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# Ginowan City Newsletter

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<https://www.city.ginowan.lg.jp/>

Scan the QR code below to see more about **COVID-19 and vaccines**, past issues of the newsletter and other English content.



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## Ginowan population

(as of July 31)

Total population	100,219 (+25)
Female	51,503 (+13)
Male	48,716 (+12)
Foreign nationals	1,596 (-5)
Total household	46,206 (+29)
Total nationalities	51 (±0)



## COVID-19 VACCINATION UPDATES

### Ginowan City Group and Individual Vaccinations

**Pfizer (age 12+)**

Age group		Reservations
65+		OPEN
12-64	<ul style="list-style-type: none"><li>With preexisting health conditions</li><li>Employees of welfare facilities for the elderly</li><li>Employees of welfare facilities for children with disabilities</li><li>Employees of nursing homes</li><li>Employees providing day service for the elderly</li></ul>	OPEN
60-64		OPEN
50-59		OPEN
40-49		From August 20 (Fri)
30-39		From August 27 (Fri)
20-29		
12-19		

**Please see the July issue of the newsletter for a list of available clinics and instructions on how to make an appointment.**

If you want to receive a vaccine earlier than the dates specified above, please make an appointment with the **Okinawa Mass Vaccination Centre** at **098-943-2993** (Moderna for people over 18 years old).

Vaccination vouchers for all age groups have already been mailed out. If you still have not received your vouchers, please contact the Ginowan City Health Consultation Centre at 098-898-5583.

**It is recommended that children under the age of 16** who wish to receive the vaccine do so at clinics and hospitals (as opposed to mass vaccination centres).

In order to receive priority, those who are employees of welfare facilities for the elderly must complete and present the form accessible through the QR code on the right. The form must be filled out by your employer.



# National Pension Pre- and Post-natal Premium Exemption Program

When a Category I insured person<sup>1</sup> under the National Pension System gives birth, her national pension premiums for a certain period before and after childbirth<sup>2</sup> are exempt. The exempt prenatal and postpartum period counts as a period during which premiums were paid when calculating the insured person's pension in the future.

<sup>1</sup> Category I insured person is defined as a registered resident of Japan aged 20 to 59 years who are self-employed, agriculture, forestry or fishery business operators, students, or unemployed persons who are not enrolled in the Employees' Pension Insurance System nor are spouses (dependents) of a person who is under the Employees' Pension Insurance System.

<sup>2</sup> Childbirth is defined as a delivery from a pregnancy lasting over 85 days (4 months) and includes premature births, stillbirths, miscarriages, and abortions.

**Who Is Eligible:** Category I insured person whose date of delivery was/is after **February 1, 2019**  
**Exemption Period:** total of **4** months beginning from one month before the month of your delivery (or for a total of **6** months for multiple pregnancies)  
**Application Period:** you can begin to submit your application up to 6 months before your expected delivery date  
**Required Documents**

## 1. If applying before childbirth

- Mother and Child Health Handbook, letter from your doctor stating expected due date

## 2. If applying after childbirth

- Mother and Child Health Handbook, birth certificate issued by your hospital

## 3. In the case of a stillbirth

- Still birth certificate, stillbirth cremation permit, Mother and Child Health Handbook, and other supporting documents showing date of death or parent-child relationship, etc.

# Diphtheria and Tetanus (DT) Vaccine for Children

The DT vaccine protects against diphtheria and tetanus. Diphtheria is mainly transmitted from the respiratory tract and can cause symptoms such as sore throats and even high fevers. Tetanus is transmitted when the bacterium *Clostridium tetani* in soil enters the body through an open wound. Its main symptoms include gait disturbance and convulsions. It may leave aftereffects or cause breathing difficulty that can possibly lead to death.

Vaccination for DT can reduce the risk of morbidity by more than 90%. If you receive the vaccine from a non-designated hospital or clinic, you will have to shoulder the full cost. For more information, please refer to the information package mailed to you, or contact the Health Consultation Centre at 898-5583.

Vaccine	Eligibility	When to receive the vaccine
DT	Children becoming 11 years of age	From 11 years of age up to 13 <sup>th</sup> birthday

# Measles and Rubella (MR) Vaccine for Children

Measles is an extremely dangerous airborne virus that is six times more contagious than influenza. Vaccinations against measles and rubella are highly effective against contraction. A notice has been sent to all households with children who are eligible to receive the vaccine.

Vaccine	Target age	When to receive the vaccine
MR I (first dose)	One year-olds	Between 1 <sup>st</sup> birthday and one day before 2 <sup>nd</sup> birthday
MR II (second dose)	Children born between April 2, 2015 and April 1, 2016	Before March 1, 2022 (one year before entering school)

Cost of vaccine is covered unless you are vaccinating in a non-designated hospital or clinic (in which case you will have to shoulder the full cost of the vaccine). For more information, please refer to the information package mailed to you, or contact the Health Consultation Centre at 898-5583.

These excerpts from the Japanese city newsletter are published by Ginowan City's Civic Collaboration Promotion Division (shimin kyōdō suishin-ka) in the hopes of providing support for non-Japanese-speaking residents. This English version is not an official translation of the original Japanese version. Ginowan City Office 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.