

# OKINAWA CITY Newsletter

August 2020 Vol. 20 No. 8

Okinawa-shi Yakusho Bunka Geino Ka (B1) 26-1 Nakasone-Cho, Okinawa City, Okinawa 904-8501



## Announcements

### Announcement: Event Cancellations



To prevent COVID-19 infection, the following events have been cancelled: Thank you for your understanding.

- Okinawa Zento (Island-wide) Eisa Festival (in SEP)
- Tobu Festival & Fireworks Show (in OCT)

### Example of Practicing a "New Lifestyle" with COVID-19

#### (1) Basic prevention measures each person can take

Three basics for preventing infection:

- ① keeping physical distance (at least 1m)
- ② wearing a mask
- ③ washing hands



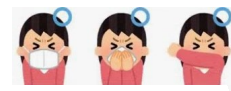
#### Best to wash hands when:

- you come back from public places
- you sneeze, cough or blow your nose
- before/after each meal
- you touch things outside
- you take care of a sick person



#### (2) Basic lifestyles for daily life

- Wash and sanitize hands frequently
  - Make sure to observe coughing etiquette (by covering your mouth)
  - Ventilate frequently
  - Avoid gatherings in crowded places, close contact settings, and closed spaces
  - Check your health condition and body temperature every morning
- Do not force yourself to go out, and stay home if you have symptoms of a fever or cold.**



#### Infection prevention related to traveling

- Refrain from traveling to and from where the COVID-19 infection is prevailing.
- Refrain from traveling upcountry or for leisure. Business trips only when it is unavoidable.
- Keep a record of the people you meet and the time of meeting in case you get infected.
- Carefully follow how the infection is prevailing locally.



#### How to Improve Your Immune System to Fight Against Infection

Nutritional balance to maintain your immune system is very important to decrease the risk of infection.

- Eat each meal (do not miss your breakfast)
- Balanced diet of vitamins and minerals
- Eat good-quality protein and amino acids
- Drink enough water to keep yourself hydrated

Eat vegetables and fruits while its fresh. Try to avoid processed foods with a lot of salt. Eat less sugar and caffeine.

**It is important to maintain good nutritional conditions.**



#### Beware of Heat Stroke with the "New Lifestyle"

##### Avoid the Heat

- Adjust the AC temperature with enough ventilation
- Remove your mask at appropriate times**
- Be careful of wearing a mask during high temperatures and humidity
- Try not to overwork or over exercise while wearing a mask. Make sure you keep enough distance between others and rest without wearing a mask.

##### Keep yourself hydrated

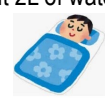
- Drink before you feel thirsty
- Drink about 2L of water a day

##### Maintain your health on a daily basis

- Rest when you feel unwell.

##### Build your body to prepare for the heat

- Start exercising before the season gets too hot
- Exercise with moderate intensity in a setting that you feel is a little hot (around 30 minutes a day)



Total Population: 142,873 [Japanese Population] Male: 68,200 Female: 72,793 [Foreign Population (52 Countries)] Male: 1,191 Female: 689

The Okinawa City Hall's *Bunka Geino Ka* (the Culture & Traditional Arts Division) selects excerpts from the city's public relations newsletter (*Koho Okinawa*) and published them in English and Chinese in hopes of better serving our community of residents who may have difficulty reading or understanding Japanese. **These articles are translated by the Culture & Traditional Arts Division staff and are provided for reference only. Administrative services are provided in Japanese only (unless otherwise indicated).** For English support, please email: [kokusai@city.okinawa.lg.jp](mailto:kokusai@city.okinawa.lg.jp). You can also view monthly issues of the newsletters and other information about living in Okinawa City by clicking the ENGLISH/中文 link on the Okinawa City website: <http://www.city.okinawa.okinawa.jp/>

## Administrative Announcements



### ► A Notice to Parents Receiving Special Disability Benefits, Benefits for Disabled Children, or Welfare Benefits

Recipients of these benefits must submit a 現況届 *Genkyo Todoke* (Current Status Notification) in order to verify their qualifications to continue receiving benefits. Please submit the notification within the specified period.

**Submission Period:** August 11 (Tue) ~ September 11 (Fri)

**Hours:** 8:30 ~ 17:15 (not including Saturdays, Sundays and Japanese holidays).

**Location:** Shogai Fukushi Ka (Disabilities Welfare Division) Okinawa City Hall 1F

**What to bring:** ① The notification form sent to you (have it filled out) ② Your *inkan* ③ Documents to verify benefits in 2019 if you received disability pension or pension for the bereaved (payment notifications or your bank passbook) ④ Taxation certificate (for all household members) if you were not living in Okinawa City as of January 1, 2020.

**\*If you fail to submit the notification, your benefits may be suspended.**

**\*You may lose qualifications to continue receiving benefits if you do not submit the notification for 2 consecutive years.**

**\*Due to the effects of COVID-19, you can submit the Current Status Notification for this year by mail. Please contact us if you wish to submit it by mail.**

**Contact:** *Shogai Fukushi Ka* (Disabilities Welfare Division) ext. 3157 **English speaking staff available.**

### ► Applications Open for the FY 2021 Developmental Support Nursery School

**Eligibility:** Children who are Okinawa City citizens and have physical or mental delays, and are considered to require support. They must be in a situation where there is a lack of child care because of parents' work hours or sickness, and must be able to adjust in a group setting with other children.

