

## 1 About the Coronavirus

The new coronavirus is a type of cold which causes symptoms such as a fever, sore throat and cough which typically lasts about a week in addition to an underlying sluggishness.

At present, the new coronavirus has spread to countries other than China and has become a worldwide pandemic.

Some cases of infection are mild but some conditions can become more serious and can lead to pneumonia and even death so we must be very careful.

The coronavirus is released with sneezing and coughing by an infected person and people in the vicinity can be infected by inhaling the virus through the mouth or nose. It is extremely important to use soap and wash your hands frequently to prevent infection. Also, if possible, avoid crowded places.

If you think you may have been infected, please do the following:  
If it seems mild, please stay at home and take your temperature everyday and record it.

However, if the symptoms or a fever of 37.5 degrees or more persists for more than 4 days, please contact the Tochigi prefecture Kennan Health and Welfare Center.

The phone number is 0285-22-0302. It is available 24 hours a day. In addition, there is a "Coronavirus Consultation Hotline" for foreigners living in Tochigi Prefecture.

It is available in 18 languages, including English, Chinese, Vietnamese, Tagalog, Spanish, and Nepali. The phone number is 0286-678-8282.

This is also open 24 hours.

At present, there is a countrywide shortage of masks. Since March 15, the Japanese government has banned the reselling of masks bought in stores at a higher price and resellers will be punished by the law.

Various information related to the new coronavirus is available on the Internet and other sources but please don't depend on rumors and pay attention to real news and remain calm.

## 2 About the National Pension Insurance Premium

Those living in Japan who are between 20 and 60 years old, including foreigners, are required by law to join the National Pension and pay insurance premiums which is revised every year. In 2020, it is 16,540 yen per month.

For those who wish to pay insurance premiums in cash, a payment form will be sent from the Japan Pension Service in early April.

Please pay your monthly premium by the end of the following month. If you wish to pay the insurance premium for 6 or 12 months in advance, please pay by Thursday, April 30.

If you are a student and your income is less than a certain amount, you can declare and postpone the payment of National Pension Insurance premium to a later date. This is called a student payment exemption. Applicants who wish to apply should have their pension handbook or personal number card, student ID or enrollment certificate, personal seal, etc., and apply at the Health and Medical Section of the City Hall. Applications are accepted from April 1st.

If you applied for a student payment exemption last year and plan to continue enrollment this school-year, you will be mailed a student exemption application from the Japan Pension Service in early April. If you reply to this, you do not need to apply in person.

### 3 About the extension of opening times for the city hall

In Tochigi City, we have extended service hours so that it is more convenient for everyone.

The main building at city hall is open from 5:15 pm to 7:00 pm Monday through Friday except during New Years and other holidays.

The sections that are affected are the Citizen Life Section, the Medical Insurance Section, the Municipal Tax Section, and the Tax Collection Section.

Services at these locations include issuing residence cards and family register copies, applying for seal registration, issuing certificates, receiving resident transfers, receiving family register notifications, issuing personal number cards, acquiring National Health Insurance qualifications, paying city taxes, issuance of tax payment certificate, etc.

In addition, we extended the hours of the Citizen Life Section at each location on Fridays. However, for the Tsuga General Branch, it is only on the second and fourth Fridays of the month. Also, the Nishi Kata General Branch only accepts appointments by reservation.

Please feel free to use these services.