

2026
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英語版

City Hall Information Magazine KOUHOU NAGAHAMA

Edited and published by Nagahama City Secretariat and Public Relations Division
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物価高騰対策として水道・下水道の基本料金を減免します

As a measure to combat rising prices, we will reduce or waive basic water and sewage charges.

To alleviate the economic burden on citizens and businesses affected by the recent surge in prices, we will utilize the national government's "Temporary Grant for Regional Revitalization and Priority Support for Addressing Price Increases" to reduce or waive the "basic charges" for water and sewage usage fees (public sewage usage fees and agricultural community drainage facility usage fees) for four months.

For those with bimonthly meter readings (odd-numbered months): Meter readings for September and November

For those with bimonthly meter readings (even-numbered months): Meter readings for October and December

For those with monthly meter readings: Meter readings for September, October, November, and December

※For those with bimonthly meter readings, two readings cover four months.

Target: Water and sewage users in Nagahama City (excluding government offices)

Inquiries: Gesuido Somuka (Sewerage Administration Division) TEL: 0749-65-1600 email: suidou-soumu@city.nagahama.lg.jp

City website
(Japanese)



全国一斉「こどもの人権相談」強化週間

Nationwide "Children's Human Rights Consultation" Intensive Week

August 28 (Fri) – September 3 (Thu)

A telephone consultation service for children. Please reach out if you have any worries or concerns.

Consultation Hotline (Free; confidentiality guaranteed)

Weekdays: 8:30 AM – 7:00 PM | Weekends: 10:00 AM – 5:00 PM TEL: 0120-007-110

Topics: General issues regarding children's human rights, including bullying, corporal punishment, abuse, and school refusal.

Counselors: Legal Affairs Bureau staff and Human Rights volunteers.

Inquiries: Human Rights Division, Otsu District Legal Affairs Bureau TEL: 077-522-4673

LINE Human Rights Consultation



Add as a friend and
ask anything!

国民年金保険料に関するお知らせ

Notice Regarding National Pension Premiums

■ About Tsuinou Seido (Retroactive Payment System)

If you have periods where your National Pension premiums were fully or partially exempted, deferred, or covered by the special payment deferral for students, the amount of Rorei Kiso Nenkin (Old-Age Basic Pension) you receive will be lower than if you had paid the premiums in full. By making retroactive payments within 10 years, you can increase the pension amount you will receive in the future.

Please note that if you make a retroactive payment more than two years after the exemption period, an additional surcharge is added to the original premium amount; therefore, early payment is recommended.

■ Kokumin Nenkin (National Pension) premiums are exempted during the pre- and post-childbirth period.

If you are a Category 1 insured person of the National Pension and submit a notification for the pre- and post-childbirth exemption, four months' worth of National Pension premiums—starting from the month prior to your expected month of delivery (or the actual month of delivery)—will be exempted. This period will be treated as paid for the purpose of calculating your pension amount. You may submit the notification starting six months prior to your expected delivery date.

Applications can be submitted at the counter or electronically via Mynaportal.

Inquiries: Nenkin Jimusho (Pension Office), Kokumin Nenkin (National Pension Division) TEL: 0749-23-1112

Where to apply: Pension Office, Nagahama City Hoken Nenkin (Insurance and Pension Division), Northern Joint Government Building (Kurashi Madoguchika/Living Services Division), or any Service Counter.

City website
(Japanese)



巡回ラジオ体操・みんなの体操会

Junkai Radio Taiso – Minna no Taisoukai

August 26 (Wed), from 6:00 AM (approx. 40 minutes) **Azai Fureai Ground (Oyori-cho)**

"Traveling Radio Taiso and 'Minna no Taiso' (Exercises for Everyone) Gathering", a beloved annual summer tradition, will be held in Nagahama for the first time in 18 years. The event will be broadcast live nationwide on NHK Radio. Why not enjoy moving your body in the refreshing early morning air?

We look forward to your participation!

Application Deadline: August 21 Friday

※Advance registration recommended; walk-ins also welcome.

★Participants will receive a commemorative gift!

