

1. Events related to the 12th Utamaro Festival

Various events related to the "Utamaro Festival" will be held for 16 days from November 11 to 26 around the city, with Kura-no-Machi Main street as the center.

In particular, on Saturday, November 11, there is the "Utamaro Dochu," a procession of people dressed in kimonos who parade through the streets dressed as people from the Edo period. Visitors can see the world Utamaro depicted in Ukiyoe paintings at the Uzuma river site from 1:00 p.m. and at the Kura-no-Machi main street site near the float museum from 3:00 p.m.

The 22nd Kura-no-Machi Furusato Festival will be held at the same time on November 11 and 12.

The Tochigi City International Association is cooperating to open stalls for foreign cuisines offering Vietnamese, Nepalese, Sri Lankan, Filipino, Korean and Brazilian dishes in the plaza in front of the float museum under the name "Sekai Gurume Yokocho".

There is a corner in the venue where you can sit down and dine, so please come and try some gourmet food from around the world.

2. About the disaster prevention experience event

On Saturday, December 9, from 10:00 a.m. to 1:00 p.m., a disaster prevention experience event will be held at the Minagawa Community Center in Minagawa Jonaimachi, Tochigi City.

The contents of the event include the so-called ShakeOut training to protect yourself in the event of an earthquake. You can also experience being in an emergency shelter, handling of shelter supplies, shelter cooking, earthquake simulation, smoke evacuation, fire extinguishers, and more.

It is necessary to raise awareness of disaster preparedness on a daily basis, and this event is a great opportunity for children to learn while having fun together.

There is no charge to attend. Registration will begin at 9:30 a.m., and the first 100 people to register by the opening time of 10:00 a.m. will receive a free gift.

If it rains that day, the event will be held on Sunday, December 10 instead.

We hope you will join us.

3. About Tuberculosis

Do you know what Tuberculosis is? Tuberculosis, or TB, is an infectious disease caused by a certain type of bacteria. When a person with TB coughs or sneezes, the TB bacteria can be inhaled into the lungs of others and cause an infection.

Even if infected, not all people will develop the disease. If a person does not develop symptoms, it is not contagious. However, if the immune system is weakened by fatigue, stress, or illness, TB can develop into something serious.

The illness is usually followed by a low-grade fever, cough, chest pain, and chest tightness. Other symptoms of TB include fatigue, loss of weight, and loss of appetite. If symptoms persist for more than two weeks, you should see a healthcare provider. In addition, public health centers offer free tuberculosis counseling.

The Tuberculosis Prevention Association provides free multilingual telephone counseling for foreigners living in Japan.

TB is a curable disease if detected early and treated with daily medication. Medical expenses for TB treatment are covered by public funds.

If you think you may have TB, please feel free to contact a medical institution or public health center immediately.

4. About preventing influenza

Influenza is a respiratory infection caused by the influenza virus.

In Japan, the epidemic usually occurs from the end of December to March, but this year the number of people with influenza has increased and the epidemic has already begun.

The main way influenza is transmitted is through droplet infection, which is caused by small droplets of water from the mouth when coughing or sneezing.

Once infected, symptoms such as sudden high fever, headache, joint pain and muscle aches appear after an incubation period of about 24 to 27 hours.

Influenza is characterized by a tendency to develop bronchitis, pneumonia, and other complications that can lead to serious illness, with the elderly being at a higher risk.

Vaccination against influenza cannot completely prevent the onset of the disease itself, but it can prevent the severity of symptoms and reduce the risk of death.

It takes about two weeks after vaccination for a person to develop resistance to influenza, and the full effect lasts from two weeks to about five months after vaccination.

To prevent influenza, it is important to practice "cough etiquette" by covering your mouth and nose with a mask or tissue when coughing or sneezing.

If you have a fever or other symptoms, call your healthcare provider for advice.