



# Abiko

April 1, 2012

Excerpts of the Newsletter issued by Abiko City

## **The fiscal 2012 budget approved**

The fiscal 2012 general account budget is 34.96 billion yen, giving the highest priority to recovery and reconstruction from the Great East Japan Earthquake and countermeasures against radioactivity caused by the Fukushima Daiichi Nuclear Power Plant accident. We continue to implement support systems such as subventions for disaster victims toward recovery and reconstruction. Against radioactive problem, in addition to decontamination activity, we consider conducting children's health checkups to measure their radiation dose of internal exposure.

## **Municipal taxes payment available at convenience stores**

Municipal taxes and insurance taxes can be paid at convenience stores.

Taxes applicable: residence tax, property tax, city planning tax, light vehicle tax, National Health Insurance tax, etc.

※Limited to those of not more than 300,000yen, of before due date.

For more details, contact Tax Collection sec. ext.341, 342

## **Japanese language course for foreigners-New !**

AIRA (Abiko International Relations Association) offers Japanese language course for beginners to intermediate learners. You can join a class at any time.

Lessons are free of charge.

**Tuesday Class:** Starts May 8, every Tuesday 10:00am-11:30am at ABISTA, nursery available

**Saturday Class:** Starts May 12, every Saturday 10:30am-12:00 at Abiko Civic Plaza

Subscription: Contact AIRA with your information listed below:

Address, name, phone number, original country, preferred class (Tuesday or Saturday)

TEL : 7183-1231 (closed on Thursday) , Fax : 7183-2005 or Email : [info@e-aira.jp](mailto:info@e-aira.jp)

<http://www.e-aira.jp/>

## **Vaccine against rabies and Dog registration**

Rabies is a serious disease that has a mortality rate of 100%. Get a rabies shot for your dog every year. For details, contact Public Health Care Center at 7185-1126

**Mass-screening for breast cancer and uterus cancer:****Reservation required by Apr.21th**

	Uterus cancer screening	Breast cancer screening
Date/Time	May 18(Fri), 21(Mon), 22(Tue), 28(Mon),29(Tue), Jun4(Mon),6(Wed), AM/PM	May 16(Wed),23(Wed),30(Wed), Jun 8(Fri),15(Fri),18(Mon), 22(Fri), 25(Mon), AM/PM
Place	Public Health Care Center	
Cost	600 yen	700 yen / 800yen

For more details, contact Public Health Care Center at 7185-1126

**Term of subsidy for cervical cancer vaccine, Hib vaccine and pneumococcus vaccine for children is extended until the end of March 2013**

Cervical cancer vaccine : women born between Apr.2, 1996 and Apr.1, 2000

Hib / Pneumococcus vaccines : children from 2months to under 5 years of age

For more details, contact Health care center at 7285-1126

**Temporary day-care service for children**

Nursery schools provide temporary day-care service of children whose guardians are working or hospitalized or for other reasons.

	Time	Day-care fee for a child under 3 years old	Day-care fee for a child of 3 years old or more
Whole-day care	8:30am-4:30pm	2700yen	1200yen
Half-day care	8:30am-12:30am 12:30am-4:30pm	1350yen	600yen
Extended day care	7:00am-8:30am 4:30pm-7:00pm	250yen / 30min.	150yen / 30min.

Target: Children between the ages of 6 months and 6 years (preschool children)

Conditions: For refreshment: available up to 5 days a month

For work, school attendance, childbirth, hospitalization, nursing care etc. : available up to 15 days a month

Application: Call directly the desired nursery school listed below and make an appointment of interview (9:00am-4:00pm)

Nursery school	Telephone Number
Tsukushino	7184-8822
Hakuho	7188-3338
Keiai	7188-7771
Tennodai-Futaba	7185-0555
Kawamura-gakuen	7183-5995
Angelica	7181-8500
Pocket-land Abiko	7184-5700

**Health Memo: First-aid treatment for sport injury "RICE treatment"**

**Rest:** Immobilize damaged area with a splint to prevent swelling and damage of nerves and blood vessel.

**Ice:** Ice the affected area to prevent cell necrosis and swelling.

**Compression:** Compress the affected area to prevent internal bleeding and swelling.

**Elevation:** Raise the damaged area above the heart to prevent and reduce swelling.

When seriously injured, call an ambulance immediately, without moving the injured unnecessarily. For more details, contact Abiko Medical Association at 7188-5525

**Advisory Service-April 2012**

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Apr 5 (Thu), 10(Tue), 12(Thu), 19 (Thu) and 24(Tue) 9:30 - 15:30 Reservation required	Civic Consulting Room  2F, Abiko City Office	Secretarial Sec.  7185-1714
Tax Matters	Apr 20 (Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child-Care	Apr 11 and 25 (Wed) Reservation:10:10 - 11:00 First 15 applicants	Child-rearing Support Center "Niko-Niko Hiroba"	Health Support Sec. 7185-1126
	Apr 18 (Wed)	Health Care Center	
Child matters in general	Week days (except Sat/Sun/public holidays) 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days (except Sat/Sun/public holidays) 8:30 - 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

**Public Health Care Center Programs**

**Tel:04-7185-1126**

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Apr 6, 13 and 20 (Fri)	Expecting women of 20 weeks or over, and their family
Polio Vaccination	Apr 10 and 17 (Tue)	3 to 90- month-old babies

Health Checkup for 18-month-old infants	Apr 5 (Thu)	Infants born from Sep 1 to Sep 20, 2010
Dental Checkup for 2 year and 8 month-old children	Apr 26 (Thu)	Children born in Aug 2009
Health Checkup for 3-year-old children	Apr 12 and 19 ( Thu)	Children born from Sep 1 to Oct 10, 2008
Health Checkup for 5-year-old children	Apr 26 (Thu)	Children born from Apr 2 to Apr 30, 2007
Baby Food Class for 4 to 6 month-old babies	Apr 27 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Apr 4 (Wed)	First 20 applicants. Reservation required by phone.

-----Health Care-----

**1. NIGHT -TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS**

CALL #8000 or 043-242-9939

Hours: 7:00p.m. - 10:00p.m. every night

Nurses or doctors will advise you of what to do for your children.

**2. HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)**

Place: Abiko Public Health Care Center (phone: 7187-7020)

Items and hours

(1) Internal medicine, Pediatrics 9:00am - 11:30am, 1:00pm - 4:30pm

(2) Dental Clinic 9:00am - 11:30am

Remarks: Please bring your Health Insurance Card and pay fees in cash.

**3. NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (SUNDAYS /HOLIDAYS)**

**CALL 7184-0119 (FIRE STATION) or 119 (FOR AMBULANCE)**

They will advise you of an appropriate emergency hospital or a pediatrician. Before you go there, please call the hospital and tell them the patient's symptoms.

Please do not hesitate to call 119 in case of serious injury or acute illness.

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