

広報とうかい 7/10 号

1. 7月の休日診療
2. 窓口業務時間延長
3. まだ特別定額給付金を申請していない方へ
4. 遅らせないで！子どもの予防接種と乳幼児健診
5. 7月から公共施設の利用制限を緩和しました
6. 村が主催する事業・イベント等の方針を見直しました
7. 実践しよう！新しい生活様式（体づくり編）

Tokai Newsletter 10 Jul. 2020

1. Weekend Medical Services in Jul.
2. Extension of Administrative Service Time
3. If You Have Not Applied for Special Cash Payments yet
4. Do Not Postpone Vaccination and Health Checks for Children
5. Restriction Eased for Public Facilities from Jul.
6. Policies Revised for Holding Public Events
7. Fitness in the “New Lifestyle”

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. 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. Extension of Administrative Service Time

Date: Every 1st and 3rd Thu.

Time: 8:30 a.m. - 7:00 p.m.

Services and Sections:

Civil Registration Section; Resident registration, seal (hanko) registration, passport issuance, and publishing of other certifications and permissions, procedures of national health insurance and national pension plan and long life medical care for the elderly.

Elderly Welfare Section; Application of long-term care insurance and support of the elderly.

Tax Section; Issuance of certifications, (local) taxpayer assistance (needs reservation)

Accounting Section; Payment of tax (except national tax, prefectural tax and national pension premiums) and royalties.

Childcare Support Section; Procedures for day-care center, application of children allowance and child-rearing allowance.

Waterworks Section; Procedures to supply public water, payment of water and sewage bills.

3. If You Have Not Applied for Special Cash Payments yet

Application period for Special Cash Payments is from Mon. 25 May to Tue. 25 Aug. A notice letter will be sent to those who have not applied for the payments yet. If you would like to receive the payments, please send back the application form as soon as possible.

Inquiries:

Welfare and General Affairs Section, ph. 029-219-8150

4. Do Not Postpone Vaccination and Health Checks for Children

You may be considering postponing vaccination and health check schedule for your child due to the coronavirus pandemic. However, vaccination and health checks for children are prepared and notified at the most suitable time in a child's growth. It is important not to postpone the schedule. Especially, a delay of baby's vaccination can increase the risk of serious infection.

*If vaccination / health check coupons are not received, bring your Maternal and Child Health Handbook to Health Center to get them.

*If you have any concerns about your child's growth, please book a consultation service at Health Center for advice.

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

5. Restriction Eased for Public Facilities from Jul.

On the basis of the policies of national and prefectural government, some restrictions in the use of public facilities were eased from 1 Jul. For details, please contact each facility or look at

our official website:

<https://www.vill.tokai.ibaraki.jp/763/ibennto/4905.html>

Thank you for your understanding and cooperation.

6. Policies Revised for Holding Public Events

Previously, Tokai Village had decided to cancel or postpone in principle all the events and projects scheduled to be held by the municipality for the period until the end of September. However, on the basis of the policies of national and prefectural government, it was decided to gradually hold events according to the Guidelines for Resuming Events and Gatherings while taking precautions to prevent the spread of the coronavirus. Please refer to the guideline summary below when planning an event.

Precautions for holding events and gatherings

1. Avoid gatherings in crowded places, close contact settings and closed spaces.
2. Keep physical distance.
3. Ventilate the venue frequently.
4. Make sure the participants wear masks.
5. Make sure the participants wash and sanitize their hands.
6. Check health conditions of the participants.
7. Clean and disinfect frequently touched objects and surfaces.
8. Do not speak loud and keep the volume of music playing in the background as low as possible.
9. Do not share dishes, cups and eating utensils.
10. Wear a mask and gloves when collecting garbage.

Take appropriate measures according to the kind of event

● Sports events

Maintain enough distance (e.g. by standing in staggered lines).

Take measures to prevent heat stroke, but do not forget to keep distance when drinking water.

● Meetings

Avoid close contact and sitting face-to-face (e.g. by arranging less chairs in advance).

Set a duration in advance and conduct a meeting effectively to avoid longer hours.

● Festivals and parties

Eat and drink at a designated area and disinfect the area after use.

Arrange the venue so people can move around smoothly.

Utilize online and posting to avoid handing over things on-site such as tickets and money.

*Please also refer to the guideline presented by each industry organization.

7. Fitness in the “New Lifestyle”

Some people may think that they are in poorer physical condition due to staying home for longer than usual amid the pandemic. Let’s keep fit to increase immunity while taking precautions to prevent the spread of the coronavirus!

Before exercise

- Check your health condition. If you feel unwell, refrain from doing exercise.
- Before, in between and after exercise, wash and sanitize your hands.
- Wear a mask if necessary. If you feel it is hard to breathe, take off your mask and have a break. You can take off your mask where you can keep physical distance of more than 2 meters from other people.

Safe exercise indoors

- Ventilate the room well by opening windows.
- Keep regular exercise every day at about the same time of day.
- Exercise while doing housework or watching TV is also effective.
- Keep on doing what you can do every day and drink water frequently.

Safe exercise outdoors

- Avoid crowded places and close contact.
- Keep physical distance of more than 2 meters from other people. Also keep distance when passing each other.

Prevent heat stroke

- Start from moderate exercise and stay hydrated.
- Pay greater attention to younger children, older people and people with pre-existing medical conditions as they are more vulnerable to the effects of heat.

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