

IRUMA COM+COM



No. 319
Sept.
2021
English

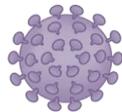
Edited by: Information Desk for Foreign Residents, Jichi Bunka-ka, Iruma City Office, Tel: 04-2964-1111 ext. 2146

IRUMA IS STILL UNDER EMERGENCY CONDITIONS!

WHAT IF YOUR FAMILY IS SUSPECTED OF BEING INFECTED WITH COVID-19?

Increasing cases of familial infection have been reported. What do you do to prevent infection if your family member gets suspected of being infected with COVID-19? Here are eight principles. Do bear them in mind.

- The patient should use a separate room**
If not possible, use a partition or curtain and keep a distance of two meters.
- Only one person in the family should take care of the patient**
- All family members should wear a mask in the house**
After pulling a mask off, wash your hands with soap.
- Wash hands as often as possible**
- Ventilate as often as possible**
- Disinfect frequently touched surfaces**
Wipe handles and doorknobs with alcohol. Use separate towels for each; you can wash towels and clothes together using regular detergent. Clean toilet and bathroom with household cleaner and, if possible, disinfect with a diluted solution of chlorine bleach.
- Use gloves and mask when handle the feces/body fluid of the patient**
- Garbage should be tightly sealed to take out**
Especially tissues used to blow should be put into a plastic bag immediately. Seal the bag tightly to take out to the garbage station.



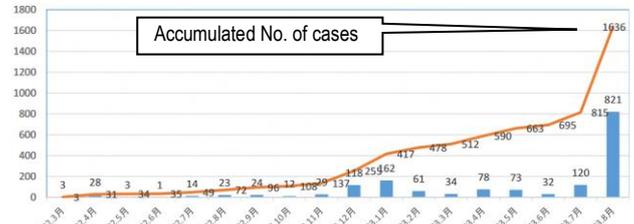
WHEN YOU HAVE SYMPTOMS, MAKE AN APPOINTMENT FIRST!

When you display symptoms of COVID-19, such as fever, coughs, joint pains, disorder of taste, diarrhea, short breath, etc.

- Find a designated medical facility on Saitama Prefecture's website <https://www.pref.saitama.lg.jp/a0710/hpsearch.html> (use the 2D code above) or through Coronavirus Hotline for Foreign Residents ☎048-711-3025 (see below),
- Call and make an appointment at the facility, and
- Visit the facility avoiding any contact with others.

Inquiries: Kenko Kanri-ka (Section for Health Management) ☎04-2966-5511

Iruma City is now preparing its own supporting system for housebound COVID-19 patients. Check for updates.



Monthly confirmed cases in Iruma from March 2020 to August 2021

CONDITIONS TO WATCH OUT FOR

Because of the stringent healthcare service, you may be asked to stay at a designated hotel or at home, instead of hospitalization, even after being confirmed positive. In case you find the following symptoms while you are under such situations, call the designated contact immediately. Those staying at a hotel should call the attending nurse, and those at home the contact number given by Saitama Prefecture.

- Face or lips look blue
- Breathing heavily; having difficulty breathing
- Felling out of breath easily
- Having pain in chest
- Unable to lie flat; need to sit up to breath
- Hazy; weak response/No response
- Irregular heart rate



FOLLOW IRUMA'S OFFICIAL LINE ACCOUNT

Add Iruma City's official account (ID: @irumacity) to your LINE friends. You can get the latest information in the city such as vaccination appointment availability, weather alerts, event schedule, etc. through LINE talk page. It is all in Japanese, but you can copy and paste it and use Google translation into your language.



HOLIDAY MEDICAL SERVICES

If you or a family member becomes sick or injured on these days, visit a hospital on the list. Healthcare covered by health insurance is provided from 9:00 a.m. to noon and 1:00 to 5:00 p.m. Please make a call before visiting. These services are basically for patients who do not need to be hospitalized.

