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英語版

City Hall Information Magazine
KOUHOU NAGAHAMA

Edited and published by Nagahama City Secretariat and Public Relations Division
Shiga-ken Nagahama-shi Yawata Higashi-cho 632 TEL.: 0749-62-4111 FAX: 0749-63-4111

１２月１日は「世界エイズデー」

December 1st is World AIDS Day

AIDS, also known as "Acquired Immune Deficiency Syndrome," is a disease caused by infection with the HIV virus. You can get tested for infection free of charge and anonymously at a public health center.

For information on consultations and testing for AIDS and HIV infection, please see the Shiga Prefecture website.



みんなで防ごう　こどもの虐待

Let's work together to prevent child abuse.

November is the month for the "Orange Ribbon Campaign" to promote the prevention of child abuse. Child abuse is an issue that society as a whole must address and resolve. There are over 50 fatalities resulting from abuse each year, meaning one child loses their life every week.

Most cases of child abuse occur within the home.



☐**Physical abuse:** kicking, hitting, throwing down, shaking violently, to cause a burn. etc.)
☐**Sexual abuse:** sexual acts involving a child, exposing a child to sexual acts, to use as a subject for pornography, etc
☐**Neglect**: locking a child in the house, failing to provide meals, to make unsanitary, failing to take a child to the doctor, etc.
☐**Psychological abuse**: verbal threats, ignoring the child, discriminatory treatment among siblings, committing acts of violence against family members in front of children (domestic violence in the presence of children), etc.



Do you notice any of these signs?

☐**Children**: signs of unnatural injuries or bruising; dirty clothing or body; gloomy or listless expression, etc
☐**Parents/Guardians**: isolated with little interaction with the local community; leaving young children at home unattended while going out; displaying a refusal to care for or indifference toward the upbringing of their children, etc.

Do you know about "young carers"?

"Young carers" refers to children and young people who are considered to be providing excessive care for family members or handling other daily living tasks for them.

If you think you might be a "young carer"

You should pay attention if handling housework or caring for family members is affecting your school life or causing you mental or physical health issues. Please try talking to someone you trust, such as a teacher at your school.

Inquiries: Kodomo Katei Shienka Katei Jido Sodanshitsu (Child and Family Support Division), TEL 0749-65-6544

If you feel something is amiss, please do not hesitate to contact us.

■ Kodomo Katei Shienka (Child and Family Support Division), Katei Jido Sodan-shitsu TEL.: 0749-65-6544
※Weekdays, 9:00 AM – 4:45 PM. Outside these hours, please call 0749-62-4111 (main switchboard).

■ Hikone Kodomo Katei Sodan (Child and Family Consultation) Center TEL 0749-24-3741
※Weekdays 8:30 AM – 5:15 PM

女性の抱える悩みごとや暴力の心配ごとなどの相談先があります

There are places where women can seek advice regarding their concerns or worries about violence.

November 12–25 marks the "Campaign to Eliminate Violence against Women," designated by the Cabinet Office.
Violence is never acceptable, regardless of gender or the relationship between the parties involved. In particular, violence by a spouse or partner, sexual crimes and sexual violence, stalking, prostitution, human trafficking, and sexual harassment constitute serious violations of women's human rights.
If you are suffering or feeling anxious, please do not struggle alone; reach out to a consultation service.

■ **Human Rights Consultations for Women (Otsu District Legal Affairs Bureau)**
TEL 0570-003-110 ("Minna no Jinken 110-ban" / Human Rights Hotline)
Weekdays, 8:30 AM – 5:15 PM (excluding the year-end/New Year holidays)
※After dialing the number, follow the automated voice guidance and press "1" to speak with someone about human rights issues concerning women.

