

1. Preventing Heatstroke

The hot season has fully arrived again this year. Please avoid heat exposure and make sure to drink fluids frequently.

To protect yourself from heat, use air conditioners or other cooling equipment to regulate indoor temperature. You can also use curtains or exterior sunshades to block strong sunlight from entering your home. Sprinkling water around your home or on roads can also help reduce temperatures.

When going outside, please use a parasol or wear a hat.

If you see someone who may be suffering from heatstroke, move them to a cool place such as an air-conditioned room or a well-ventilated shaded area. Loosen their clothing and cool areas such as the neck, underarms, and groin. Give them fluids such as oral rehydration solution. If the person cannot drink on their own or shows abnormal responses, call an ambulance immediately.

Tochigi City has designated facilities called “Chokotto Suzumidokoro,” or temporary cooling spots, where people can stop by and cool off on hot days. These include City Hall, regional branch offices, community centers, and other public facilities, as well as supermarkets, pharmacies, post offices, and FamilyMart stores.

In addition, when the national government issues a Heatstroke Special Alert, residents may also evacuate to designated Cooling Shelters.

Notices are posted at each Chokotto Suzumidokoro and Cooling Shelter. Please follow the rules of each facility when using them. These facilities are available until October 21.

2. Distribution of Tochisuke Gift Certificates 2026

Tochigi City will distribute Tochisuke Gift Certificates 2026, worth 6,000 yen per person, to all residents. This program uses national regional support funds to help residents cope with rising food and living costs, and to encourage shopping at local businesses, thereby supporting the local economy.

Eligible recipients are those registered as residents of Tochigi City as of April 15.

Each set consists of six 1,000-yen vouchers, which can be used at participating stores within the city. The usage period is from August 1 to October 31.

The vouchers will be sent to the head of each household by Yu-Pack over a period of about five weeks starting in late July. Because these vouchers are handled like cash, delivery requires hand delivery.

If you are not at home when delivery is attempted, a notice of absence will be left in your mailbox.

Please arrange redelivery or collect the package at a post office. If the deadline on the notice passes, there is a risk that you may not receive the vouchers before the usage period ends.

3. When Official Garbage Bags Are Unavailable

Due to a sudden increase in demand caused by the international situation, Tochigi City's designated garbage bags are in short supply and may be difficult to obtain.

Until supplies stabilize and official bags are again readily available, households may continue to use official bags or dispose of waste using the following alternative method.

Please use transparent or semi-transparent bags so that contents are visible.

The maximum sizes are as follows. Burnable waste is up to 45 liters. PET bottles and food trays are up to 45 liters. Empty cans and glass bottles are up to 30 liters.

In addition to the neighborhood association or district name and your name, please clearly write the type of waste in black marker. Please write one of the following: burnable waste, PET bottles and food trays, or empty cans and glass bottles.

This alternative method may be used only until official garbage bags become consistently available for purchase again. When this measure ends, the city will announce it through its public information bulletin and official website.