	Name of hospital	Specialized in	Address	Tel.		Name of hospital	Specialized in	Address	Tel.
Sept 5	Kobayashi Byoin	Internal medicine	Miyadera 2417	04-2934-5121	Sept 20	Kaneko Byoin	Internal medicine	Araku 680	04-2962-2204
	Toyooka Daiichi Byoin	Surgery	Kurosu 1369-3	04-2964-6311		Toyooka Daiichi Byoin	Surgery	Kurosu 1369-3	04-2964-6311
12	Seibu Iruma Byoin	Internal medicine	Noda 3078-13	04-2932-1121	23	Kobayashi Byoin	Internal medicine	Miyadera 2417	04-2934-5121
	Harada Byoin	Internal & Surg.	Toyooka 1-13-3	04-2962-1251		Harada Byoin	Internal & Surg.	Toyooka 1-13-3	04-2962-1251
19	Iruma Heart Byoin	Internal medicine	Koyata 1258-1	04-2934-5050	26	Seibu Iruma Byoin	Internal medicine	Noda 3078-13	04-2932-1121
	Toyooka Seikei Geka Byoin	Surgery	Toyoka 1-7-16	04-2962-8256		Toyooka Seikei Geka Byoin	Surgery	Toyoka 1-7-16	04-2962-8256

Kyukyū Denwa Sodan (emergency consultation hotline) is available 24 hours a day, 365 days a year: Push #7119 or Dial 048-824-4199. As for children, Shoni Kyukyū Denwa (pediatrics hotline): Push #8000 or Dial 048-833-7911. Nurses give advice on whether to seek hospital care for sudden illnesses or injuries.

Saitama COVID-19 Hotline for Foreign Residents: ☎048-711-3025

24 hours/7 days in English, 汉语, Español, Português, 한국-조선어, Tagalog, ภาษาไทย, Tiếngviệt, bahasaindonesia, नेपाली and simple Japanese.

International Friendship Society's JAPANESE LANGUAGE CLASSES RESCHEDULED ONCE AGAIN

Due to the Declaration of Emergency Conditions, the Sangyo Bunka Center class has given up on the reopening of its Japanese Language Classes at the beginning of September. At the time of writing, the Sangyo Bunka Center class is still looking for a possibility to reopen in October, while the Bushi class at the Seibu Library continues its ZOOM classes same as before. Please check the Society's Facebook page <https://www.facebook.com/isociety2012> for updated.

Inquiries: Jichi Bunka-ka (Section for Community and Culture)

COMPULSORY HEALTH EXAM FOR NEW SCHOOL CHILDREN



Children who were born between April 2, 2015 and April 1, 2016 are due to attend an elementary school next spring. By law, all new pupils must undergo a health examination which is performed at elementary schools in each area. Iruma City accepts all applicable children, regardless of their nationality, and sends the details (就学時健診通知書) by mail to their parents in the middle of this month. If you have not received details by September 30 (Thu), please contact the Shi Kyoiku Iinkai Gakko Kyoiku-ka in the City Office.

Inquiries: Kyoiku iinkai (Education Board)

This Month's Shimin-ka Opening on Saturdays: September 11 & 25, 8:30 a.m. to noon

Registration and certification regarding of moving-in/moving-out, juminhyo, koseki and registered seals; reports of family register-related events (birth, death, marriage, divorce and other)

Special Tax Counter on Saturday:

September 25 (Sat), 9:00 a.m. to 11:30 a.m.

Payment of city taxes and consultation on tax payments (e.g. extension of time for payment) at Kokuho Iryo-ka (Section for Insurance and Medical Care) on the first floor.

