

# Joe's NEWS

Selected information from the city magazine "ONOJO"

June 15th, 2020 issue (No.1)

## Preparation for Localized Heavy Rain



Natural disasters such as floods and sediment disasters occur frequently by localized heavy rain in recent years because of the influence of global climate change. They are unexpected and the scale of them is sometimes beyond our imagination. However, it will be possible for us to mitigate the damage caused by disasters by taking preventive measures. We never know when disaster will occur, so it is crucial to prepare for it with proper basic knowledge to act calmly during a disaster.

### Check evacuation situation

Please check Onojo City Disaster Prevention Map (booklet) and make sure evacuation sites in your area and actions you take during a disaster. Please take actions to protect your precious life without hesitation in a situation of evacuation.

### Measures for Novel Coronavirus in a time of disaster

Evacuation sites will be a situation quite close to the "Three Cs" (Closed spaces with poor ventilation, Crowded places with many people nearby, Close-contact settings such as close-range conversations). Therefore please take preventive measures for Novel coronavirus as follows.

- ◇Wear a mask
- ◇Practice basic preventive measures such as washing your hands well and frequently and following "cough etiquette".
- ◇Disinfect around you.
- ◇Prepare items such as masks medicines, thermometer, food, daily necessities so that you bring them to evacuation sites.

We try to secure space as much as possible and manage hygiene at evacuation sites.

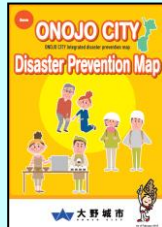
### Onojo City Disaster Prevention Map (booklet)

\*English, Chinese and Korean versions are available.

You can obtain them at each community center, Public Safety & Security Section (2<sup>nd</sup> floor) and Local Culture & Industry Promotion Section (3<sup>rd</sup> floor, New building) at Onojo City Hall

\*You can also download them from the HP of Onojo City  
<http://www.city.onojo.fukuoka.jp/s022/010/020/010/020/040/93874.html>

Please check and use these for preparation to disasters.



## Evacuation Information

Disaster situation is announced in 5 hazard levels to let people understand the meaning of disaster prevention information immediately since last year. Please protect yourself and take an evacuation action soon before a disaster occurs.

### 【Risk Level and Disaster Prevention Information】

Disaster Risk	Risk Level	Actions taken by residents	Information to make residents taken actions
	Level 5	Take action to secure your life.	Disaster Occurrence Information
	Level 4	Evacuate immediately from dangerous areas.	Evacuation Order (emergency) / Evacuation Advisory
	Level 3	The elderly, disabled, infants, etc. evacuate from dangerous areas.	Evacuation Preparation / The elderly etc. start evacuation
	Level 2	Make sure evacuation sites and routes by checking Disaster Prevention Map	Heavy Rain Advisory / Flood Advisory
	Level 1	Pay attention to the latest disaster prevention information.	Early Warning Information

◆ Obtain information as quick as you can ◆ Evacuate early ◆ Prepare for disasters

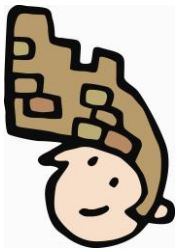
● Information on disaster prevention and disaster-related in Onojo City  
<http://www.city.onojo.fukuoka.jp/s057/030/020/080/12400.html> (Japanese only)

For application or further information, please contact Local Culture and Industry Promotion Section

Tel: 092-580-1876 Fax: 092-573-7791

E-mail: [sangyo@city.onojo.fukuoka.jp](mailto:sangyo@city.onojo.fukuoka.jp)





# Joe's NEWS

Selected information from the city magazine "ONOJO"

June 15th, 2020 issue (No.2)

## Japanese Encephalitis Vaccination

Japanese Encephalitis Vaccination is one of the country's designated routine vaccinations. Please receive the vaccination confirming the subject age and the vaccination history of your child.

●Fee Free

### ●Necessary Item

Maternal and Child Health Handbook

\*Appointment in advance Necessary.