The acceptance of entry will be determined by a psychotherapist then consulted by the Okinawa City Development Support Council.

**\*Nursery school applications must be made after the decision of entry.**

**School Term:**

**April 1, 2021– March 31, 2022**

**Application Period:**

August 3 (Mon) –September 4 (Fri), 2019

Apply at *Hoiku Yochen Ka* (保育幼稚園課 Childcare/ Kindergarten Division)

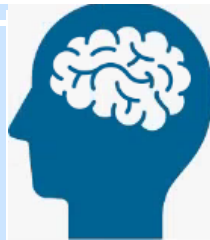
Please consult the division in charge if you are not able to apply during the designated period.

**Contact:** *Hoiku Yochen Ka*

(保育幼稚園課 Childcare/ Kindergarten Division) ext. 3173/3174

*Kodomo Sodan Kenko Ka* (こども相談・健康課 Child Consultation-Health Division)

TEL:098-989-1307



### ► The Brain Screening Process for Those With “Medical Care Insurance for the Elderly” Has Changed

This allows all insured persons to get this screening if they wish. Starting in the year 2020, they can make reservations at a hospital

and show their coupon and insurance certificate to get the screening.

**\*They only have to pay the balance after the “elderly check-up” subsidy is applied to the screening expense.**

**Contact:** National Health Insurance Administrative Division ext. 2118, 2128

### ► “My-Na” (My Number) Point Reservations Will Be Available at the City Hall

As a measure against the rise in consumption tax, the government plans to start giving “My-Na points” (マイナポイント) to those who use their My Number card.

In order to use My-Na points, you have to acquire your **My Number card**, and reserve your points on the website (My-Key platform マイキープラットフォーム).

Reservations can be made at the service window set up during the operation hours in Okinawa City Hall.

**Hours:** 9:00-17:15

(Closed on weekends and Japanese holidays)

**Place:** “My-Na point reservation booth”, Okinawa City Hall 1F (waiting lounge)

**What to Bring:** your My Number card, 4-digit PIN for user's certificate(利用者用証明書)

Any question about “My-na point”?-About “My number card” (Multilanguage)

<https://www.cao.go.jp/bangouseido/foreigners/index.html>

Ministry of Internal Affairs and Communications



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## ► You Can Get a Discount on Prepaid Premium for National Pension

Did you know that you can make automatic prepayments using your bank account and this will allow you to make advance payments at a discounted price?

To make national pension premium payments, you can use the payment slip sent by the Japan Pension Service and pay by credit card. Please ask about the discount rate which differs by how you make an advance payment.

### ■ Difference between bank transfer and each month payment by cash

To prevent forgetting or getting behind on your payments, we recommend you to make automatic payments using your bank account. This will allow you to make advance payments at a discounted price as follows:

#### Discounted price for advance payments :

	Each Months with Payment Slip (No Discount)	Prepayment Through Bank Account	Discount
Each Month	¥16,540	¥16,540 (Transferred on the end of the following month)	/
For a month	¥16,540	¥16,490 (Transferred on the end of the current month)	
For 6 months	¥99,240	¥98,110	¥1,130
For 1 year	¥198,480	¥194,320	¥4,160
For 2 years	¥397,800	¥381,960	¥15,840

\*The premium amount and discount amount shown above are as of 2020. The amount of premium can change each year.

The application deadline for the **6-month prepayment** through your bank account will be the end of **August**.

Please contact below as soon as possible if you want to apply for the prepayment.

**Contact:** Koza Pension Agency TEL: 098-933-2267  
or Shimin Ka (Residential Division) ext.2133/2134

## ► The Public Health Check-up in 2020 Requires Reservation in Advance

To prevent the spread of COVID-19 infection, the check-up schedule throughout 2020 accept recipients only by reservation with a capacity to avoid crowds.

If you wish to get a check-up, call Shimin Kenko Ka during the period for making reservations. \*Please also consider getting an individual check-up at a designated medical facility.

Please make sure you wear a mask during the check-up.

**\*The check-up schedule given below is cancelled.**  
**August 9 (Sun) Okinawa City Hall**

For the check-up schedule on **Aug 27 (Thu) and after**, the reservation will start on **Aug 11 (Tue)**

Hours: 8:30-17:15

(Closed on weekends and Japanese holidays)

