

## 1. The National Athletic Meet

This fall, the National Athletic Meet and Sports Festival for the Disabled will be held in Tochigi Prefecture.

The National Athletic Meet is the largest sports festival in Japan and has been held since 1946. The games are held between prefectures and representative athletes compete in heated competitions in several sports.

In Tochigi City, the official competitions will be held from October 1st to the 10th in rowing, canoeing, handball, and naginata.

The National Sports Festival for the Disabled began in 2001 and is held after the National Athletic Meet, just as the Paralympics are held after the Olympics.

Due to COVID, the National Athletic Meet will be held for the first time in three years, so we expect a great competition. Let's all give our enthusiastic support to make the games even more exciting.

## 2. Disaster Prevention Measures During the Rainy Season

Japan is about to enter the rainy season. During this time certain weather conditions can cause heavy rainfall.

Disasters caused by heavy rain, such as landslides and river overflows, make it dangerous to evacuate, so it is necessary to take disaster prevention measures in advance on a daily basis.

For example, it is very important to prepare an emergency bag for evacuation and to confirm the route to the evacuation site before a disaster occurs.

In Tochigi City, "Kyokuto Tochigi Kura no Machi Gakushukan" in Irifune-cho is one of the main evacuation centers.

There is an office of the Tochigi City International Association there, and in the event of a disaster, a multilingual support center will be established. The center will send out information to foreign residents and provide consultation on any problems they may encounter as a result of the disaster.

In case of emergency, please hurry to "Kyokuto Tochigi Kura no Machi Gakushukan".

### 3. Prevention of Heat Stroke

Many cases of heat stroke occur around May, before the rainy season begins, and becomes more common from late July, after the rainy season ends.

With the increased use of masks and time spent at home due to COVID, the risk of heat stroke is higher than ever.

Recently, the term "heat acclimatization" has been heard in the news. Heat acclimatization" means that the body becomes accustomed to the heat.

Before the hot season arrives, it may be wise to acclimate our bodies to the heat in order to prevent heat stroke.

In preparing your body for the heat, create opportunities to exercise moderately and get into the habit of sweating. Moderate exercise includes walking, muscle training, and stretching.

It is also a good idea to soak regularly in the bathtub instead of just taking a shower.

Note that if you exercise while wearing a mask, you may forget to rehydrate or have difficulty lowering your body temperature.

If you feel breathlessness, take off your mask immediately or take a break to avoid overexertion.

#### 4. Disposing of Garbage During a Shortage of Designated Bags

Due to the global shortage of containers and high oil prices, some stores in the city are running out of Tochigi City designated garbage bags.

Therefore, until a stable supply is available, households may use the following methods of disposing of garbage, in addition to using regular designated garbage bags:

Use transparent plastic bags. Bags meant for plastic bottles can also be used as bags for burnable trash.

The allowed size of the bag is up to 45 liters for burnable trash, PET bottles and food trays. Bags for empty cans and bottles should be no larger than 30 liters.

Please write the name of the community association, your name, and the type of garbage burnable such as (trash, PET bottles, empty cans or bottles) in black ink with an oil-based marker on the bag.

These methods will be allowed until the shortage of designated garbage bags is resolved.

We ask for your continued cooperation for the proper separation of garbage.