



The City Newsletter  
**IGA**



Population of Iga City 90,492  
Foreign Nationals 5,709  
6.31% of Population  
End of April, 2020

Also available online at <http://www.mie-iifa.jp/> ☆この情報紙は『広報いが』などから記事を選んで載せています  
Articles published in this newsletter are taken from the monthly "Kouho Iga" and other publications.

**Information** お知らせ

**Information on the Novel Coronavirus Disease (COVID-19)** しんがたころなかんれんじょうびょう 新型コロナ関連情報

The nationwide state of emergency regarding COVID-19 has been lifted, however attention to your own health is yet needed. Follow the guidelines on "new social behavior" and continue the preventive measures to prevent a resurgence of the virus.

**Daily preventive measures**

- Frequently wash and sanitize your hands.
- Adhere to coughing etiquette. Cover your mouth.
- Maintain proper physical distance from other people.
- Monitor your condition. Take your temperature every morning. Rest at home if you have a fever or are displaying symptoms of cold.



● Avoid closed, crowded, and close-contact settings.

Please keep checking the latest information from the Government, Mie Pref. and Iga City.

**Useful portal site for foreign citizens**

**Prime Minister of Japan and his Cabinet**

(首相官邸 しゅしょう かんてい)  
Government latest news



**Ministry of Justice**

(法務省 ほうむしょう)  
Life support information for foreign citizens



**Iga-shi Tabunka Kousei Center**

(伊賀市多文化共生センター)  
いがし たぶんか きょうせい せんたー  
Iga City information on Facebook



**Child Allowance Update**

じどうてあてげんきょうどけ とくべつきゅうふきん  
児童手当現況届と特別給付金

If you are receiving the child allowance, you must submit a form to update the authorities on your current living arrangements. This form is called the "jido teate genkyo todoke". It is used to assess your living arrangements as of the 1st of June, which is the date on which the form should be completed. If you do not submit the form, you will automatically stop receiving payments beyond June.

The form will be posted to all relevant households at the beginning of June, so please be sure to complete and return it with *Inkan(hanko)*, Insurance certificate, Residence (*Zairyu*) card and copy of your passports.

【Deadline】 Tuesday 30 June

Also households with children will be provided the special subsidy of 10,000yen per child. No application is required. This is for grantees of the child allowance (*jidou teate*) in April, 2020, as of 31 March, 2020. It is being prepared for payment at the end of July. \* Those whose income exceeds the income limit (who receive 5,000yen per month as special allowance, *tokurei kyufu*) are not eligible for this special subsidy.

【Inquiries】 Kodomo Mirai-Ka Tel:0595-22-9677

**Scholarships Available in Iga**

いがししょうがくきんせいど  
伊賀市奨学金制度



**Iga Sasayuri Scholarship Fund**

This was established with the aim of awarding the scholarship funds to outstanding students who have a clear sense of ambition and are in need of financial assistance. You must fulfill all four of the conditions below

【Eligibility】①Have your address in Iga, unless you live outside of Iga in order to commute to school ②Be in either the first year of university/junior college or the fourth grade of a vocational high school ③Have graduated from a junior high school or senior high school in Iga ④Be a member of a household with a combined annual income of less than 7,800,000 yen.

【Amount Available】 240,000 yen a year 【Application period】 June 15 - 30 【Availability】 2 students

**Iga City Scholarship Fund**

Scholarships are available to high school and university students in Iga in order to ensure that all have equal access to education, and to foster the growth of young people who can make positive contributions to society. For more details, please access the following inquiries.

【Inquiries】Kyouiku Soumu-Ka Tel: 0595-22-9644

**Monthly Tax Payments**

こんげつのうせい

Pay by 30 June  
**Residence Tax [Shi-Kenmin Zei] The First Period**  
【Inquiries】Shuu Zei Ka Tel 0595-22-9612

# Check-up Information 検診のお知らせ

These check-ups may be canceled due to the status of COVID-19 pandemic.  
Please come wearing a mask. If you have a fever or are displaying symptoms of cold, please don't come.



## Cancer Screenings, Medical Check-ups for Youth (First round) がん検診・若年者健診

Cancer screenings and medical checkups are offered twice a year. Please check the dates and times of the screening or checkup which you would like before making an appointment. These are only available to those who meet the requirements below and are residents in Iga. It is not possible to take the same screening twice in the same fiscal year. Also, if you have any symptoms which concern you, please go and see your medical practitioner directly.

【For Appointment】 Kenkou Suishin-ka Tel: 0595-22-9653

Screening	Eligibility	You pay		Details
		Under 74	Above 75	
Stomach Cancer	Above 20	1800yen	800yen	X-ray of your abdominal region will be taken after you drink barium. DO NOT EAT OR DRINK AFTER 10PM THE DAY BEFORE. You are not eligible if you are pregnant or have previously had abdominal surgery.
Colon Cancer	Above 20	800yen	500yen	You will be given a container in advance. Please collect stool samples over two days. Not eligible to women during their period.
Prostate Cancer	Males above 50	800yen	500yen	Blood test
Cervical Cancer	Females above 20	1400yen	500yen	Tissue swab of the cervix and examination. Not eligible to women during their period. If you have had surgery on your womb before, please consult your doctor.
Breast Cancer	Females above 30	1600yen	800yen	An explanation of how to perform self examinations and an x-ray(mammography) or echo examinations. Not eligible to pregnant or breast feeding women.
Youth Checkup	20~39	3400yen		Measurements of height, urine sample, blood pressure, blood test, ECG, medical examination etc. Please come on an empty stomach for the sake of the blood test.

