



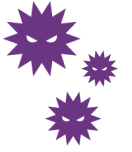
March 2020

Ginowan City Newsletter

Ginowan City Hall 1-1-1 Nodake, Ginowan, Okinawa

TEL:098-893-4411

COVID-19 Basic Preventative Measures



➤ Wash hands with soap and water or disinfect using alcohol

These are the most effective ways to get rid of germs and viruses that are hiding in the crevices of your hand. Make it a habit to wash your hands after going out. These basic infection prevention measures are effective for preventing infection from not only the novel coronavirus, but also other types of viruses.

➤ Cough Etiquette

- ① Cough away from other people
- ② Wear a mask if you are developing coughs or sneezes
- ③ If you cough/sneeze into your hands, wash your hands immediately

➤ Get plenty of sleep and eat a balanced diet

Sufficient sleep and a healthy diet are key in strengthening the body's immune system!

➤ Keep the air moist and rooms well-ventilated

Mucous membranes become weak when the air is dry, which increases your chances of getting infected. Use humidifiers to keep the environment at 50-60% humidity and ventilate indoor areas regularly.

➤ Avoid crowded areas and wear a face mask

The elderly, those with underlying health conditions, fatigued or sleep-deprived persons should especially avoid unnecessary travel to crowded streets or areas. If you must, make sure you wear a face mask and limit the time that you spent in those areas.

*For more up-to-date news on the novel coronavirus and prevention measures, please visit the Ginowan City's website.
Health Consultation Centre (*hoken sōdan sentā*) ☎ 898-5583

PLEASE NOTE:

Events listed in this month's issue of the city newsletter (including in the original Japanese version) may be cancelled or postponed due to the novel coronavirus. For updates, please confirm with the respective organizers directly.

Application for Postponement of Pension Contributions for Students

If you are a student above 20 years of age currently enrolled in the National Pension System and your income is below a certain amount, you are eligible to apply for a postponement of contributions. Applications open from April 1st onwards.

Eligibility	students currently attending university, graduate school, college, high school, technical college, etc.
Income from 2019 (personal)	below ¥1,180,000 + (number of dependents x 380,000)
Required documents	Piece of ID (driver's license, My Number Card, etc.), student ID or proof of enrolment, and inkan (name stamp)

The granted period will count as qualifying periods for the Disability Basic Pension, Survivors' Basic Pension, and Old-age Basic Pension. For Old-age Basic Pension, while the period will count as qualifying periods, the period will not be reflected to the old-age benefit amount. Please note that the granted period may not count as qualifying periods for the above-mentioned benefits if an application is submitted late.

You may retroactively make payments for the periods that you were exempted contributions in the past 10 years.

Civic Division, Pension Section ☎ ext. 117; Japan Pension Service Koza Branch Office ☎ 933-2267

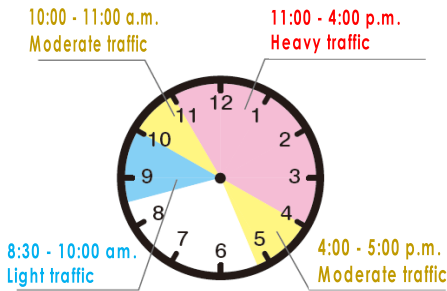
These excerpts from the Japanese city newsletter are published by Ginowan City Hall's Civic Cooperation Promotion Division (Shimin Kyōdō Suishin-ka) in the hopes of providing support for residents who may have trouble reading or understanding Japanese. This English version is not an official translation 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 regards to this translation.

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

English interpreter can be reached at: ☎098-893-4411 (ext.577) or tuuyaku@city.ginowan.okinawa.jp

Heavy Traffic at Civic Division in March & April

Heavy traffic at the Civic Division is anticipated for March and April. As it is the beginning of a new fiscal year, a large number of residents visit the city hall in order to change their addresses in preparation for job relocation or university enrollment, etc. Please prepare ample time for your visits as wait times may exceed one hour for administrative services.



