

## 1. Support for Raising Children in Tochigi City

Tochigi City is actively working on various child-rearing support measures so that people of child-rearing age can raise their children with peace of mind.

First of all, when you are pregnant for the first time, you may feel uneasy because there are many things you do not know.

If you have any concerns, please feel free to consult Sukoyaka Child-Rearing Consultation. They provide support for pregnancy and childbirth by issuing maternal and child health handbooks, as well as providing baby baths, parenting classes, child-rearing and breastfeeding consultations, health checkups for expectant and nursing mothers, and postpartum care.

Before and after childbirth, expectant and nursing mothers typically worry about their physical condition, housework and childcare. For those who have no one to help them with housework and childcare, "prenatal and postpartum helpers" are available to help with housework and childcare on their behalf.

Additionally, midwives can visit your home to help with your pregnancy and childcare.

Tochigi City's "Children's Medical Expense Subsidy System" is a system in which the city subsidizes medical expenses when your child receives medical treatment normally covered by health insurance for illness or injury.

You do not have to pay medical expenses at the hospital until your child completes the third year of junior high school.

In addition, there are a variety of other childcare support programs to ensure the healthy development of all children in Tochigi City.

The "Sukoyaka Child Care Consultation Room" is located in the Tochigi Public Health and Welfare Center.

Aside from, pregnancy and childbirth, until your child turns 18 years old, professional counselors on location will take care of your child-rearing concerns.

Please feel free to use these services.

## 2 About the Tochigi City Food Bank

Tochigi City, in cooperation with the Tochigi City Council of Social Welfare, is implementing a project to distribute free food donated by individuals and companies to those who are in need of food support.

Food is distributed at the Tochigi City Council of Social Welfare, located on the second floor of the Tochigi Health and Welfare Center.

The distribution hours are from 9:00 a.m. to 5:00 p.m. on weekdays.

Distributed food items include rice, instant foods, retort foods, canned foods, dried noodles, sweets, oil and seasonings.

In addition to food, daily necessities such as sanitary napkins, hand soap, tissue paper, and toilet paper are also distributed.

If you have any problems in purchasing basic necessities, please consult with the Council of Social Welfare.

## 3 Establishment of Tochigi Vaccination Center

Apart from the mass vaccination sites in the city, Tochigi Prefecture will set up a new vaccination sites called Tochigi Vaccination Centers in the southern region of the prefecture so that the vaccination of the entire prefecture can be completed by the end of November.

The three newly established sites are the Kenan Gymnasium in Oyama City, Sano Kosei General Hospital in Sano City, and AEON TOWN Sano.

Those who have received Tochigi City's vaccination tickets can use them there. Vaccines produced by Takeda and Moderna are used. In principle, two doses of the Moderna vaccine are required with a four-week interval between doses.

Appointments can be made through the dedicated appointment website or the official LINE account. Applications by phone are not accepted.

For inquiries, please call the Tochigi Prefecture Vaccination Site Call Center at 0573-003-234. The office is open from 9:00 a.m. to 5:00 p.m., including weekends and holidays.

After receiving the vaccine, please continue to take basic infection prevention measures such as wearing a mask, ventilation, and hand washing.