To ensure safety of the examination and quality control, Iga City will record and store the data from your screening or checkup. Please be aware of this in advance.

## Special Health Check-ups 特定健康診査

Details for special health check-ups during this fiscal year will be as follows. Those eligible will receive their voucher and health questionnaire at the end of June.

	Special Health Check-Ups	Check-Ups for the Elderly	
Eligibility	40~74 (Born between September 1, 1945 and March 31, 1981) Enrolled in Iga National Health Insurance	75 and above Enrolled in elderly health insurance ( <i>kouki koureisha iryou seido</i> ) and by August 31 will become a policy holder (above 65 with a recognized disability)	
Details	Oral examination, measurement of height, weight, waist etc, blood pressure, urine test, blood test (fat, kidney function, liver function, metabolism, uric acid etc) *No waist measurements taken for the elderly.		
	In-depth testing (where deemed necessary by a doctor based on predetermined standards), eye examinations		
Time Period	July 1- November 30 (During clinic hours)		
Location	Designated clinic in Iga or any clinic in Mie cooperating with the scheme	Any clinic in Mie cooperating with the scheme	
You pay:	0 yen	500 yen Taxed households	200 yen Tax-exempt households
Please Bring	Voucher, health insurance certificate, health questionnaire		

## Individual Cancer Screenings 個別がん検診

You can also have cancer screenings through your regular hospital or clinic individually. Contact the clinic at which you would like to have your screening directly in advance to make an appointment.

Cancers	Stomach Cancer	Prostate cancer	Colon Cancer	Cervical Cancer		Breast Cancer	
				Uterine Cervix	Uterine Corpus		
Screening	barium exam	Blood test	fecal occult blood test	inspection, pelvic exam, cytodiagnosis		x-ray mammography	
Eligibility	above 40	Males above 50	above 40	Females above 20 Uterine Corpus require physician approval		Females above 40	
Remarks	Read the details of cancer screening above. Contact at each hospital or clinic for further info.						
You pay	Under 74	3800 yen	1000 yen	1200 yen	1600 yen	2400 yen	2500yen
	Above 75	2000 yen	600 yen	800 yen	700 yen	1200 yen	1200 yen
Period	Free on welfare Jul 1 - Feb 28, 2021 (During clinic hours)						

## Mobile Screening for Lung Cancer and Tuberculosis 肺がん検診・結核健診

Application is required for mobile screening this year.

If you are above 40 for lung cancer screening, or above 65 for tuberculosis screening, please confirm the schedule and details.

【Inquiries】 Kenkou Suishin-Ka Tel:0595-22-9653

## Infant Health Checkups and Consultation

赤ちゃんの検診と相談

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. The examinations are; measuring weight and height, medical and dental checkup, and advice on nutrition and childcare. Please bring your "Mother-Child passbook (*Boshi techo*)" with you.

18 months	23 June, 21 July	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 and half years)	18 June, 16 July	1pm to 2:30pm	Haitopia Iga 4F

### ◆Mie Child Medical Hotline (*Mie Kodomo Iryou Dial*) / TEL: #8000 (059-232-9955)

When you have a question related to child illness, growth, vaccinations and more, please feel free to ask a pediatric doctor at the toll free hotline every day from 7:30pm to 8am in the following day.

【Eligibility】 Children less than 18 years old and their family members

【Inquiries】 Kenkou Suishin-Ka Tel:0595-22-9653



## Medical Emergencies & Assistance

救急医療

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 the following options. Make an appointment before your visit and bring your health insurance certificate.

### ◆Iga-shi Emergency Clinic / TEL: 0595-22-9990

【Clinical Department】 Internal Medicine and pediatrics

【Address】 Iga-shi Ueno Kuwamachi1615 (Behind Okanami Hospital)

【Time】 Mon to Sat: 8pm-11pm

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



### ◆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.

### ◆Three medical emergency facilities on duty

◇Iga Shimin Hospital / TEL: 0595-24-1111

◇Nabari Hospital / TEL: 0595-61-1100

Mon to Fri: 5pm- 8:45am

Sat, Sun and Holidays: 8:45am- 8:45am

◇Okanami Hospital / TEL: 0595-21-3135

Mon: 5pm- 9am

Wed: 5pm- 8:45am

Sun: 9am- 8:45am

\*The closing time is the time of its following day.

