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英語版

City Hall Information Magazine KOUHOU NAGAHAMA

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長浜市民防災訓練

Nagahama City Disaster Preparedness Drill

◆Torahime Area Community Disaster Preparedness Drill

Nagahama City conducts community disaster preparedness drills organized by Jichikai (Community association) federations to prepare for disasters such as earthquakes, windstorms, and floods. This year, a drill involving local residents will be held for the Torahime area.

Date & Time: Sunday, October 18, 8:00 AM – 9:30 AM

Venue: Torahime Gakuen Gymnasium

Participants: Torahime District Jichikai Federation; various local organizations and businesses in the Torahime area

Activities: Shelter setup and operation drill, disaster preparedness training, various disaster-related exhibits, etc.

Inquiries: Bosai Kiki Kanrika (Disaster Prevention and Crisis Management Division) TEL.: 0749-65-6555

◆Broadcast of Drill Start Signal via Municipal Disaster Prevention Radio

On the morning of the civic disaster prevention drill, an announcement will be broadcast across the city via the municipal disaster prevention radio system to signal the start of independent drills (such as evacuation actions, safety checks, and disaster preparedness activities) conducted by local Jichikai and voluntary disaster prevention groups.

Date & Time: Sunday, October 18, at 7:00 AM

Content: Signal to begin independent disaster prevention drills (broadcast via outdoor speakers citywide)

※Please use this as the signal to commence your group's specific drills.



City website
(Japanese)

異文化を楽しく体験しよう!長浜ワールドフェスタ Let's have fun experiencing different cultures! "Nagahama World Festa"

Why not experience the world through international cuisine and cross-cultural activities?

Nagahama City aims to create a multicultural, inclusive society where everyone can live a fulfilling life as a member of the community, fostering a deeper understanding of diverse cultures. This event offers a fun opportunity to learn about other cultures and engage with diverse perspectives using all five senses.

It is an event that both Japanese residents and foreign nationals can enjoy. We look forward to seeing you there!

Date & Time: Sunday, November 15, 10:00 AM ~ 4:00 PM

Venue: Nagahama Community Development Center (Takada-cho)

Activities: International food stalls, traditional costume experiences, greetings in languages from around the world, disaster preparedness activities, various hands-on experience corners, and more.

Inquiries: Shimin Katsuyakuka TEL: 0749-65-8711

市立長浜病院全館停電・救急診療の制限

Nagahama City Hospital: Building-wide Power Outage and Restrictions on Emergency Services

Power Outage Schedule: Sunday, October 25, from 9:00 AM to 4:30 PM (times are subject to change).

A building-wide power outage will occur due to the inspection and renovation of electrical equipment. Emergency medical services will be restricted on the day (including a temporary suspension of ambulance admissions). We apologize for the inconvenience and ask for your understanding and cooperation.

Inquiries: Shiritsu Nagahama Byouin Soumuka TEL: 0749-68-2300

地域の小児医療を守るためにご協力ください

Please cooperate in safeguarding local pediatric medical care

The Welfare Medical Expense Subsidy System relies on the understanding and cooperation of both medical institutions and citizens. To ensure that everyone can continue to receive necessary medical care with peace of mind, we ask for your cooperation in practicing "appropriate medical care utilization." "Appropriate medical care utilization" means reviewing how you access medical institutions to help ensure the stable provision of healthcare services.

Individual efforts – such as being mindful of how and when you seek care – help reduce overcrowding at medical facilities and alleviate the burden on doctors; this, in turn, helps maintain the quality of medical services and protects local pediatric care.

Inquiries: Hoken Nenkinka TEL 0749-65-6527

Please keep the following points in mind:

- Have a regular doctor.
- Avoid seeing multiple doctors for the same illness.
- Make use of the Pediatric Emergency Telephone Consultation service (#8000) and the pediatric emergency website.

