

広報とうかい 6/25号

1. 7月の休日診療
2. 7月の健康相談
3. 実践しよう！新しい生活様式（熱中症予防編）
4. 感染症対策のための家庭ごみの捨て方
5. SC スマイル TOKAI「太平山」ハイキング

Tokai Newsletter 25 Jun. 2020

1. Weekend Medical Services in Jul.
2. Health Checks and Consultation in Jul.
3. Prevention of Heat Stroke in the “New Lifestyle”
4. Garbage Disposal Guidelines
5. Hiking Tour to Mt. Ohira

新型コロナウイルス感染症の拡大防止のため、中止・延期などを行う場合があります。

In order to prevent the infectious disease of the novel coronavirus from spreading, some or all the events may be cancelled or postponed.

1. Weekend Medical Services in Jul.

Hours: 9:30 a.m. - 2:00 p.m., except noon - 1:00 p.m. (Hours are available for all locations.)

Sun. 5: Tokai Clinic, ph. 029-283-1711

Sun. 12: Tokai Hospital, ph.029-282-2188

Sun. 19: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Thu. 23: Tokai Hospital, ph.029-282-2188

Fri. 24: Ogata Clinic, ph.029-282-4781

Sun. 26: Muto Pediatric Clinic, ph.029-282-7722

Ibaraki Children's Resource Line, ph. #8000 (for mobile phones), or 03-6667-3377:

Hours: open 24 hours a day, every day of the year (including emergency medical information)

Ibaraki Adult's Resource Line, ph. #7119 (for mobile phones), or 03-6667-3377:

Hours: open 24 hours a day, every day of the year (including emergency medical information)

2. Health Checks and Consultation in Jul.

(1) Health Consultation for Mothers and Children

Date: Fri. 17 Jul.

Time: 9:30 a.m. - 11:00 a.m.

1:00 p.m. - 2:00 p.m.

Please make an appointment.

(2) “Genki-up” Health Consultation for Adults

Date: Fri. 17 Jul.

Time: 9:00 a.m. - 11:30 a.m.

1:00 p.m. - 5:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants

Date: Wed. 8 Jul.

Time: 12:40 p.m. - 1:40 p.m.

2) Children - aged 1 year and 6 months old

Date: Thu. 9 Jul. & Thu. 16 Jul.

Time: 12:40 p.m. - 2:10 p.m.

3) Children - aged 3 years old

Date: Wed. 1 Jul.

Time: 12:40 p.m. - 2:10 p.m.

4) Dental Checks for Children - aged 2 years and 6 months old

Date: Wed. 15 Jul.

Time: 1:00 p.m. - 2:00 p.m.

*All eligible children will be notified individually.

(4) Baby class for babies born in Apr. 2020

Date: Thu. 2 Jul.

Time: 1:00 - 1:20 p.m.

Please make an appointment.

Inquiries: Tokai Health Center, ph. 029-282-2797

3. Prevention of Heat Stroke in the “New Lifestyle”

The following are the precautions to prevent heat stroke while maintaining the “New Lifestyle” for preventing the spread of COVID-19 recommended by Ministry of Health, Labour and Welfare.

- (1) Even if you are not thirsty, drink water frequently. Drink about 1.2 liters of water a day. Be careful as an increase in humidity inside the mask makes it hard to feel thirst. Get enough sodium when you sweat a lot.
- (2) Indoors, adjust room temperature with moderate use of air conditioner.
- (3) Outdoors, wear a hat or carry a parasol and walk in the shade when you can to protect yourself from direct sunlight.
- (4) Eat balanced meals, sleep well and keep a regular routine in your life.
- (5) Wear hygroscopic and quick-drying clothing that lets your skin breathe and avoid wearing black clothing which tends to absorb heat outdoors.
- (6) Wear a mask which is made of breathable material such as cotton.
- (7) Take off your mask according to your health condition where you can keep physical distance of more than 2 meters from other people.
- (8) Younger children, older people and people with pre-existing medical conditions should pay greater attention to their health as they are more vulnerable to the effects of heat.

4. Garbage Disposal Guidelines

To prevent the spread of COVID-19, please follow the rules below when you dispose of garbage.

- (1) Dispose of garbage before it overflows from a bag.
- (2) Remove air from the garbage bag so it won't burst in the garbage truck.
- (3) Tie off the garbage bag tightly so the garbage won't come out.
- (4) Wash your hands with soap and running water after disposing of the garbage.

*If there is someone at home who is or is suspected of being infected with coronavirus, put garbage such as used masks, tissues, or plastic bottles in a plastic bag, tie it off tightly and put it in a village garbage bag and tie that bag off. Be careful not to touch the garbage directly.

*Please refrain from disposing of used clothing now, as exporting it overseas for recycling has been difficult due to the pandemic. Recyclables will be collected if disposed, but note that they may be processed as burnable trash when recycling is not feasible.

Inquiries: Clean Center, ph. 029-282-7289

5. Hiking Tour to Mt. Ohira

Date: Sat. 25 Jul.

Time: Meeting at Fureaino-mori Park at 7:20 a.m.

Departure time: 7:30 a.m.

Place: Mt. Ohira in Tochigi-city, Tochigi Pref.

Eligible people: Anyone who lives or works in Tokai Village (including family living together) or belongs to SC Smile Tokai and is 18 years old or above.

Capacity: The first 20 applicants will be accepted.

Contents: There are 2 courses both from JR Ohira-shita station,

1) "Course via Daichu temple and Seisui temple" which takes approx. 4 hours.

2) "Course via Daichu temple" which takes approx. 3 hours.

Cost: 6,000 yen for Smile Tokai members, 8,000 yen for the family living together of the Smile Tokai members, 10,000 yen for non-members.

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from Sat. 4 to Wed. 22 Jul. (except Mon.)

Inquiries: Tokai Gymnasium, ph. 029-283-1001