June						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Okanami	2 Nabari	3 Okanami	4 Nabari	5 Ueno	6 Nabari
7 Nabari	8 Okanami	9 Ueno	10 Okanami	11 Nabari	12 Ueno	13 Ueno
14 Okanami	15 Okanami	16 Nabari	17 Okanami	18 Nabari	19 Ueno	20 Nabari
21 Nabari	22 Okanami	23 Ueno	24 Okanami	25 Nabari	26 Ueno	27 Ueno
28 Okanami	29 Okanami	30 Ueno			Except pediatrics	

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

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.

【Inquiries】 Iryou Fukushi Seisaku-Ka Tel:0595-22-9705

## Advice & Consulting

相談窓口

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.

### ■Shimin Sekatsu-ka, City Hall 2F

【Open】 Mon-Fri, 8:30-17:00

【Tel】 0595-22-9702

【Venue】 3184 Shijuku cho, Iga-shi



Facebook

### ■Iga-shi Tabunka Kyousei Center

【Open】 Mon-Fri, and Sun(2<sup>nd</sup> & 4<sup>th</sup>) 9:00-17:00

【Tel】 0595-22-9629

【Venue】 2955 Ueno Higashi-machi, Iga-shi

【URL】 <http://iga-tabunkakyouseicenter.com>



Website

We have a monthly private consultation with a certified administrative legal specialist (*Gyousei shoshi*) regarding, for example, visas, international marriage, nationalization and etc.

【Date】 Thursday 2 July, 1:30pm - 4pm

### Learning Support Class Sasayuri Kyousitsu

ささゆり 教室

From June 6th

Students can find support to reinforce material learned in school in Japanese, for 3<sup>rd</sup> to 9<sup>th</sup> graders.

【Date】

Sat. 2pm - 4pm

【Venue】

Sogo Fukushima Kaikan 2F

【Fee】 200yen / class

【Tel】 0595-22-9629

### Japanese Language Class Iga Nihongo no Kai

伊賀 日本語の会

From June 6th

Who wants to speak Japanese? Come and join us! Also you can prepare for Nihongo Kentei test here.

【Date】

Wed. 7:30pm - 8:40pm

Sat. 7pm - 8:30pm

【Venue】

Sogo Fukushima Kaikan 2F

【Fee】 200yen / class

【Tel】 0595-23-0912



Protect Yourself Using our Hazard Map

はざーどまっぷ かくにん ふうすがい そなえよう  
ハザードマップを確認して風水害に備えよう

Soon it will be the long rainy season and also will concern us a damage caused by wind and flood. Let's think about our protection against disasters and using our hazard map.

**\*How to use the hazard map**

Do you know about the "Iga City Flood Hazard Map"? This map shows the range and the depth of floods that are predicted. It shows floods on a color-coded basis. In addition, information on evacuation center locations and sediment-related disaster warning areas, etc. is on it. Check the location of your house, flood area at the time of flooding and find some shelters near your house and an evacuation route.

**\*Stock up enough supplies on food and drinks**

Keep an emergency survival kit to take out such as food, drinks and daily supplies for one week in an emergency situation.

**\*Prepare to take action in an emergency situation**

Check the weather report or disaster information on TV or internet. Evacuate promptly to save your life. Evacuate to the upstairs if going out is dangerous, such as at night.

**\*Join the emergencies drills**

To prepare for emergency situations, join and learn any emergency drills in your area.



◆◆◆◆◆ Hot Topics あたらしい おしらせ ◆◆◆◆◆

Tax Notices for Municipal and Prefectural Tax will be Posted Soon

し けんみんぜい のうぜいつうちしょ  
市・県民税 納税通知書

Tax notices for municipal and prefectural tax will be posted in June. You can easily make your payments at any bank or convenience store. Payment deadline for regular tax payments occur 4 times annually. The payment deadlines for these payments are the end of June, August, October and January.

- \* If the last day of these months should fall on a weekend or public holiday, the payment deadline will be the following day.
- \* Information regarding direct debit payments from your salary has been sent to business establishments and employers, so please check the details with your place or employment.



Medical Expenses Notification will be Sent Twice a Year

こくみんけんこうほけんいりょうひつうち  
国民健康保険医療費通知

Medical expense notifications are sent to make people aware of the importance of health. The notification of National Health Insurance will be issued twice a year from FY2020. This is necessary for the application for medical expenses deduction.

- 【Issuance Time】 (1) At beginning of Feb: For exams between Jan and Nov in previous year
- (2) At beginning of Mar: for exams in Dec in previous year

【Inquiries】 Hoken Nenkin-ka Tel:0595-22-9659



A Book Voucher Distribution for Students

しょうちゅうがくせい としょか ーど はいふ  
小中学生へ図書カードの配布

Elementary and junior high school students in Iga City will be distributed a 3,000 yen book voucher for study support during temporary school closure because of COVID-19.

- 【Eligibility】 Residents or students of elementary and junior high schools in Iga City
- 【Application】 If you are students of private elementary or junior high schools, please apply with the child's insurance card and *Inkan(hanko)*. If you are students of Iga municipal schools, you will be distributed it at your school without any application.
- 【Deadline】 31 July, Friday
- 【Inquiries】 Gakkou Kyoiku-ka Tel:0595-22-9649