\*For further details such as designated medical institutions, please check the HP of Onojo City, the "健康パンフレット (written in Japanese only, a leaflet about health and medical check-ups)" included in City Magazine Onojo issued on April 1<sup>st</sup> or contact us.



### <Japanese Encephalitis Vaccination> (Regular Vaccination)

		Subject Age	Standard Age	Vaccination Method
First stage	First time	6 months – Under 7 years and 6 months	3 years old	<Twice> 6 days or more between two vaccinations (Recommendation: 6-28 days)
	Follow-up		4 years old	<Once> after 6 months or more from the last vaccination (Recommendation: a year later)
Second stage		9 years – Under 13 years old	9 years old	<Once>

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## Japanese Encephalitis Vaccination

(continued from the left column)

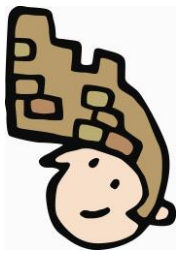
### <Special Vaccination>

Subject Person	Vaccination Period	Positively Recommended grade and age in 2020	Vaccination Method		
Born during April 2 <sup>nd</sup> 2000-April 1 <sup>st</sup> 2007 and who missed the opportunity of the vaccination	Under 20 years old	High School grade 3 or equivalent age (only if the vaccination at the 2 <sup>nd</sup> stage hasn't been received yet)	The number of vaccinations already received	0	4 times: the regular method on the left table
				1	3 times: 6 days or more between three vaccinations
				2	Twice: 6 days or more between two vaccinations
				3	Once: 6 days or more

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# Joe's NEWS

Selected information from the city magazine "ONOJO"

June 15th, 2020 issue (No.3)

## Japanese Encephalitis Vaccination

(continued from No.2)

### <Special Vaccination>

Subject Person	Vaccination Period	Vaccination History	Vaccination Method			
Born during April 2 <sup>nd</sup> 2007 - October 1 <sup>st</sup> 2009 and who missed the opportunity of the vaccination *The persons who took the vaccination during the following period are not subject: 13 years old and older	9 years old - Under 13 years old	The persons who took the vaccination once and more till Mar. 31 <sup>st</sup> , 2010.	The number of vaccinations already received	1	3 times: 6 days or more between three vaccinations	
				2	Twice: 6 days or more between two vaccinations	
				3	Once: 6 days or more from the last vaccination	
		The persons who never took the vaccination till Mar. 31 <sup>st</sup> , 2010.	The number of vaccinations already received	0	4 times : the regular method on the table, page No.2	
				1	3 times: The 3 <sup>rd</sup> vaccination is 6 months or more from the 2 <sup>nd</sup> vaccination (Recommendation : a year later) The 4 <sup>th</sup> vaccination is after 6 days or more from the 3 <sup>rd</sup> vaccination	
					2	Twice: 6 days or more between two vaccinations
					3	Once: after 6 days or more from the last vaccination

\*Please consult with your home doctor about vaccination intervals.

## Nobinobi Hiroba

Why don't you experience parent-child play with our day-care center staff and interact through picture book reading?

### ●Subject Person

Children 1 - 2 years and their guardians living in Onojo City  
(Please consult if you bring siblings of the subject child.)



### ●Date and Time

Date	Time	Venue
① Wed, Jul. 8 <sup>th</sup>	10:00am - 12:00pm	Ono Minami Nursery school *No Parking
② Wed, Jul. 15 <sup>th</sup>		Reiwa Kodomo Joho Center (Reiwa Children Information Center), Kosodate-oen (support for child raising) Floor (Sukoyaka Koryu Plaza 3F)
③ Wed, Jul. 22 <sup>nd</sup>		Ono Kita Nursery School

\*Multiple applications are not acceptable.