Inquiries: Bunka Sportska (Culture and Sports Division) TEL.: 0749-65-8787

Radio-taiso Boy



City website
(Japanese)



Health News ほけんだより

Nagahama City Health Center (Health Promotion Division) TEL.: 0749-65-7751

Takatsuki Health Center Branch (Northern Health Promotion Center) TEL.: 0749-85-6420



Infant Health Checkups 乳幼児健診

●Reception Hours: For babies born on odd-numbered days: 1:00 PM - 1:35 PM

For babies born on even-numbered days: 1:35 PM - 2:15 PM

※Checkups for 1-year-8-month-old and 2-year-8-month-old infants at the Takatsuki Branch are conducted every two months.

Items to Bring [Common] Boshi-techo (Maternal and Child Health Handbook), Questionnaire, Bath Towel

<1-year-8-month-old> Toothbrush, Cup

<2-year-8-month-old> Toothbrush, Cup, Whispering Voice Test Result Sheet

<3-year-8-month-old> Toothbrush, Cup, Urine (in a clean container)

Baby checkups
annual schedule
(Japanese)



Infant Checkup	Health Center: Nagahama ・ Azai ・ Biwa Torahime areas (with interpretation)		Takatsuki Branch Office: Kohoku ・ Takatsuki ・ Kinomoto ・ Yogo ・ Nishiazai areas	
	Target child's date of birth Born between:	Checkup date	Target child's date of birth Born in:	Checkup date
4 months old	April 21 ~ May 10 , 2026	September 17 (Thu)	May, 2026	September 18 (Fri) Reception hours: 1:00 PM - 1:35 PM
	May 11 ~ May 31, 2026	September 25 (Fri)		
10 months old	October 17 ~ November 5, 2025	September 14 (Mon)	November 2025	September 18 (Fri) Reception hours: 1:35 PM - 2:15 PM
	November 6~ November 30, 2025	September 24 (Thu)		
1 year and 8 months old	January 18 ~ January 31, 2025	September 8 (Tue)	December 2024 January 2025	September 15 (Tue)
2 years and 8 months old	January 11 ~ January 31, 2024	September 3 (Thu)	February 2024 March 2024	October 9 (Fri)
3 years and 8 months old	January 16 ~ January 31, 2023	September 7 (Mon)	December 2022 January 2023	September 11 (Fri)

* Infant health checkups are to be held at the local health center in your area. If you wish to have your child examined at a location outside your area, please contact us at least two days in advance.

* If a gale warning or special warning is issued by 11:00 AM on the day, the event will be canceled.

* If you have any concerns about your health check, please feel free to contact us in advance.

長浜米原休日急患診療所

Nagahama Maibara Kyuujitsu Kyuukan Shinryousho

Please be sure to call in advance and wear a mask when visiting.

*We do not perform tests for infectious diseases such as influenza or the new coronavirus.

TEL. (Japanese): 0749-65-1525 (Please be careful not to dial the wrong number.)

The Nagahama Maibara Holiday Emergency Clinic is open on Sundays, national holidays, and during the New Year holidays (December 30th to January 3rd). If your condition is minor, please use the Holiday Emergency Clinic.

Clinic Days: August 2, 9, 11, 16, 23, 30

September 6, 13, 20, 21, 22, 23, 27

Reception Hours: 8:30 AM - 11:30 AM , 12:30 PM - 5:30 PM

Consultation Hours: 9:00 AM - 6:00 PM

Medicine Departments: Internal Medicine and Pediatrics

Location: Kohoku Medical Support Center "MediSapo" (1181-2 Miyashi-cho)

*When visiting the clinic, please be sure to bring your My Number health insurance card or other document that can verify your medical insurance, your welfare medical benefit voucher, your medicine record book, and your maternal and child health hand book.

Inquiries: Kenkou Iryou Seisakuka (Health and Medical Policy Division)

TEL.: 0749-65-6301



夏休み中に予防接種を済ませましょう

Let's get vaccinations done during summer vacation

City website
(Japanese)



●Are there any routine vaccinations that your child has yet to received?

Please check your Boshi-techo (Maternal and Child Health Handbook) to ensure you haven't missed any necessary vaccinations. For information on eligible ages and participating medical institutions, please refer to the "Health Promotion Schedule" or the Nagahama City website.

