

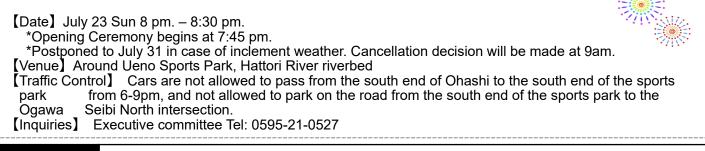
[Admission] Adults: ¥310

- Junior high school students and under: ¥160 Infants and toddlers: ¥50
- * Children under 2nd grade of elementary school must be accompanied by a parent or guardian and must enter the pool together.
- * To avoid crowding in the changing rooms, please wear your swimsuit from home as much as possible.
- * The opening times and hours are subject to change depending on the weather and other factors.

* Swim caps must be worn when entering the pool.

[Inquiries] Oyamada B&G Kaiyo Centre 20595-47-0551

◆lga Fireworks Display 伊賀市 後花 災 大 会



Monthly Tax Payments 今月の納税 National Health Insurance Tax [Kokumin Kenkou Hoken] The First Period Fixed Assets [Kotei Shisan Zei] The Second Period 【Inquiries】 Shuu Zei Ka Tel 0595-22-9612

Information _{อ่ม}่อย

Prevent the Water Accidents がの 革 あを 防止しよう

It is the season to enjoy playing in the water. As children enjoy playing in the sea or rivers, water accidents are increasing rapidly. Make sure to prevent children from water accidents as following.

To prevent outdoor accidents

- Inspect the dangerous places and teach them to children
- Don't let children play alone in the sea or rivers
- Don't let children approach where is muddy or grass grows
- Don't let children play on the drifting things like logs
- Don't be careless even accompanied by parents. Keep them in view
- ◆To prevent accidents in daily life
- Teach children the risk of drowning even in shallow water like a bathtub, a washing machine, a toilet, a plastic pool, etc.
- Don't let children be in a bath alone
- Keep children in your view
- [Inquiries] Iga Fire Department Management Division

Tel: 0595-24-9120



<u>Let's prevent heat stroke</u> 熱中症予防しましょう ◆To prevent heat stroke, follow these

preventive measures:

- *Try to eat a balanced diet and get enough rest on a daily basis.
- *Even if you are not thirsty, try to hydrate frequently.
- *Wear a parasol or hat and avoid direct sunlight as much as possible. Be aware of the time of day when you go out, for example in the morning and evening when it is cooler.
- *The indoor temperature should be kept at 28°C (82°F), and air-conditioning and fans should be used to regulate the temperature without restraint.
- ♦ If you suffer heat stroke :
- *Take shelter in a cool place, loosen clothing and cool yourself down.
- *Drink water and salt.
- *If someone is suspected to be suffering from heat stroke, call for an ambulance immediately if they do not respond to your call.

From "the Environmental Health Manual for Heat Stroke and Environmental Health 2022", Ministry of the Environment.



Do you know what nursing care insurance is? 新護保険制度について

The nursing care insurance system is designed to support society as a whole so that everyone can live an independent life with peace of mind. If a person needs a certain level of nursing care, he or she can receive the services after receiving certification from the city.

An insured person's card (pink) will be sent to those who turn 65 years old.

This is necessary for applying for nursing care certification and for using nursing care services. Please keep it in a safe place when you receive it.

Those who are 65 or older will receive a notice of nursing care insurance payment after July 12. The premium amount is calculated based on your income and tax status of the previous year. Nursing care insurance premiums are deducted from your pension.



*The premiums for those aged 40 to 64 are paid in a lump sum with the medical insurance premiums they are enrolled in. *Depending on the situation, you may be eligible for a reduction, exemption or a deferment of payments. Please consult with us. [Inquiries] Kaigo kourei fukushi ka TEL 0595-26-3939

はんえいじゅうたくにゅうきょしゃぼしゅう県営住宅入居者募集

Prefectural Housing Applications

[Application Period] July 1 Sat to July 31 Mon *Lottery date early Aug. *Move-in starts Oct



[Application] You can receive an application form from the prefectural building in Iga (Mie-Ken chousha 6F), and fill in it and post it by each deadline.