### ●Cost free

- Limit ①,③ 10 groups (First-come first-served basis)  
② 15 groups (First-come first-served basis)



### ●Application Period

from Thu, Jun. 18<sup>th</sup> to Wed, Jun. 24<sup>th</sup> 9:00am - 5:00pm

## Plastic bags at retailers in Japan will be charged from Wed, July 1<sup>st</sup>

Plastic bags at retailers in Japan such as supermarkets, convenience stores will be charged from July 1<sup>st</sup>. They make our lives comfortable and convenient in various fields. On the other hand, they cause problems such as marine plastic waste by being discarded as garbage, global warming. Why don't you take this opportunity to think again whether we really need them?

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 E-mail: sangyo@city.onojo.fukuoka.jp





# Joe's NEWS

Selected information from the city magazine "ONOJO"

June 15th, 2020 issue (No.4)

## Prevent Heat Stroke!

We are asked for practicing new lifestyle such as "maintaining social distance", "wearing a mask", "washing hands" and "avoiding the 'Three Cs' (Closed spaces with poor ventilation, Crowded places with many people nearby, Close-contact settings such as close-range conversations) as preventive measures of novel coronavirus infection. Severe heat stroke can possibly lead to death. Please take preventive measures as follows. Please be aware of heat stroke taking novel coronavirus preventive measures.

### Preventive actions for heat stroke in new lifestyle which considers novel coronavirus infection

#### Prevent heat

- ◇Pay attention to temperature even in a room. Use fans and the air conditioners indoors to adjust temperature.
- ◇Adjust room temperature frequently opening windows and ventilating regularly to prevent novel coronavirus infection.
- ◇Refrain from going outside in mid-afternoon on good weather days.
- ◇Wear breathing, sweat-absorbent and quick-drying material clothing.
- ◇Pay extra attention on the day which suddenly become hot.

#### Take off a mask depending on the situation

- ◇Be careful of wearing a mask in the situation of high temperature and humidity.
- ◇If you can maintain 2 meter-or-more distance between yourself and others, take off a mask.
- ◇When you are wearing a mask, refrain from hard work and exercise. After you keep enough distance from others, take off a mask and have a rest.

#### Take care of your health

- ◇Record your body temperature regularly and check your health.
- ◇When you feel ill, stay at home and have a rest.

#### Get fit for hot weather

- ◇Practice light exercise from around the beginning of becoming hot.
- ◇Exercise reasonably having a rest and liquid often.

#### Drink liquid frequently

- ◇Drink liquid even when you don't feel thirsty.
- ◇Drink liquid approximately 1.2L per day.
- ◇Drink liquid which contains salt and glucose such as oral rehydration solution when you sweat a lot.

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## Prevent Heat Stroke!

### Symptoms of Heat Stroke

- ◇Feel dizzy ◇Numbness in limbs ◇Cramp in muscle ◇Feel ill
  - ◇Have a headache ◇Nausea ◇Sense of fatigue ◇Vomit ◇Loss of vigor etc.
- When it becomes severe,
- ◇Cannot reply properly ◇Lose consciousness ◇Convulsion
  - ◇High body temperature etc.

### If you come across people who seem to be heat stroke,

- ◇Take to cooler areas. ◇Cool the body temperature by taking off clothing.
- ◇supply water and salt, and oral rehydration solution

\*If someone loses consciousness or is unable to drink by themselves, call an ambulance at 119.

The elderly, children and persons with disabilities need to be more careful about heat stroke. Consider and speak to them at home and office, etc. avoiding 3-close conditions not to spread novel coronavirus infection.

## Home Cooking and Baby Food Class for Pregnant Women and New Mothers

Let's learn cooking basics, healthy meals and the tips how to convert the usual meals to baby foods!