Routine childhood vaccinations: Rotavirus, Hepatitis B, Pediatric Pneumococcal, Pentavalent (5-in-1), BCG, Measles-Rubella (MR) Combined, Varicella (Chickenpox), Japanese Encephalitis, Diphtheria-Tetanus (DT) Combined, HPV
※If you have completed the 4-in-1 vaccine series, the 5-in-1 vaccine is not necessary.

● Have you already received the MR vaccine?

Cases of highly infectious measles are on the rise. Since prevention through handwashing and mask-wearing alone is difficult, vaccination with the combined measles-rubella (MR) vaccine is the most effective preventive measure.

Eligible individuals for vaccination ① From 1 year old to one day before turning 2 years old

Eligible individuals for vaccination ② Older children in kindergartens and daycare centers (born between April 2, 2020 and April 1, 2021)

夏の食中毒を予防しましょう

Let's prevent summer food poisoning

● August 1 through 31 is Food Sanitation Month.

Bacterial food poisoning occurs frequently during the summer.

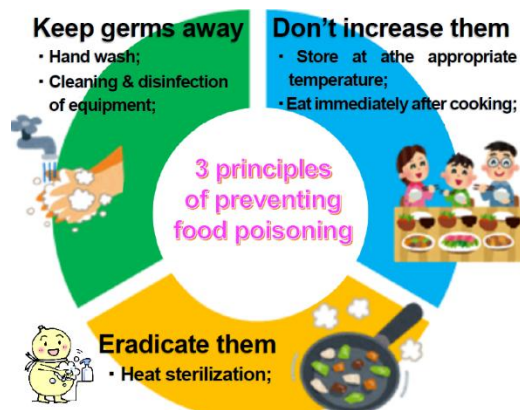
Let's prevent food poisoning by following the "3 principles of prevention."

● Ward off bacteria with proper handwashing!



Fingertips, thumbs, and the spaces between fingers are often missed, so make a conscious effort to wash these areas thoroughly.

Click here for the correct way to wash your hands.



[Source: Ministry of Health, Labor and Welfare website]

ヘルプマーク・ヘルプカードについて

About Help Marks and Help Cards

This mark was created to let those around you know that you require assistance or consideration—even if it is not apparent from your outward appearance—thereby making it easier to receive the help you need.

What is a Help Card?

This card allows you to request necessary support from those around you by filling in detailed information such as emergency contact details.

Like the Help Mark, it is distributed free of charge at the locations listed below. You can also print it out from the city's website.

If you see someone wearing this:

- ☐ Please act with consideration.
- ☐ Please offer your seat on trains or buses.
- ☐ In the event of a disaster, please provide assistance to ensure their safe evacuation.

Eligibility: Individuals requiring special consideration, such as those using prosthetic limbs or artificial joints, those with internal disabilities or intractable diseases, women in early pregnancy, and individuals with dementia.

Distribution Locations: Shogai Fukushima, Choju Suishinka (City Hall 1 F); Kurashi Madoguchika (Northern Joint Government Building, 1 F); Kenko Suishinka (Nagahama Well Center); Nagahama City Hospital (Oinui-cho); Kohoku City Hospital (Kuroda, Kinomoto-cho).

To request distribution by mail:

Application Method: Please mail (1) the application form, (2) a return envelope, and (3) return postage stamps to the Shiga Prefecture Shogai Fukushima (Disability Welfare Division) (4-1-1 Kyomachi, Otsu City, Shiga Prefecture 〒520-8577). The application form can be downloaded from the Shiga Prefecture website.

Inquiries: Shogai Fukushima (Disability Welfare Division): TEL 0749-65-6372



City website
(Japanese)



下水道に異物を流さないでください

Please Do Not Flush Foreign Objects into the Sewer System

Incidents have occurred where foreign objects enter the sewer system, causing pumps to clog and stop functioning.

When a pump stops, sewage cannot flow to the treatment plant and instead overflows from manholes onto the street. In some cases, sewage may even back up and overflow from household toilets.

The sewer system is essential to our daily lives. We ask for your cooperation.