Pediatric
Emergency
Telephone
Consultation
(Japanese)



Pediatric
Emergency
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 even-numbered days: 1:00 PM - 1:35 PM

For babies born on odd-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	June 20 ~ July 10, 2026	November 19 (Thu)	July, 2026	November 20 (Fri) Reception hours: 1:00 PM - 1:35 PM
	July 11 ~ July 31, 2026	November 26 (Thu)		
10 months old	December 25 ~ January 10, 2026	November 16 (Mon)	January 2026	November 20 (Fri) Reception hours: 1:35 PM - 2:15 PM
	January 11 ~ January 31, 2026	November 24 (Tue)		
1 year and 8 months old	March 18 ~ March 31, 2025	November 9 (Mon)	February 2025 March 2025	November 6 (Fri)
2 years and 8 months old	March 13 ~ March 31, 2024	November 11 (Wed)	April, 2024 May, 2024	December 11 (Fri)
3 years and 8 months old	March 15 ~ March 31, 2023	November 5 (Thu)	February 2023 March 2023	November 2 (Mon)

* 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.

※Starting in November, we will be conducting tests for influenza and COVID-19 (Period from November to February)

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: October 4, 11, 12, 18, 25

November 1, 3, 8, 15, 22, 23, 29

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



Notice Regarding Influenza and COVID-19 Vaccinations for the Elderly (Fiscal Year 2026)

●Vaccinations for influenza and COVID-19 for the current fiscal year will be administered as outlined below. Please understand the benefits and the risk of side effects before deciding whether to get vaccinated; those who wish to receive the vaccine should do so at a medical institution. (There will be no group vaccination sessions.)

Eligibility: - Residents aged 65 or older on the day of vaccination

- Residents aged 60 to 64 on the day of vaccination who have a functional impairment of the heart, kidneys, or respiratory system, or an immune system impairment due to HIV (eligible individuals will be notified by the city)

Period: During the time medical institutions are accepting appointments between October 1 and December 31, 2026

Number of doses: Once during the period

Cost: Influenza vaccination: 2,300 yen / COVID-19 vaccination: 4,600 yen

※Vaccination costs will be subsidized for those receiving public assistance. Those eligible will be notified, so please be sure to apply before vaccination.

Others: - Vaccination coupons will not be sent. Please make a reservation directly with a medical institution and receive the vaccination.

- For vaccinations at medical institutions outside of Nagahama City and Maibara City, prior application is required.

- The high-dose influenza vaccine, which was scheduled for introduction starting in the 2026 fiscal year, will not be introduced, in accordance with a national decision.

Routine Vaccinations
for the Elderly
(City website,
Japanese)



Vaccinations outside
Nagahama City and
Maibara City
(City website,
Japanese)



List of Participating Medical Institutions in
Nagahama City
(Kohoku Medical Association Website
Japanese)



Inquiries: Kenko Suishinka TEL.: 0749-65-7759

Nenkin-seikatsusha (Pensioners) support benefit system

The Pensioner Support Benefit is a payment provided in addition to the standard pension to support the livelihoods of recipients of the Basic Pension for the Elderly, Disability, or Survivors whose income from public pensions and other sources falls below a certain threshold.

For the 2026 fiscal year, the Japan Pension Service will begin mailing application forms (postcard format) to newly eligible individuals in early September; please complete the application process upon receipt.

※No new application is required for those who are already receiving the benefit.

Inquiries: Dedicated Benefit Hotline TEL 0570-05-4092

Hikone Nenkin Jimusho (Pension Office) Customer Consultation Desk TEL.: 0749-23-1112

City website
(Japanese)



犬の飼い主さんへお願い

A Request to Dog Owners



Please do not let your dog roam freely or walk it off-leash.

This can be dangerous and extremely frightening for people who are uncomfortable around dogs.

Always clean up after your dog during walks!

Carry the necessary supplies and take any waste home for proper disposal.

Prevent excessive barking!

Review your dog's training and living arrangements, and be considerate of your neighbors by preventing prolonged barking.

●Please contact us if you need advice on how to care for your pet.

Inquiries: Shigaken Doubutsu Hogo Kanri Center
(Shiga Prefecture Animal Protection and Control Center)
TEL.: 0748-75-1911



林野火災を予防しましょう

Let's prevent forest and field fires.



In response to the frequent occurrence of forest fires throughout Japan, a "Forest Fire Advisory" will be issued when weather conditions require caution regarding forest fire prevention, and a "Forest Fire Warning" will be issued when weather conditions become dangerous. Please refrain from using fire outdoors, such as bonfires, while an advisory is in effect. Furthermore, the use of fire outdoors is prohibited while a warning is in effect.

