

1. About Disaster Prevention Alerts

Since June of this year, the way that flood and landslide alerts are sent out has changed.

To know when to evacuate, please take note of the alertness levels.

When it reaches level 4, everyone must evacuate. Evacuation advisories and instructions will be issued from the city.

To ensure safety, please communicate with your neighbors and family when evacuating.

Also, check the evacuation location and the directions for evacuation before disasters occur.

The latest disaster prevention and weather information can be found on TV, radio and social media.

Information about Tochigi City can be found on the city's official website, Twitter and Facebook.

In the event of an emergency, please take action to evacuate to safety knowing that you are responsible for your own well-being.

2. Health Checkups for Children Entering Elementary School Next April

There will be health checkups for children entering elementary school next April. The checkups will take place between September and October this year for children born between April 2, 2013 and April 1, 2014.

The date of the checkup for each child will depend on the school the child is planning on attending.

A notice from the school board will be sent to the parents of the child.

Please follow their guidance and have your children receive a medical examination.

If you are unable to have your child attend the elementary school where they planned to enter or if you still have not been notified, please call the Health Division at 0282-21-2482.

3. About Stress Management

If you are currently feeling unwell, it could be because of stress.

If you keep working hard while unaware of your stress levels, it could take a toll on your health so it would be wise to be aware of signs of stress.

Some of the signs might include irritability, short temper, sudden bouts of crying, depression and lack of motivation. Some other signs may be lack of interest in seeing people and trying to avoid them.

In the body, stress can show up as tense shoulders, headaches, stomachaches, insomnia, lack of appetite and over-eating.

Pay attention to your stress levels, take breaks as needed and consider getting evaluated by your doctor.

It is important to not work too hard on your own.

4. About the Kuranomachi Fireworks Festival

On Saturday September 7th from 3 to 10pm, the 6th Kuranomachi Fireworks Festival will be held at Nagano River Green Park. In addition to vocal and taiko performances, 5000 fireworks will be shot up starting from 7pm.

Please come enjoy this Tochigi Fireworks Festival to celebrate the end of summer!