■ **Nagahama City Family and Child Counseling Office (Counseling for Women)** TEL: 0749-65-6544
(Weekdays 9:00 AM – 4:45 PM; excluding year-end/New Year holidays)

■ **Comprehensive Care for Sexual Violence Victims: One-Stop Biwako SATOCO**
TEL.: 090-2599-3105 / Email: satoco3105biwako@gmail.com (Available 24 hours a day, 365 days a year)

Inquiries: Jinken Shisaku Suishinka (Human Rights Policy Promotion Division) TEL 0749-65-6560

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	August 1 ~ August 20, 2026	December 24 (Thu)	August, 2026	December 22 (Tue) Reception hours: 1:00 PM - 1:35 PM
10 months old	February 1 ~ February 20, 20026	December 21 (Mon)	February, 2026	December 22 (Tue) Reception hours: 1:35 PM - 2:15 PM
1 year and 8 months old	April 1 ~ April 25, 2025	December 8 (Tue)	April, 2025 May, 2025	January 21 (Thu)
	April 26 ~ May 18, 2025	December 14 (Mon)		
2 years and 8 months old	April 1 ~ April 24, 2024	December 3 (Thu)	April, 2024 May, 2024	December 11 (Fri)
	April 25 ~ May 16, 2024	December 16 (Wed)		
3 years and 8 months old	April 1 ~ April 24, 2023	December 7 (Mon)	April, 2023 May, 2023	January 7 (Thu)
	April 25 ~ May 17, 2023	December 10 (Thu)		

* 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: **November 1, 3, 8, 15, 22, 23, 29**
December 6, 13, 20, 27, 30, 31

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

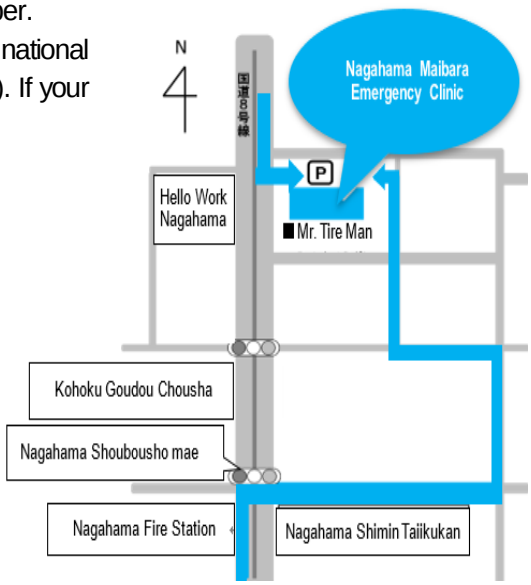
Consultation Hours: 9:00 AM - 6:00 PM

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



知っているようで知らない！？糖尿病クイズ

Think You Know It? Diabetes Quiz!

November 9–15 is National Diabetes Week.

Q Developing diabetes is caused by an unbalanced diet.

An unbalanced diet is not the only cause.

Since many factors—such as constitution and lifestyle habits—are involved, even models and athletes can develop the condition.



Q If there is no sugar in the urine, it is not diabetes.

Even with diabetes, sugar may not appear in the urine.

Therefore, **blood glucose levels (blood tests)** are used to diagnose diabetes.



Q You have no noticeable symptoms, but your blood sugar level is high, so it would be best to go to the hospital.

There are hardly any noticeable symptoms in the early stages. By the time symptoms like **thirst or rapid weight loss appear,** the disease may have already progressed significantly. Consulting your regular doctor is the right move! Consulting your regular doctor is the right move!



就学援助『入学前応援金』を支給します

Shuugaku Enjo [Nyuugakumae Ouenkin]
"Pre-enrollment Support Grant" for School Attendance Assistance to be provided

Financial assistance for necessary school supplies will be provided prior to enrollment to guardians facing financial hardship who have children scheduled to enter elementary or junior high school in April 2027 (Reiwa 9).

Eligibility: Guardians of children/students residing in the city (excluding those planning to move out of the city by the end of March 2027) who will enter a public elementary school, junior high school, or compulsory education school within the prefecture (or advance to the 7th year of a compulsory education school) in April 2027, and who meet one of following criterias:

① All household members are exempt from municipal inhabitant tax.

