



Ginowan City Newsletter

July 2018

Ginowan City Hall 1-1-1 Nodake, Ginowan City, Okinawa ☎098-893-4411

Health News



Medical Care System for People Aged 75 and Over: Switch to a New Insurance Card in July

By the end of July, the Ginowan City Hall will deliver new insurance cards to members of the medical care system for people aged 75 and over, either by mail or at the service counter. Please confirm your name, address and the co-payment ratio upon receiving your new card. Starting August, please show this card at the reception when visiting a medical facility. Your new card is valid until July 31st, 2019.



For People over 70 Years Old Enrolled in the National Health Insurance System

The ceiling amount of medical expenses will change starting August 2018 for people with a taxable income between 1,450,000~6,390,000 yen. If during a month you have paid a high amount of medical expenses to an institution, you will be reimbursed the portion that exceeds your predetermined ceiling amount, which is calculated according to the household's income.

For People under 75 Years Old Enrolled in the National Health Insurance System

The application period for the renewal of the "Eligibility Certificate for Ceiling Amount of Medical Expenses" and the "Eligibility Certificate for Ceiling Amount of Medical Expenses·Reduction of the Standard Amount of Patient Liability" is from July 2nd until the end of August.

Deadline for the first payment of the medical care system for people aged 75 and over insurance premium: Tuesday, July 31st!

Eligibility Certificate for Ceiling Amount of Medical Expenses·Reduction of the Standard Amount of Patient Liability

New certificates will be distributed to eligible households (households exempted from resident tax, low income earner category I and II.) If eligible, you may have to apply in order to switch to a new certificate.

Eligibility Certificate for Ceiling Amount of Medical Expenses

New certificates will be issued to Income Category (general income earner) I and II starting August 2018 (application necessary.)

For more information, please consult the Japanese version of the newsletter, page 7-8 (July issue) or contact the National Health Insurance Division at

☎ 098-893-4411

For inquiries about the medical care system for people aged 75 and over: Ext. 152, 146

For inquiries about insurance premiums: Ext. 142~145

For inquiries about benefits: Ext. 138

Don't Get a Heatstroke!

As we move into summer, more people may suffer from heatstroke. Learn about its signs and symptoms and take the proper precautions to spend a wonderful, heatstroke-free summer.

First-aid treatment for a heatstroke

- ▶ Move the person somewhere cool, lay them down
- ▶ Gradually give them sips of water if they are able to swallow
- ▶ Turn on the air-conditioner, direct air onto them with a fan
- ▶ Apply ice packs to the body (armpits, groin)



Beware of Habu Kurage (Box Jellyfish)

A box jellyfish outbreak advisory is being issued.

Preventive measures to not get stung:

- ① Do not swim outside the anti-jellyfish net
- ② Bring vinegar
- ③ Learn first-aid and locate the nearest hospital beforehand



First-aid treatment for jellyfish stings:

- ① Get out of the water
- ② Pour vinegar on the affected area
- ③ Remove the tentacles
- ④ Cool the affected area with ice or cold water
- ⑤ Keep an eye on the person who has been stung
- ⑥ If the person starts to feel strange (losing consciousness, difficulty breathing, etc.) call an ambulance (119.) Begin CPR immediately if the person has stopped breathing or if their heart has stopped beating.



Contact: Fire Department ☎892-1199

This excerpt from the city's newsletter is published by Ginowan City Hall's Shimin Kyodo Suishin Ka (Civic Cooperation Promotion Division), in hopes of helping residents who may have trouble reading or understanding Japanese. This English version is not an official translation of the original Japanese version. Ginowan City Hall and its translator will individually or jointly accept no responsibility or liability for damage or loss caused by any error, inaccuracy, misunderstanding, or changes in regard to this translation.

Administrative services are provided in Japanese only, unless otherwise stated.