Service Hours:
8:30 a.m. - 5:15 p.m.

*Reception may close early depending on the volume of traffic.
*Wait times may exceed one hour.

Did you know...

You can also get certificates from convenience stores?

If you have a My Number Card registered with electronic functions, you can use the card to get a variety of certificates from the Maruchi copy machines at the convenient stores.

The list of certificates that may be issued include:

- copy of Certificate of Residence (*jyūminhyō*)
- Inkan Certificate (*inkan tōroku shōmeisho*)
- Income Tax Certificate (*shotoku kazei shōmeisho*)
- Family Register Certificate (*koseki shōmeisho*)
- Supplementary Family Register (*koseki no fuhyō*)



▲ My Number Card

Getting these certificates from the convenience store may save you both time and money! It costs ¥100 less to get certificate of residence (copy), inkan, income tax, and supplementary family register at convenience stores than at the city office.

Service hours for Maruchi copy machines:
6:30 a.m. – 11:00 p.m. (weekends and holidays included)

*Please note that in order to get an Inkan Certificate from the city office, you must also present your Ginowan City Resident Card (also known as the "Inkan Registration Card").

Civic Division (*shimin-ka*) ☎ext. 108, 109, 472

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

We offer interpretation services at the Ginowan City Hall (free of charge)
Available hours:
Monday to Friday
9:00-17:00
(12:00-13:00 lunch break)

Please ask for the interpreter (*tsūyaku*) at the information desk.

Contact: Civic Cooperation Promotion Division
(Shimin Kyodo Suishin-ka)
☎098-893-4411 (Ext. 577)
tuuyaku@city.ginowan.okinawa.jp

Proper Cardboard Disposal

Please fold cardboard boxes and tie them into bundles before disposal. If left in opened condition, other items may be wedged inside or between the boxes and hinder the smooth operation of garbage collection and processing.



Environmental Policy Division (*kankyō taisaku-ka*)
☎ext. 452-455

School Uniform Donations

Do you have old school uniforms sitting in your closet? Would you like to donate them to students in need in our city?

We are looking for:

- Elementary formal wear (or Oyama Elementary School uniforms)
- Junior high school uniforms
- Junior high P.E (gym class) uniforms

Please contact us if you would like to donate or receive a donation!

*For those wanting to donate, please wash or dry-clean the uniforms beforehand.



Social Welfare Division (*seikatsu fukushi-ka*)
☎ext. 570

April Health Calendar and Counselling Services

Mother and Child-Related Health Checkups and Classes (at the Health Counseling Center)		Reception Hours	
Infants General Checkup	26th (Sun)	9:00~11:00 13:00~14:45	
18 Month-Old Checkup	2nd (Thu)	13:15~14:00	
2 Year-Old Dental Examination	16th (Thu)	13:15~14:45	
3 Year-Old Checkup	15th (Wed), 22nd (Wed)	13:15~14:00	
Child-Mother Health Checkup Consultation	7th (Tue), 21st (Tue)	9:30~10:30	
Manman Class (baby food class)	27th (Mon)	From 13:30	
"Nobikko" Parent and Child Class	28th (Tue)	Please contact us for details.	
Health Consultation		Reception Hours	
Health Counseling Center ☎898-5583	Every Monday, Tuesday and Friday (holidays excluded)	13:00~15:00	
	Every Tuesday and Wednesday (holidays excluded)	9:00~11:00	
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 General Consultation Jinzai Ikusei Koryu Center Mebuki	Mon~Fri 10:00~17:00	☎896-1215	
Family and Child 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., all day on weekends and holidays	☎886-2900	
Welfare Counseling			
Counseling for daily life concerns	Mon~Fri 9:00~17:00	Seikatsu Fukushima (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)		
Human Rights Concerns Counseling Office	3rd Thursday 13:30~16:30	Shimin Seikatsu-ka (Civil Life Division)	
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	4th Thursday 14:00~16:00	☎0570-090-110 or Shimin Seikatsu-ka (Civil Life Division)	
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	