should you have any questions, please don't hesitate to contact Chōjyu Kenkōka AIAI or Machizukuri Kyōdōka (TEL: 0598-84-5008).



Information of Kameyama City Premium Gift Certificate(亀山市プレミアム付商品券)

Inquiry: Sangyō Shinkōka (TEL: 0595-84-5049)

People who corresponds 2 conditions below, can purchase 5,000 yen of gift certificate with 4,000 yen.

[1]A citizen who is not imposed citizen tax at year of 2019

[2]A Family who has children younger than 3 years old.

Kameyama city will send notice for the above people. Should you have any questions, please don't hesitate to contact to Sangyō Shinkō Ka or Machizukuri Kyōdōka.



Prevention of Heat Stroke is Important (熱中症は予防が大事)

Asking how to deal with: Shōbōsho(TEL: 0595-82-9496)

Asking the prevention method: Chōjyu Kenkōka(AIAI TEL: 0595-84-3316)

Heat stroke is dangerous illness causing death. Needless to say that staying outside on a hot day is dangerous, but even if staying inside the building may cause you heat stroke.



■The listed below are symptoms of heat stroke.

<Light Case>Feel dizzy, Humbles

<Mild Case>Headache, Nausea

<Heavy Case>Feel hot, Consciousness disorder, Spasms
When you feel above, take water and relax in cool place.



■How to treat the Heat Stroke patient?

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

If the patient doesn't drink water or doesn't get any better call 911 for ambulance.



■As heat stroke prevention, there are 3 methods:

1. Always bring sports drinks and water with you and drink them frequently.
2. Use air conditioner and fan to keep air temperature comfortable.
3. Take enough night sleep and nap.

■Enjoy summer with knowledge of heat stroke.

The Places Where Smoking Will be Prohibited from July 1st

(7月1日から禁煙になる場所があります)

From July 1st, smoking will be prohibited at inside the buildings of City hall, Seki branch, Sogō Kankyō Center, Fire Station. Please smoke at designated area where is outside of the building.

Blood Donation (献血にご協力ください)

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

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

■Date: July 11th Thursday from 10:00 am to 11:30 am, and from 1:00 pm to 4:00 pm.

■Place: Kameyama City Hall

■People from 18 years old to 69 years old, heavier than 50Kg can donate blood. (Male can donate from age of 17.)

※Please kindly note that if you went to overseas, or currently take medicine may not be able to donate blood.



Play with Your Children(運動遊び講座)

Inquiry: AIAI TEL: 0595-84-3314

Let's play with your children who ages are from 0 to 3 years old.

■Date: August 1st Thursday.

1st: from 10:00 am to 11:30 am (on a first come first take of 30 groups with children whose age of 2 to 3)

2nd: from 2:00 pm to 2:40 pm (on a first come first take of 30 groups with 4 months old to 1 year old child before walking)

■Where: 2nd floor of AIAI

■Who Can Join: Children from 0 to 3 years old and guardians who live in Kameyama.

■Fee: Free

■Application Period: from July 16th Tuesday to 24th of Wednesday

■How to Apply: Visit or call AIAI for application

※If you need babysitting during the time for children outside the target age, please ask when you apply.



Information from Library (図書館からのお知らせ)

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

■A Recommended Book : 『DEWEY/Vicki Myron』

A freezing winter morning, Vicky who is a director of the library in mid-west country side of United States found a kitty cat shivering with cold in a book return box.

The cat was named Dewey. With his lovely characteristic and motion, he became famous and he gently healed people in town.

The director who walked through his life together wrote the essay about the library cat turbulent life which was loved by people from all over the world.

This heart touching essay about a lovely library cat's life will cheer you up.



Information for Kameyama Japanese Class

Japanese class is available for foreign citizens who live or work in Kameyama. The class is held from March to December,

on Saturday night. You can join from any Saturday. There is an application form at the city office.

About details, please contact Kameyama City Office, Machizukuri Kyōdōka Shimin Kyōdō Group.

●There will be an additional Japanese class on August 24th. Please join the class!

Due date in July (7月の納税)

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

Please pay the following taxes:

- Fixed propert tax 2nd payment 2nd payment
- National health insurance tax
- Latter-stage elderly healthcare insurance premium 1st payment

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

Emergency medical care in July

ATTENTION: These two systems below are for emergency.

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 (0595)
1, 3, 4, 5, 6, 8, 10, 11, 12, 13, 17, 18, 19, 20, 22, 24, 25, 26, 27, 29, 31	Kameyama Iryō Center	Kameda-chō	83-0990
2, 9, 16, 23, 30	Mie Kōkyū 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)
7 Sunday	Ochiai Shōnika lin	Higashidai-chō	82-0121
14 Sunday	Nobono Clinic	Nobono-chō	85-3636
15 Holiday	Tenjin Ganka lin	Tenjin 2 chōme	83-1195
21 Sunday	Nakamura Shōnika	Chōmyouji-chō	84-0010
28 Sunday	Anoda Clinic	Anoda-chō	83-1181

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)