English Interpreter: ☎098-893-4411 (Ext. 577) during office hours. ⇒ tuuyaku@city.ginowan.okinawa.jp

Health and Welfare News

Refund of Measles Vaccination Costs

In response to the measles outbreak, the municipality accepts reimbursement requests for the MR (Measles-Rubella) vaccination as described below.

Eligibility: Individuals registered in Ginowan at the time of the vaccination meeting any of the following:

- ① Between the age of 6-12 months at the time of the vaccination
- ② Has not received the 1st stage and is between 2 years old and the eligible age for the 2nd stage
- ③ Has not received the 1st or 2nd stage, and is in elementary school (grade 1-6)

Vaccination period eligible for reimbursement: March 1st~June 30th

Maximum reimbursement Amount: 11,334 Yen

(If over the maximum amount, the difference is out-of-pocket expenses)

Application period: Until August 31st (Friday)

Location: Kenko Sodan Center (Health Counseling Center)

For a list of necessary documents, please visit the city's webpage or contact the Health Counseling Center.

Contact: Kenko Sodan Center (Health Counseling Center)

☎ 898-5583

MR (Measles-Rubella) Vaccination Notice

Notification letters have been sent to eligible households.

Eligible children:

1st stage: Children between 1 and 2 years old (from the day of their 1st birthday until the day before their 2nd)

2nd stage: Children born between April 2nd 2012 and April 1st 2013 (before entering elementary school)

Vaccination period:

1st stage: Until the day before their 2nd birthday

2nd stage: Until March 31st 2019

Vaccination site: Designated medical facilities

Cost: Free for eligible children (see above)

Contact: Kenko Sodan Center (Health Counseling Center)

☎ 898-5583

Counseling Services Ginowan City Hall ☎893-4411

Family, Childcare, Women's Counseling		
Women's counseling (welfare, domestic violence, etc.)	Mon~Fri 10:15~17:00	Jido Katei Ka (Child Family Division)
Women's counseling (general) Jinzai Ikusei Kouryuu Center Mebuki	Mon~Fri 10:00~17:00	☎ 896-1215
Family and childcare counseling room	Mon~Fri 10:15~17:00	Jido Katei Ka (Child Family Division)
Okinawa Child Abuse Hotline	Mon~Fri 17:30~ 8:30A.M., weekends and Holidays: All day	☎ 886-2900
Welfare Counseling		
Counseling for daily life concerns	Mon~Fri 9:00~17:00	Seikatsu Fukushi Ka (Life Welfare Division)
Fureai counseling room Council of Social Welfare	Mon~Fri 9:00~16:00	☎ 896-2020
Legal Advice (upon request, please contact us beforehand)		
Free legal advice	Wed: 13:30~16:30 Fri: 13:30~15:30	Shimin Seikatsu Ka (Civil Life Division)
Citizen's Consultation		
Citizen's consultation	Mon~Fri 10:00~16:00 (Break: 12:00~13:00)	Shimin Seikatsu Ka (Civil Life Division)
Human rights concerns counseling office	3rd Thursday 13:30~16:30	
Free real estate consultation (reservation required)	4th Tuesday 13:30~15:30	
Consumer consultation	Mon~Fri 10:00~16:00 (Break: 12:00~13:00)	
Administrative consultation Okinawa Administrative Evaluation Office	Please contact the office	☎0570-090-110
Education Counseling		
Youth Support Center	Mon~Fri 9:30~16:00	☎ 892-4732
Guidance classroom "Wakaba Classroom"	Mon~Fri 9:00~17:00	☎ 893-8859
Employment Counseling (Furusato Hello Work)		
Regional employment counseling	Mon~Fri 9:30~17:00	☎ 893-5588

Did You Submit Your 2018 Genkyo Todoke (Status Report)?

In order to keep receiving **Jido Teate (child allowance)**, you must submit your Genkyo Todoke every year in June.

You will **not** receive the payment of October if you do not submit your report.

Around the end of July we will send another set of paperwork to households who have not submitted their 2018 report.