- Subject Person** Pregnant women and guardians of babies aged up to 1 year and 3 months who are living in Onojo City
- Date and Time** Wed, Jul. 29<sup>th</sup> 10:00am-12:00pm (Reception 9:45am-)
- Details** Lecture about cooking basics, the tips how to convert the usual meals to baby foods
- Venue** Sukoyaka Koryu Plaza, Cooking Room
- Limit** 12 people (first-come first-served basis)
- Application Acceptance** from Mon, Jun. 22<sup>nd</sup> (Reception 10:00am-4:00pm)
- Necessary Items** Apron, Bandana, Writing materials, Drink
- Fee** 500yen (Plus 300 yen for daycare if you want use.)

\*Daycare: Limit 12 (3 months old -)

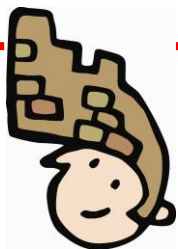
\*There is a case that the number of participants and contents will be changed depending on the situation of novel coronavirus infection.



For application or further information, please contact Local Culture and Industry Promotion Section  
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# Joe's NEWS

Selected information from the city magazine "ONOJO"

June 15th, 2020 issue (No.5)

## Let's make a handmade astronomical telescope!

- **Dates and Time** Sun, July 26<sup>th</sup> 3:00pm - 5:00pm
  - **Venue** Higashi Community Center
  - **Content** ◇ Making a handmade astronomical telescope  
◇ How to use a handmade astronomical telescope
  - **Fee** 2,700 yen per telescope
  - **Limit** 20 people (First- come first-served basis)
  - **Application Period** from Mon, June 15<sup>th</sup> to Sun, July 19<sup>th</sup>
- \*Junior High School students and younger must be accompanied by guardians when joining star watching events.



## Let's watch the sun together!

- ◇ **Dates and Time** Sun, Aug. 2<sup>nd</sup> 1:00pm - 3:00pm  
**Place** Minami Community Center
- ◇ **Dates and Time** Sun, Aug. 16<sup>th</sup> 1:00pm - 3:00pm  
**Place** Chuo Community Center
- ◇ **Dates and Time** Sun, Aug. 9<sup>th</sup> 1:00pm - 3:00pm  
**Place** Higashi Community Center
- ◇ **Dates and Time** Wed, Aug. 12<sup>th</sup>, Sun, Aug. 23<sup>rd</sup> 1:00pm - 3:00pm  
**Place** Kita Community Center



\*In case of rain or cloudiness, will be cancelled.

## Let's watch the stars together!

As to the schedule of observation day, please refer to the HP of Onojo City.

## Community Events Information

<http://www.city.onojo.fukuoka.jp/s022/010/020/050/20160621093901.html>

- \*No registration in advance necessary.
- \*Junior High School students and younger must be accompanied by guardians when joining star watching events. In the case of rain or cloudiness, a story telling will be held in a room.
- \*In the case of rain or cloudiness on the days of the sun watching events, they will be cancelled.
- \*Please wear a mask when you join the events.
- \*There is a case that the number of participants and contents will be changed depending on the situation of novel coronavirus infection.

## Do you know your physical strength?

Why don't you check your physical strength with the Health Performance Measurement in the presence of a health exercise instructor?

### ● Subject Person

Onojo residents (Aged 40 and above)

### ● Contents

- ◆ Body composition measurement
- ◆ Explanation of measurement result
- ◆ Introduction and practice of exercises which you can do indoors.



	Venue	Period	Time
Community Center	Chuo Community Center	Wednesdays: June 24 <sup>th</sup> , July 1 <sup>st</sup> , July 8 <sup>th</sup> , July 15 <sup>th</sup>	◇ 10:00am – ◇ 10:30am –
	Higashi Community Center		◇ 1:30pm – ◇ 2:00pm –
	Minami Community Center	Fridays: June 26 <sup>th</sup> , July 3 <sup>rd</sup> , July 10 <sup>th</sup> , July 17 <sup>th</sup>	◇ 10:00am – ◇ 10:30am –
	Kita Community Center		◇ 1:30pm – ◇ 2:00pm –

● **Time Required** approximately 30 minutes

● **Limit** 3 people for each time (First- come first-served basis)

### ● How to make a reservation

Making a reservation by phone during Opening Hours:  
092-501-2322 (Japanese-speaking staff only)

\*Please contact us beforehand if you have difficulty in making reservation.