Items that must not be flushed:

- Paper products that do not dissolve in water: Disposable diapers, sanitary products, facial tissues, wet wipes, cigarette butts (even if an item is water-soluble, do not flush large quantities at once).
- Cloth items: Towels, handkerchiefs, underwear, etc.
- Oils: Cooking oil (tempura oil), engine oil, etc.
- Food waste: Vegetable scraps, leftover food, etc.

Inquiries: Gesuido Shisetsuka (Sewerage Facilities Division) TEL: 0749-65-1601

City website
(Japanese)



Changes to the High-Cost Medical Expense Benefit and related matters

Due to revisions to the national medical insurance system and related programs, the out-of-pocket costs associated with the following items (1 through 3) will change.

Eligible Persons: Insured individuals under the National Health Insurance and the Medical Care System for the Latter-Stage Elderly, and recipients of the Welfare Medical Expense Subsidy System (select categories).

① Kogaku Ryoyohi (High-Cost Medical Expense Benefit)

Currently, if the medical expenses paid to medical institutions for a single month (from the 1st to the end of the month) exceed the applicable out-of-pocket limit, the excess amount is reimbursed as a "High-Cost Medical Expense Benefit." The out-of-pocket limits used to calculate this benefit will be changed in stages starting in August.

② Nyuinji Shokuji Ryoyohi, Nyuinji Seikatu Ryoyohi (Meal and Living Expenses During Hospitalization)

Patients are required to bear a portion of the costs for meals and living expenses during hospitalization; however, the amount of this co-payment has changed as of June.

③ Fukushi Iryohi (Welfare Medical Expenses)

The maximum out-of-pocket limits for "Welfare Medical Expenses for the Elderly" and "Welfare Medical Expenses for Elderly Widows Living Alone" will change starting in August.

Inquiries: Hoken Nenkinka TEL.: 0749-65-6512

※Please visit the website for details.

■Website (by Target Audience)



After accessing the page, please click the same title as in ① and ②

Those enrolled in the "Koki Koreisha Iryo Hoken (Late-Stage Elderly Medical Insurance)" program, please click here.



For recipients of the "Fukushi Iryohi Josei Seido (Welfare Medical Expense Assistance Program)" please click here.

Support for Securing Child Support for Single-Parent Families

To help secure the child support necessary for the growth of children in single-parent families, we provide financial assistance for costs associated with drafting notarial deeds (※) and consulting with lawyers.

We also hold free legal consultation sessions where you can speak with a lawyer about issues related to divorce.

(※) A notarial deed/ Kosei Shosho is an official document that records important agreements, helping to prevent disputes arising from verbal promises. They are commonly used for divorce settlements, wills, and similar matters.

■ Subsidy for Costs of Drafting Child Support Notarial Deeds

Eligibility: Single parents who meet all of the following criteria:

- ☐ Eligible to receive the Child Rearing Allowance (Jido Fuyo Teate)
- ☐ Incurred expenses for establishing a child support agreement via a notarial deed or similar document
- ☐ Established a child support agreement that constitutes an enforceable legal title (such as a notarial deed)

Subsidy Amount: The full amount of notary fees and related costs paid to the notary office when drafting the deed (up to a maximum of 30,000 yen)

How to Apply: Application forms are available at the relevant division's service counter. Required documents can also be checked on the city's website.

■ Subsidy for Legal Consultation Costs for Single Parents

Eligibility: Individuals supporting a child up to 18 years of age who meet either of the following criteria:

- ☐ Considering or have already finalized the dissolution of a marriage with a spouse
- ☐ Became a mother or father without being married

Subsidy Amount: The full cost of the legal consultation (up to a maximum of 5,000 yen)

※You must consult with the city office before attending the legal consultation. Please contact the relevant department for details.

■ Free Legal Consultation with a Lawyer

Dates: ① Saturday, August 29, 2026 ② Saturday, December 12, 2026

Time: 1:00 PM – 4:00 PM on each day

Location: Consultation Room, 1st Floor, Nagahama City Hall Headquarters Building

Eligibility: Single parents or individuals considering divorce who have children

Capacity: Up to 3 people per day (reservation required)

How to Apply: In person at the relevant division counter or by phone

Inquiries: Kodomo Katei Shienka (Child and Family Support Division) TEL: 0749-65-6514

City website
(Japanese)