This Month's Tax Payment (Due date: Sept. 30)

◆National Health Insurance Premium
(国民健康保険 koumin kenko hoken)

Get the latest news in Iruma from **FBI**
on **FM CHAPPY 77.7 MHz**

Every Tuesday 7:00-7:30 p.m. in English
with DJ Andi

1st & 3rd Tuesday 7:30 to 7:55 in Spanish with DJ Patty
2nd & 4th Tuesday 7:30 to 7:55 in Chinese with DJ Yinglan

EVENTS THIS MONTH

OBSERVATION OF SUN'S SURFACE

September 18 (Sat) between 2:00 and 4:00 p.m. at the Jido (Children Center). With solar telescope, observe sunspots, facula and prominences. Everybody can join, but numbered tickets will be issued at 2:00 p.m.. The event may be canceled due to bad weather.
Inquiries: Jido (Child) Center ☎04-2963-9611

NATURE OBSERVATION FOR BEGINNERS

October 9 (Sat) at 9:30 a.m. at the Saitama Midori-no-mori Museum in Miyadera. This is a nature observation walk to observe insects for elementary school students and their parents. Insurance fee is 100 yen. Number is limited to 10. Apply through the Museum's website (<http://saitama-midorinomori.jp/>) or by phone between September 9 and 22. When applications exceed the number, participants are decided by lottery. **Inquiries:** Saitama Midori-no-mori Museum ☎04-2934-4396

EURHYTHMICS CLASS FOR BABIES & PARENTS

Dance, sing, play with music! October 19 (Tue) at 10:00 a.m. for one-year-old babies who cannot walk yet, and at 11:00 a.m. for toddlers. Fee is 700 yen for a parent-infant pair. Apply by phone or email. Numbers are limited to the first 24 for each session. **Inquiries and Applications:** Museum Partners ☎080-3088-0294 ✉ i-museum_partners@outlook.jp

SHIMIN CLASSICS CONCERT

October 9 (Sat) at 2:00 p.m. at the Bachzaal Hall in the campus of Musashino Music University. The University Orchestra will perform Borodin, Mozart and Beethoven's Symphony No. 5 in C Minor. Admission is free; however, you must obtain an admission ticket by sending a reply paid post card to the Chuo Kominkan (358-8511 Iruma City Office), with the names of you and your accompanier (up to two in total), and your address and telephone number, by September 15. Seats are limited to 400 and decided by lottery. All seats are assigned. **Inquiries:** Chuo Kominkan (Community Center) ☎04-2964-2413

SHODO CALLIGRAPHY CLASS FOR EVERYBODY

This two-day class, held on November 27, and December 11 (both Saturdays) at the Sangyo Bunka Center with the cooperation of the Iruma International Friendship Society, there will be a chance to experience "Shodo," art of writing using a brush and ink, with a calligrapher and an interpreter. Class starts at 10:00 a.m.. All tools are prepared. Fee is 500 yen. 5th graders and older can apply. Numbers are limited to the first ten. Register by phone on and after September 14. **Inquiries:** Shimin Kaikan Hall Management Office (in the Sangyo Bunka Center) ☎04-2964-2411



HAVE YOU EVER THOUGHT ABOUT TOILET PROBLEMS?

It is a matter of course for us to be able to use a clean flushable toilet. But do you know where our wastewater goes? It runs tens of kilometers to a plant in Wako City where wastewater from ten cities is treated and release to the river. Then what happens if the sewage system is broken somewhere between or the plant itself is damaged in disasters?

Toilet problems in times of disaster

Records say that more than 70% people in disaster affected areas wanted to go to the toilet within six hours. No food or no shower is barely tolerable, but no toilet is disastrous. If you refrain from drinking water to avoid using public toilet in a shelter, you have more risk of dehydration, blood clot and deep vein thrombosis.

Prepare a portable toilet at home

Get a portable toilet so that you can use it at home when no water or sewage is available. A toilet kit basically comes with a plastic bag and a coagulant agent, and is available for a couple of thousand yen. As we live in disaster-prone country, we need to be smart enough.
Inquiries: Kiki kanri-ka (Section for Crisis Management)

Information Desk for Foreign Residents

Located on the second floor of the City Office. All consultations are kept confidential. **All from 9:00 a.m. to noon.**

English: Every Tuesday and 2nd & 4th Friday (by appointment), **Spanish:** Every Wednesday,
Chinese and English: September 2 and October 7 (First Thursday of the month)

Consultations by fax (☎04-2964-1720) or by e-mail (i-society@city.iruma.lg.jp) are welcome