\*Please check your body temperature at home and follow "cough etiquette" to prevent novel coronavirus infection when you join this class.

**For application or further information, please contact Local Culture and Industry Promotion Section**  
**Tel: 092-580-1876 Fax: 092-573-7791**  
**E-mail: [sangyo@city.onojo.fukuoka.jp](mailto:sangyo@city.onojo.fukuoka.jp)**





# Joe's NEWS

Selected information from the city magazine "ONOJO"

June 15th, 2020 issue (No.6)

## Fitness Class

### - Registration for the 2nd Period of Fitness Class -

The 2<sup>nd</sup> period of the fitness class will start from September. It is said that body strength is usually declining from around the age of 40s. In this class, the exercises which strengthen lower body and improve the movement of knees and waist will be mainly held. Let's get fit to move energetically!

#### ●Subject Person

Onojo resident aged 40 and above and who can keep walking for about 30 minutes and does not have knee and lower back pain.

#### ●Details

- ◆Lecture (nutrition/exercise) (Japanese only)
- ◆Physical fitness tests
- ◆Exercises (Muscle Training, Stretch, etc.)



#### ●Limit 25 people per venue

\*If the applicants exceed the limit, a drawing will be held.

\*Those who join this class for the first time will be given priority if the applicants exceed the limit.

#### ●Fee 1,000yen (10 times)

#### ●Necessary Items

- ◆comfortable clothes for exercises ◆indoor shoes ◆towel
- ◆writing materials

#### ●How to Apply

Send a reply-paid postcard to the address below with the followings written: "Kenko Undo Kyoshitsu 2<sup>nd</sup> Period", your name with furigana, address with the postal code, age, date of birth, male or female, phone number and the names of the venues you wish to attend(1<sup>st</sup> choice and 2<sup>nd</sup> choice), the name of a disease if you are under any medical treatment

#### Send to

- ◆Attn: Senior Citizens Health Section (Sukoyaka Choju-Ka)
- ◆Address: c/o Sukoyaka Koryu Plaza, 4-2-1 Kawarada, Onojo City, 816-0932

\*As for the venue, the period and the time, please refer to the table in the right column.

\*If you wish to apply at Sukoyaka Koryu Plaza or Welfare Service Corner at Onojo City Office, 1<sup>st</sup> Floor, please bring an official postal card.

#### ●Deadline no later than Mon, July 27<sup>th</sup>

## Fitness Class

### - Registration for the 2nd Period of Fitness Class -

(continued from the left column)

Venue		Period	Time
Community Center	Chuo Community Center	Wednesdays: Sep.9 <sup>th</sup> - Nov.11 <sup>th</sup> (10times)	10:00am – 11:30am (Sep.9 <sup>th</sup> : 9:30am – 11:30am)
	Higashi Community Center		1:30pm – 3:00pm (Sep.9 <sup>th</sup> : 1:30pm – 3:30pm)
	Minami Community Center	Fridays: Sep.11 <sup>th</sup> -Nov.13 <sup>th</sup> (10times)	10:00am – 11:30am (Sep.11 <sup>th</sup> : 9:30am-11:30am)
	Kita Community Center		1:30pm – 3:00pm (Sep.11 <sup>th</sup> : 1:30pm – 3:30pm)

## Let's practice the "New Lifestyle"

### Basic "New Lifestyle" for daily life

- ◇Wash your hands frequently and disinfect.
- ◇Follow "cough etiquette". ◇Ventilate regularly.
- ◇Practice Social Distance

\*Maintain a physical distance between yourself and others

- ◇Avoid the "Three Cs" (Closed spaces, Crowded places, Close-contact settings)
- ◇Record your body temperature every morning and check your health.
- ◇Stay home from school and work if you have symptoms of colds such as fever, etc.