**Contact:** Shimin Kenko Ka

(Residents Health Division) 098-939-3126

## ► Announcement: The Traffic Restriction Due To Construction

### Moromizato Area

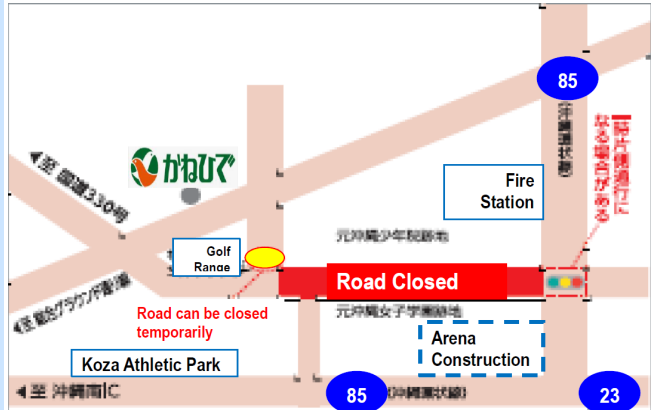
The road will be closed for public construction until late December, 2020 (TBS)

#### Where?

The city public road (Red area: 270m distance)

#### When?

Until late December, 2020 (TBS)



### Miyazato Area

The current sidewalk will be closed for construction, and the road will be also restricted due to the installation of a tentative sidewalk within the red area.

#### Where?

The city public road (Red area: from Teruya intersection to around ENEOS gas station)

#### When?

Until late January, 2021 (TBS)



**Contact:** Doro Ka (Road Maintenance Division)  
TEL: 098-989-9138

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▶ **Please note:**

August is the payment deadline for the following taxes:

**Residential tax (2<sup>nd</sup> term)/ Long-term care insurance premium (3<sup>rd</sup> term)/ National health insurance premium (2<sup>nd</sup> term)/ Medical care for the elderly insurance premium (2<sup>nd</sup> term).**

If you use automatic bank transfers, payments will be withdrawn on August 31. Make sure you have enough money in your bank account the day before.

▶ **Information on Temporary Special Benefit for Single-parent Households** (ひとり親世帯臨時特別給付金)

**1. Basic Benefit**

**Those eligible for benefit**

① Those receiving a **child-rearing allowance\*1** in June 2020 (Application NOT required)

② Those receiving **public pensions\*2** and **not receiving any child-rearing allowance** in June 2020 \*3

③ Those whose **income is at the same level as those receiving child-rearing allowance**, such as from sudden changes in household finances due to COVID-19

\*1 "Caregivers" as stipulated in the Child Rearing Allowance Act are also eligible

\*2 Survivor's pension, disability pension, old-age pension, industrial accident pension, survivor compensation, etc.

\*3 Not only those who have already been certified to receive the Child Rearing Allowance, but also those who are presumed to have their Child Rearing Allowance payments for June

**Benefit amount**

**50,000 yen** per household, **30,000 yen** per child after the second child

**2. Additional Benefit**

**Those eligible for benefit**

Those following under either ① or ② above for the basic benefit, whose income has decreased due to a sudden change in household income due to COVID-19

**Benefit amount**

**50,000 yen** per household

Application Period: **August 13(Thu), 2020 -February 28, 2021**

**Due to COVID-19 circumstances, we will send all eligible household a package of application after August 13(Thu). Basically the application is required to be made by mail.** However, the application at the counter will be also available for those who need it after Aug. 13(Thu)

The details will be updated on our English website as soon as the information is updated. <http://www.city.okinawa.okinawa.jp/english/>

Contact: *Kodmo Katei Ka* (Children's Welfare Division) ext. 3196/3197

▶ **Okinawa Prefectural Misaki Special-needs School**

**For School Year 2021 (3-5 years old)**

Open Orientation and Selection for Nursery School for Children's Entry

This orientation will be open for kids who will turn between the ages of 3 and 5 as of March 31, 2021, and who have been diagnosed or will potentially be diagnosed as intellectually underdeveloped.

You must receive consultation by September 30 (Wed) if you wish to have your kids enter this school.

Please contact below to let the school know your attendance and your child's situation in advance.

**Orientation Schedule**

Date & Time: **Sep. 3, 2019 (Thu) 16:00 – 17:00**

Venue: Okinawa Prefectural Misaki Special-needs School Kindergarten.

(Address: 4-18-1 Misato, Okinawa City)

Application Period: **Nov. 12 (Thu) 9:00-17:00 & 13 (Fri) 9:00-16:00**

Enrollee Selection Date: **either Nov. 26 (Thu) & 27 (Fri)**

The services are provided in Japanese only.

**Please have your own interpreter when you contact or visit our school. Thank you for your understanding.**

Okinawa Prefectural Misaki Special-needs School Kindergarten.

美咲特別支援学校 幼稚部  
TEL: 098-938-1037

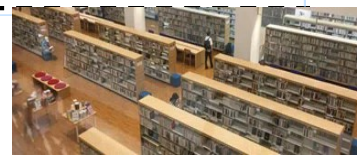


▶ **Okinawa City Library News**

**Days Closed: 1(Sat)- 15(Sat) for prevention of COVID-19 infection**, 11(Mon:Yamano hi), 11 (Tue: make-up holiday) , 17 (Mon), 24 (Mon), 27 (Thu: Inspection) and 31 (Mon).

**Closing period can be extended due to the future situation.**

**Address:** 2-28-1 Chuo, Okinawa City TEL: 098-929-4919



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Okinawa-shi Yakusho Bunka Geino Ka  
**沖縄市役所 文化芸能課 (B1)**

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