

1. About the National Health Insurance tax notice and renewing the National Health Insurance card

The National Health Insurance is a system designed to reduce the burden of medical expenses of an individual in the event of an illness or injury by having all of the citizens supporting each other financially.

This year's National Health Insurance tax notice will be sent out on July 15th. The deadline for payment for the first term is August 2. Please pay the health insurance tax by the due date.

Also, the National Health Insurance Card you are currently using will expire on July 31st, and will be replaced with a new one starting August 1st. The new insurance card will be mailed out by the end of July.

If you switch to a workplace health insurance, be sure to return your National Health Insurance certificate to the city hall.

2. For application for admission to nursery schools, centers for early childhood education and other small-scale childcare facilities in 2022.

We will accept applications for those who wish to enter a nursery school, a certified childcare institution, or a small-scale childcare facility in 2022.

Application for admission for nursery schools is accepted at the childcare section on the 2nd floor of the city hall main government building.

We accept applications from 8:30 am to 5:15 pm on weekdays between September 1st and the 30th.

The Community Development Promotion Division of each general branch office also accepts applications from September 1st to the 24th.

From this year, you can only apply at the city hall. Please keep in mind that you cannot apply directly at the nursery schools.

Applications for admission to the centers for early childhood education and small-scale childcare facilities will begin on September 1st at each kindergarten or facility, so please apply directly.

In addition, facility tours will be held at each location.

No reservation is required, but please check the date and time of the tours beforehand.

3. About prevention of heat stroke

This summer, it is going to be important to prevent heat stroke while taking measures against spreading COVID-19.

Heat stroke can occur not only outdoors but also indoors. Use your air conditioner to adjust the temperature of the room so that it does not exceed 28 degrees.

To prevent the spread of the virus, use the air conditioner while also ventilating by opening a window or using a fan.

If you wear a mask, you may not notice that you are thirsty.

Drink water even before you begin to feel thirsty, such as when you wake up, eat, go out, exercise, take a bath, and before going to bed.

Starting this year, the "heat stroke warning alert" will be announced on days when the risk of heat stroke is expected to be extremely high.

On days with this announcement, avoid the heat by refraining from going outside.

4. Useful information in the event of a disaster

In Japan, once the rainy typhoon season begins, heavy rains will occur, rivers will overflow, mountains will collapse, and several dangerous disasters will occur regularly.

The Japan Meteorological Agency issues a warning about heavy rain when a disaster is likely to occur.

If you ever feel in danger, you must evacuate to a safe place as soon as possible.

There is a free app called "Safety tips" so that foreigners can easily understand the information provided in the event of a disaster.

This is an app developed by the Japan Tourism Agency for foreign travelers. In addition to Japanese, it is available in 15 languages including English, Chinese, Spanish, Vietnamese, Tagalog, and Nepali. It is also convenient for those who have immigrated to Japan.

It will notify you of Earthquake Early Warnings, weather warnings, eruption information, heat stroke information, transportation information, evacuation order information, etc. that have been announced in Japan so please download and use the app.