[As to consultation in foreign language, please contact the number below.](#)

**Multilingual Call Center Fukuoka Asian Medical Center** TEL: 092-286-9595  
**TRAVEL SUPPORT Kyushu/Yamaguchi CALL CENTER** TEL: 092-687-6639

For application or further information, please contact Local Culture and Industry Promotion Section

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# Joe's NEWS

Selected information from the city magazine "ONOJO"

June 15th, 2020 issue (No.7)

## Consultation Service for Novel Coronavirus Infection

### ● Consultation for Visiting Medical Institution

'Chikushi Health and Welfare Environment Office (Returnees and potential contacts call center)' provides consultation service for the persons who may have been infected by novel coronavirus. If you have symptoms listed below, please contact 'Chikushi Health and Welfare Environment Office' immediately before visiting a medical institution. \*When you visit the clinic, please wear a mask and avoid using public transportation.

◇ Persons who have severe symptoms such as breathing difficulty, severely tired, high fever, etc.

◇ Persons whose symptoms are prone to easily get severe such as seniors and those who have chronic diseases and who have symptoms of colds such as fever, cough, etc.

◇ Persons who have symptoms of colds and been having symptoms of colds such as fever, cough, etc. (As to persons who have been having these symptoms for 4 days or more, consultation is absolutely required.)

### Chikushi Health and Welfare Environment Office

TEL: 092-707-0524 \*Weekday only 8:30am - 5:15pm

### Fukuoka Prefectural Public Health Center (Emergency Contact Number)

TEL: 092-471-0264 \*Night time, Saturday, Sunday and National Holiday

### ● Consultation for Other General Things

The dedicated number for general consultation, consultation about request of business closure to business operators (24 hour-service)

TEL: 092-643-3288 FAX: 092-643-3697

### Telephone Consultation Service by Ministry of Health, Labour and Welfare

TEL: 0120-565653 (Toll-free)

Reception time: 9:00am - 9:00pm

## PR of Joe's NEWS

Do your friends and people around you who need important notice and useful information from Onojo City in English know Joe's NEWS? If not, please let them know. We would like to get the information and notice from Onojo City out to as many foreign residents living in Onojo City as possible.

URL <http://www.city.onojo.fukuoka.jp/s022/010/020/010/030/10920.html>

## Have you paid Municipal and Prefectural Tax and National Health Insurance Tax?

The deadline of the 1<sup>st</sup> payment of the above taxes is Tue, June 30<sup>th</sup>. Delinquent charge will be charged when the payment of these taxes is overdue. Please make sure to pay by the deadline.

● Delinquent Charge 8.9% annually

\*From the next day of the deadline to the day a month passes: 2.6% annually

## Information on Opening Hours

June 15<sup>th</sup> Onojo Cocoro-no-furusato-kan City Museum will be CLOSED

June 22<sup>nd</sup> Onojo Cocoro-no-furusato-kan City Museum will be CLOSED

June 27<sup>th</sup> Citizen Service Section will be open from 9:30am to 12:30pm

\*There are cases that the events will be cancelled or postponed to prevent novel coronavirus infection.

\*As to information about novel coronavirus, information related to novel coronavirus infection, cancellation or postponement of events and temporary facility closures, please refer to the HP of Onojo City or contact us.

### ● HP of Onojo City

#### About Novel Coronavirus

<http://www.city.onojo.fukuoka.jp/s022/010/20200206093749.html>

#### Cancellation or Postponement of Events

<http://www.city.onojo.fukuoka.jp/d001/20200221121745.html>

#### Temporary Facility Closures

<http://www.city.onojo.fukuoka.jp/d001/0228.html>

Joe'BOX



Don't feel alone.

Please email us at

[sangyo@city.onojo.fukuoka.jp](mailto:sangyo@city.onojo.fukuoka.jp)

[if you have any problems living in Onojo City.](mailto:sangyo@city.onojo.fukuoka.jp)

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