

1 About ways to prevent heat stroke

While measures to prevent coronavirus infections are being taken, it is said that it is necessary to pay even more attention to the dangers of heat stroke this summer.

With the “new lifestyle”, it is important to wear a mask to prevent the spread of infection. However, if you continue to use the mask in hot weather, there is a higher risk of getting heat stroke.

The following are several ways to prevent heatstroke:

- If you can distance yourself by at least 2 meters from anyone else outdoors, you should remove your mask.
- Avoid physical strain and strenuous exercise while wearing a mask.
- Many heat strokes cases actually occur indoors due to dehydration, so even if you are not thirsty, try to drink water frequently.

Furthermore, when it gets hot, we often use air conditioners in the house. However, air conditioners cannot exchange the air inside and outside the room. When using an air conditioner, make sure to open windows or use a ventilation fan to prevent the spread of disease within your home.

Please avoid getting heat stroke by taking appropriate measures.

2 About application for admission to nursery schools/certified children's schools/and small-scale childcare facilities in 2021

Acceptance of applications for those who wish to enter a nursery school, certified childcare center, or small-scale childcare facility starting April next year will begin in September.

A facility tour will be held for each facility in August. Those who want to participate can go on a fixed date and time without applying.

The admission period for nursery school is from September 1st to the 30th.

You can apply at the childcare section on the 2nd floor of the main building of Tochigi City Hall and the civic life section of each general branch. You can also apply directly at each facility.

Also, during the acceptance period for admission to certified children's schools and small-scale childcare facilities, the kindergarten part of the certified children's schools will be accepting applications from September 1 at any time.

The admission period for the nursery school part of certified children's schools and small-scale nursery schools is from September 1 to the 30.

Please apply directly to each facility.

The schedule of facility tours and application for admission may change due to the effects of COVID-19 so please check carefully beforehand at the facility.

4 About the National Health Insurance Fees

On July 15, City Hall will send you a notification letter for this year's National Health Insurance fees.

When you receive it, please pay it at the city hall, bank, Japan Post Bank, convenience store, etc. Direct debits will be debited from your account on each due date. The first tax payment deadline is July 31st.

People with the following cases may be exempted from some insurance fees:

Those whose household income has decreased by more than 30% compared to last year due to the influence of COVID-19 and those whose home was inundated past floor-level or significantly damaged due to typhoon 19 in 2019.

If you anticipate that payment will be difficult, please consult the Tochigi City Hall Municipal Tax Division.

4 The Relocation of Tochigi International Center office

At the time of the opening of Tochigi City Civic Center on the 1st of July, the office for Tochigi City International Center will be moved to the 3rd floor of the Civic Center.

The new office has already started operations from June 23rd.

The Civic Center is a four-story building to the west of the Kuranomachi Nursery School in Irifune-cho.

It is in front of Tochigi Chuo Elementary School, on the south side of the building currently under construction.

The International Association has established a consultation service to resolve concerns and worries of foreign residents living in Tochigi City.

They also provide translation services for resident cards, birth certificates, marriage certificates, etc.

The counter is available Monday to Friday from 9 am to 5 pm so please feel free to use it.