Submission deadline: August 31st (Friday)

Reception hours: 8:30~11:30, 13:00~17:00

Location: Jido Katei Ka (Child Family Division), main building, the 2nd floor

Necessary documents: Genkyo Todoke (Status Report) form, inkan seal, and if not enrolled in the national health insurance, health insurance cards of the father, mother and child(ren).

Contact: Jido Katei Ka (Child Family Division) ☎ 181, 283, 294

Genkyo Todoke (Status Report) for the Child Allowance for Single Parents-Medical Care Support for Single Parents

This important report determines whether or not a family may continue to receive child allowance and medical care benefits. Recipients will receive a notification by the end of July.

Submission period: August 1st (Wednesday)~ August 31st (Friday)

Reception hours: 8:30~11:30, 13:00~16:30 (Lunch break between 12:00 and 13:00)

Location: Jido Katei Ka (Child Family Division), main building, 2nd floor

—Thinking of job hunting or looking for a new job?—

A counselor from Hello Work will come to the submission location on days marked with a circle ●.

Consultation hours: from 10:00 to 16:00

—Health counseling—

A public health nurse, nurse and/or nutritionist will be at the submission location on days marked with a triangle ▲ to answer your health questions. You will also be able to book a reservation for a group health checkup if you wish to do so. Consultation hours: from 13:00 to 15:00

Contact: Jido Katei Ka (Child Family Division)

About Child Allowance for Single Parents: ☎ 179, 182, 287

About Medical Care Support for Single Parents: ☎ 572

August						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Due Date for Fixed Property Tax (2nd Payment): Tuesday, July 31st

Please make sure to pay by the deadline.

Contact:

Nozei Ka

(Tax Payment

Division)

☎ Ext. 246 ~257

Tax Installments	Fixed Property Tax	Resident Tax	Light Motor Vehicle Tax
1st	May 1st	July 2nd	May 31st
2nd	July 31st	Aug. 31st	
3rd	Dec. 25th	Oct. 31st	
4th	Feb. 28th	Jan. 31st	

August Health Calendar

Mother and Child-Related Health Checkups and Classes (at the Health Counseling Center)	Reception Hours
Infants general checkup	18th (Sat) 9:00~11:00 13:00~14:45
18-month-old checkup	9th, 16th (Thur) & 29th (Wed) 13:15~14:00
2-year-old dental examination	30th (Thur) 13:15~14:45
3-year-old checkup	1st, 15th & 22nd (Wed) 13:15~14:00
Child-mother health checkup consultation	7th & 21st (Tue) 9:30~10:30
Manman class (baby food class)	31st (Fri) 13:30~
"Nobikko" parent and child class	17th (Fri) Please contact us
"Kounotori" club (parents class)	7th, 14th, 21st & 28th (Tue) 13:30~
Health Consultation Reception Hours	
Health Counseling Center ☎ 898-5583	Every Mondays, Tuesdays and Fridays (holidays excluded) 13:00~15:00
	Every Tuesdays and Wednesdays (holidays excluded) 9:00~11:00

Shotoku Genkyo Todoke (Income Status Report) for Special Child Allowance

This important report determines whether or not a family may continue to receive child allowance.

Submission period: August 13th~September 11th

Reception hours: 8:30~11:30, 13:00~16:30 (Lunch break between 12:00 and 13:00)

Location: Jido Katei Ka (Child Family Division), main building, 2nd floor

Contact: Jido Katei Ka (Child Family Division) ☎ 263

Administrative services are provided in Japanese only, unless otherwise stated.

We offer interpreting services at the Ginowan City Hall.

WHEN: Monday to Friday,

10:00~17:00

(12:00~13:00 Lunch break)

Free of charge!

Please ask for the interpreter at the information desk.

Contact: Civic Cooperation Promotion Division (Shimin Kyodo Suishin Ka)

☎098-893-4411 (Ext. 577)

⇒ tuuyaku@city.ginowan.okinawa.jp