- [Eligibility]
- 1. Be in difficulty with your living conditions.
- 2. Have family members who will be living with you, or plan to do so.3. Have a salary within the standard range designated by the
- Municipal Residence Law.4. Must have no outstanding bills in rent, car parking etc if you already live in the prefectural housing.
- 5. Not be behind in any tax payments.
- 6. An emergency contact persons required.
- 7. You and cohabitant are not a member of Boryokudan.
- 【Inquiries】 Iga Nanbu Fudousan Jigyou Kyoudou Kumiai Tel: 059-221-6171 Tabunka Kyousei-ka Tel: 0595-22-9702

Municipal Housing Applications

しえいじゅうたくにゅうきょしゃぼしゅう 市営住宅入居者募集

[Application Period] Jul 12 Wed to Jul 19 Wed (Weekdays / 9am to 5pm)

[Municipal Housing] Araki 1 Kine 1 Shimogawara 2(Childcare support) *Priority Resident 1 of 2

- [Public Lottery date] August 18, 9:30am
- [Lottery Venue]

Iga City Hall 3F, Meeting Room 301 *If you are not present at the start of the lottery, you will be disgualified.



[Inquiries] Jutaku Ka Tel:0595-22-9737

Health and Medical Information 医療・健康の情報

Infant Health Checkups and Consultation 赤ちゃんの検

In Iga, checkup examinations are available at 18 months and 3 years. Notifications will be sent out to homes with children eligible for the checkups. Please bring your "Mother-Child passbook (Boshi techo)" with you. [Inquiries] Kenkou Suishin-Ka Tel:0595-22-9653

	18 months	July 4, 25 and Aug 22	1pm to 2:30pm	Haitopia Iga 4F			
	3 years (3 and half years)	July 13, Aug 3 and 24	1pm to 2:30pm	Haitopia Iga 4F			

Medical Emergencies & Assistance 教 急 医瘠

Mon to Sat

Tues

4

Nabari

11

Ueno

18

Nabari

25

Ueno

When you need medical treatments, see your family doctor during your clinic's opening hours. If you fall sick when the clinic is closed, refer to the following options. Make an appointment before your visit and bring your health insurance certificate.

◆Iga-shi Emergency Clinic (Oukyu Shinryojo) / TEL: 0595-22-9990 [Clinical Department] Internal Medicine and pediatrics

[Address] Iga-shi Ueno Kaminosho 1700 (Next to Okanami Hospital)

◆The Mie Medical Information Center (Mie ken Kyuukyuu Iryou Jouhou Center) / TEL: 059-229-1199 This center can give you information about which hospitals are available in your area.

◆24 Hours Iga-shi Emergency Call (24 Iga-shi Kyuukyuu Kenkou Soudan Dial) / TEL: 0120-4199-22

This is a toll-free consultation about health and medical issue 24/7. You can ask anything about physical and mental health, medical issue, child care, nursing service and so on anytime. July

					Sun	Mon
Hospital Name	Schedule					
Ueno Shimin Hospital	Mon to Fri		Sat, Sun	and Holidays	Except ped	latrics
TEL: 0595-24-1111	5pm - 8:45a	m	8:45ai	m- 8:45am	2 Okanami/Nabari	3 Okanami
Nabari Hospital	Mon to Fri		Sat, Sun	and Holidays	<u>9</u>	10
TEL: 0595-61-1100	5pm - 8:45a	m	8:45ai	m- 8:45am		Okanami
Okanami Hospital	Mon		Wed	Sun, Holidays	16 Okanami/Nabari	17 Okanami
TEL: 0595-21-3135	5pm- 9am	5p	m- 8:45am	9am-8:45am	23	24
The closing time is the time of the following day				Okanami	Okanami	
			ic following day.	30	31	

20 20 20 20 20 20 20 20 20 20 20 20 20 2	/Nabari 0kanami ※Be sure to call before you visit the hospital.							
Advice & Consulting 箱該懸印								
You can get advice relating to work problems, schools, health, insurance, retirement & pensions, child-rearing, housing, taxes, visas, or any other problems related to your day to day life. This service is free. If you have any problems or difficulties, don't leave them until later. Come to city hall or Tabunka Kyousei Center for reliable, professional advice. Tabunka Kyousei-Ka [Tel] 0595-22-9702 [Open] Mon-Fri, 8:30-17:00 [Venue] 3184 Shijuku cho, Iga-shi City Hall 2F [URL] http://iga-tabunkakyouseicenter.com								
Tips for Everyday Life 型 経のヒント								
Bulky Waste Collection Services (charged) 相大ごみ個別収集事業 We collect Furniture, bedding, bicycles, heaters, appliances and other bulky waste from your home for all residents of Iga city. You will receive a 200-yen coupon for each piece of bulky waste collected. A maximum of five items can be collected per application. However, air conditioners, TVs, refrigerators/freezers, washing machines and clothes dryers cannot be collected. How to use (1) Apply by phone to the Bulky Waste Reception Centre. (2) Purchase an oversize rubbish disposal ticket at an oversize rubbish disposal ticket shop. * The locations of oversize rubbish disposal ticket offices can be found in the 'Resources and Waste Sorting Guidebook', the Iga City Waste Separation App or the city website. * Bulky waste disposal tickets are non-refundable. Please purchase the required number of tickets after making an application. (3)Put them out by 9am on the reserved collection day at the location specified at the time of application. (8.30am in the case of the Aoyama branch) on the reserved collection day. * You do not need to be present on the day. * Items other than those with the bulky waste disposal ticket you have applied for cannot be collected. The items cannot be collected unless they have the bulky waste disposal ticket that you have applied for. Where to apply Iga North Bulky Waste Center : 0595-20-1255 Iga South Bulky Waste Center : 0595-64-8700 [Inquiries] HaikibutsuTaisaku-ka 0595-20-1050								
English 🛧 3								