② Household income for 2025 (Reiwa 7) is at or below the standard amount set by the City Board of Education.

③ Income has decreased significantly due to changes in family circumstances, such as unemployment or illness.

Payment Amount: 1st-year elementary school / 1st-year compulsory education school: 64,300 yen
1st-year junior high school / 7th-year compulsory education school: 81,000 yen

Payment Timing: Around mid-February 2027 (scheduled).

Application: Please submit the application directly to the relevant department. Applications are not accepted at schools or kindergartens. ※Online applications will be accepted for guardians of 6th-grade elementary school students who have already been certified to receive school attendance assistance benefits for the 2026 (Reiwa 8) school year.

Application Period: November 2 (Mon) – November 30 (Mon); Weekdays, 9:00 AM – 4:45 PM.

Required Documents: ① Application form for the pre-enrollment support grant ※Available at the relevant division's service counter or on the city's website. ② Bank passbook or cash card

③ If living in an apartment or rental house: Rental agreement (document showing the property details, the contract holder, and the rent amount) ※Additional documents may be required, such as proof of income, copies of utility bill receipts, or copies of separation notices or pay slips.

Inquiries: Kyouiku Shidouka TEL.: 0749-65-8605

発火物ごみの分別について

Regarding the Sorting of Flammable Waste Items

Fires in collection vehicles and processing facilities are occurring nationwide due to items such as spray cans, lighters, and used dry-cell batteries being mixed in with "non-combustible waste." Such incidents not only harm local residents but also risk leading to serious accidents that could endanger the lives of sanitation workers.

To prevent these accidents, non-combustible waste bags containing items that pose a fire risk—such as spray cans—will not be collected. We ask for your cooperation in properly sorting your waste and adhering to the following guidelines to ensure safe collection and processing.

■Spray cans, lighters, and used dry-cell batteries

Please put these out on the designated day for recyclable waste. Do not dispose of them as non-combustible waste, even if they are rusty or dirty; please note that if you do, a yellow sticker will be attached and they will not be collected.



Use up the contents of the spray can, then puncture it to release the gas.



Try to use up lighters completely.

Please dispose of items with non-removable batteries—such as smartphones, mobile phone chargers, electric toothbrushes, and shavers—in the "used dry-cell batteries" collection.



■Polly-tanks



Please dispose of this item as oversized waste or place it in a designated bag and put it out on the collection day for non-combustible waste. As there is a risk of fire, please ensure the contents are completely used up, remove the cap, and make sure the container is empty.

Inquiries: Kankyo Hozenka (Environmental Conservation Division) TEL.: 0749-65-6513

野焼きは法律で禁止されています

Noyaki (open burning) is prohibited by law.

Noyaki (the practice of incinerating waste from households or businesses in fields or drums) is prohibited by law in principle and is subject to penalties. Burning waste not only leads to disputes with neighbors and a deterioration of the living environment due to smoke and foul odors, but also generates hazardous substances such as dioxins, which pose a risk to health.

Penalties for open-air burning: Violations may result in imprisonment for up to five years, a fine of up to 10 million yen, or both. For corporate entities, the fine may be up to 300 million yen.

Some exceptions to the ban include:

☐Burning required for customary or religious events (e.g., burning *kadomatsu* or *shimenawa*—traditional New Year decorations—after local events like *Dondo-yaki*).

☐Burning necessary for agriculture, forestry, or fisheries (e.g., farmers burning rice straw; fishers burning marine debris attached to fishing nets).

☐Minor burning associated with daily life (e.g., bonfires, burning fallen leaves or firewood for warmth, barbecues).

Please check the city's website for other exceptions and important information.

Inquiries: Kankyo Hozenka (Environmental Conservation Division) TEL.: 0749-65-6513