

1. About disaster support information for Tochigi City

Due to the recent typhoon No. 19, many areas in Tochigi City were severely damaged and it is very likely that some of the foreign residents were affected because their homes and cars were flooded.

At the city hall, we are informing victims about the support they could receive through fliers, the city hall website, Twitter, Facebook, and FM Kurara 857.

Support includes garbage clean up, recovery of earth and sand, disinfection for flooded houses, dispatch of volunteers to clean up the house, and consultation for finding a new home.

The Facebook page of the Tochigi International Association also provides information in English and Spanish so please feel free to use it.

2. Information about New Year's at the City Hall and garbage collection

Tochigi City Hall will be closed from Saturday, December 28 to Sunday, January 5 of next year.

During this period, certificate issuance services at convenience stores also cannot be used.

Documents such as birth, marriage, and death certificates will be kept in the security room in the southwest corner of the first floor of the City Hall.

Garbage will be collected according to the collection calendar.

Collection will continue as usual until December 31 and will resume again on January 4th.

There is no collection of garbage from January 1st to the 3rd, so please do not put out garbage at the garbage station during that time.

Thank you for your cooperation and understanding.

3. About the payment of national pension premiums

The national pension premium for this year is 16,410 yen per month.

The payment form sent from the Japan Pension Service can be used pay from banks, post offices or convenience stores.

The Japan Pension Service is instructing those who have not paid the national pension insurance premium to pay as soon as possible.

If the amount is left unpaid, you maybe charged a late fee and may have your property seized.

If your income is low and you have difficulties paying the insurance premiums, please consult the Insurance Section at the City Hall or the Civic Life Section at each General Branch Office.

4. About prevention of the flu

Its starting to get cold and we must be careful about the flu in the coming season. Please keep the following prevention measures in mind.

- Wash your hands as soon as you enter your home.
- When the air is dry, it becomes easier for the flu virus to spread so try to keep the humidity between 50% and 60%.
- When you go out, try to avoid crowded times as much as possible.
- Try to eat well-balanced nutritious meals to increase immunity, and maintain a body that is less susceptible to infection.
- Start wearing a mask and get vaccinated.

If you experience symptoms such as a fever of more than 38 degrees, headaches, joint pain, muscle pain, general dullness, coughing, sore throat, or runny nose, please see a doctor as soon as possible.