8pm-11pm

Thurs

6

Nabari

13

Nabari

20

Nabari 27

Nab<u>ari</u>

Fri

Ueno

14

Ueno

21

Ueno

28

Ueno

Sat

Nabari

8

Ueno

15 Nabari

22

Ueno

29

Ueno

Sun and Holidays 9am- noon, 2pm- 5pm and 8pm-11pm

Wed

5

Okanami

12

Okanami

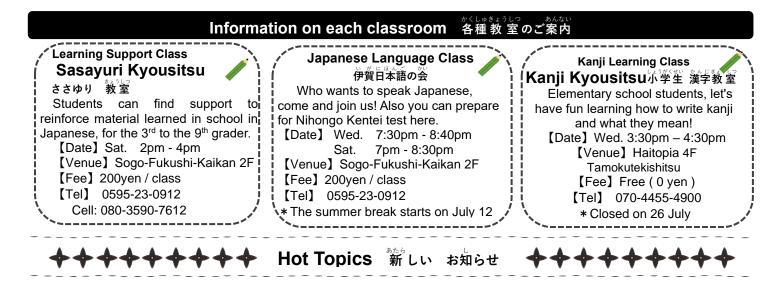
19

Okanami

26

Oka<u>nami</u>





Screening 'The Morning Comes'

三重県内男女共同参画連携映画祭

[Time] 19 August (Sat) 2pm (doors open at 1.30pm) [Venu] Iga City Bunka Kaikan Samazama Hall [Content] Let's find out the point of co-existence between men and women by watching the film.

[Capacity] 400 people in order of registration (pre-registration system, free of charge)

[Childcare] Free childcare is available (1 year old to pre-school age, please apply before August 1st if you need it)

[How to apply] Please call the department in charge

or internet registration https://logoform.jp/form/KPw2/245111

or scan the QR code to register.

[Inquiries] Danjyo Kyoudou Sankaku Center Tel: 0595-22-9632 Fax: 0595-22-9666



Coronavirus-related notices

コロナに関するお知らせ The Vaccination Division of the Health Promotion Section (formerly known as the Vaccination Promotion Division) will be moving its offices to the 4th floor of the Hytopia Iga on July 3.

For more information about Coronavirus from Mie Info⇒



[Inquiries] KenkoSuishin-ka Yobousesshu-gakari Tel: 0595-41-1550

<u>National Health Insurance Tax</u> 国民健康保険税・国民健康保険証の更新

◆ <u>Delivery of tax payment notice</u>: If the head of the household is not a subscriber, but there is someone in the household who is, a tax notice will be sent to the head of the household. Normally, the collection is divided into nine periods per year. For those with special taxation, it is three times.

- ◆The following people should apply for the exemption with the employment insurance card and My Number Card. People who leave their jobs for reasons of their employer, not for personal reasons
- ◆ Complete the procedure within 14 days : Enrollment and withdrawal procedures must be completed within 14 days from the date you move in from another municipality or withdraw from your employer's social insurance.

Renewal of National Health Insurance Card

Your current insured card is valid until 31 July.

You will receive the new card by registered mail in late July, please use the new one from August 1. [Inquiries] Hoken-Nenkin ka Tel: 0595-22-9659

Disaster Prevention Leaders Training for foreign nationals $A \equiv A$ B = A $B \in B$ B = B

at Iga City Fire Department Augast 20 Sun 9:45~17:00, A special bus trip to visit the "Human and Disaster Prevention FutureCenter"

,Kobe City, Hyogo prefecture

September 17 Sun 10:00~12:00 Introduction of activities of Sojya City Foreign Disaster

Prevention Leaders at Iga City General Welfare Hall

★Eligibility: 30 foreign residents who live or work in Iga City and know some simple Japanese ★Application period : July 20 You can apply via the QR code. \Rightarrow

[Inquiries and Application] Iga City Saigai Volunteer Center 20595-33-0064



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