Inquiries: Kohoku Chiiki Shoubou Honbu Yobouka
(Prevention Division, Kohoku Regional Fire Department
Headquarters) TEL.: 0749-62-5194

November Tax Notice

Payment deadline: November 30, 2026

City and Prefectural Resident Tax, 3rd Installment
National Health Insurance Premiums, 6th Installment
Long-Term Care Insurance Premiums, 6th Installment
Medical Insurance Premiums for the Elderly, 5th Installment

City taxes can be paid at the city hall headquarters building, the northern joint government building, each citizen service counter (former branch office), participating financial institutions, convenience stores, and through various cashless payment methods.

A Behind-the-Scenes Look at Kyushoku (School Lunches)

The origins of school lunches in Japan are traced back to 1889, when the municipal Chuai Elementary School – located within Daitokuji Temple in Tsuruoka Town (present-day Tsuruoka City), Yamagata Prefecture – began providing free lunches to children from financially struggling families. Although the program was suspended during the war due to food shortages, it was resumed in the postwar era; severe food scarcity had led to poor nutritional health among schoolchildren, prompting growing public demand for the service. The legal framework for implementation was established with the enactment of the School Lunch Act in 1954, and a 2009 amendment to the Act created the current environment for school lunches, which focuses on promoting "shokuiku" (food and nutrition education).

In Nagahama City, the school lunch program began in 1932 at the current Nagahama Elementary School, where nutritious meals were provided for children from impoverished backgrounds and those with frail health – a practice that continues to this day.

Here's how school lunches are made!

The city provides approximately 9,700 school lunches daily to eight kindergartens and certified centers for early childhood education and care, as well as 33 elementary and junior high schools (including compulsory education schools), using two school lunch centers – one in the south and one in the north.

START 1. We create our monthly **Menus** five to six months in advance.

Our staff – led by our nutrition education specialist – carefully plans the meals to ensure they are both delicious and safe. We strive to make mealtime enjoyable for the children by incorporating not only nutritional balance but also seasonal and local ingredients, as well as dishes themed around annual events.♪



2. We determine the **ingredients** to be used for the month two to three months in advance. Deliveries are scheduled to arrive between two days prior and the morning of use, depending on the type of ingredient. Upon delivery, we conduct a thorough **inspection** of the ingredients at the center.



4. Cut the ingredients.

Use a slicer to cut them into shapes – such as thin strips or cubes – that suit the dish.



3. Vegetable Peeling and Preparation

Vegetables are peeled using specialized machinery and then repeatedly washed in three separate water tanks.



5. Cook

We carefully cook each dish using cooking vessels and machinery suited to the specific requirements of the recipe.

6. Inspection at the enter



7. Food Tasting at School

Thirty minutes before the food reaches the children, the principal actually tastes and checks it, paying close attention to its [appearance], [aroma] and [taste].



9. Serving the Meal

Hold back the urge to dig in right away – let's serve it up neatly!



8. Transport

Transporting tableware and food containers from the school kitchen to the classrooms.

Here are the most popular menu items!

※ From the results of the "Food Education Survey" conducted in May 2026

1st Place in the Rice & Bread Category



When it comes to classic, popular dishes, nothing beats "**Curry Rice**"! At the center, we prepare a variety of curries – including keema curry, alongside pork and chicken options.

1st Place in the Simmered Dishes & Soups Category



"ABC Macaroni Soup"

Imagine there were some people who used to line the pieces up on their plates in alphabetical order, right? (Haha)

1st Place in the Dessert Category



"Age-pan (Fried Bread)" that enjoys enduring popularity!

It's currently served as a dessert. The generous amount of kinako (roasted soybean flour) sprinkled on top is delicious, isn't it?

School lunch is the only food education resource that can be provided every day.

School lunches play a vital role in fostering healthy eating habits for children's futures. They are not merely "lunch for the kids"; they are a crucial part of food education. All of us at the school lunch center are committed to delivering safe, reliable meals that serve as a "living" educational resource.

We hope you will enjoy talking with your children about their meals – perhaps by asking, "How was the school lunch today?"

We encourage all children to eat well and grow up healthy and strong.

Inquiries: Gakkou Kyuushokuka TEL.: 0749-63-5818