



URAYASU CITY

Published by the City of Urayasu
1-1-1 Nekozone, Urayasu-shi,
Chiba 279-8501
☎ 047-351-1111
<http://www.city.urayasu.lg.jp>

City
News






Population and No. of
Households in Urayasu

Population: 171,150
Male: 83,543
Female: 87,607
Households: 82,584
Foreign Residents: 4,208
(As of May 31, 2020)

Showing Consideration to Those You Care About-
A New Lifestyle

The state of emergency has been lifted, but more time is expected for the situation to fully come to an end. Stay-at-home requests have been relaxed, and opportunities for people to travel or come into close contact have increased, so let's adopt a "new lifestyle" into our daily routine in order to prevent the infection from spreading again.

3 Basics in Preventing the Spread of Infection

1	 <p>Physical distancing</p>	Ensure physical distancing stay 2m (at least 1m) away from other people
2	 <p>Mask</p>	Wear a mask When going out or having conversations, wear a mask even if you have no symptoms
3	 <p>Washing hand</p>	Washing hands Wash your hands carefully with water and soap for about 30 seconds (hand sanitizer may also be used)

New Lifestyle in Different Situations

Shopping

- Shop online or use mail-order.
- Shop alone or in a small group of people during off-peak hours.

Entertainment/Sports

- Watch workout/yoga videos at home.
- Jog in small groups of people.

When using public transportation

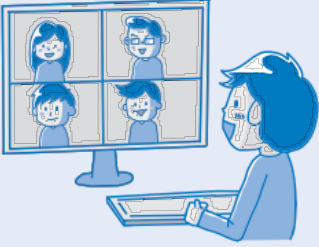
- Avoid rush hours.
- Refrain from speaking as much as possible.

Eating meals

- Avoid eating with a large group of people.
- Take-outs and deliveries are recommended.

Work

- Conduct online meetings.
- Work from home or rotate shifts at a worksite.



Guideline to Determine When to Reclose Facilities in Urayasu City

In accordance with the state of emergency being lifted, public spaces have gradually reopened since June 1, but Urayasu City has set guidelines for determining when to reclose facilities in the case of a future spread of infection.

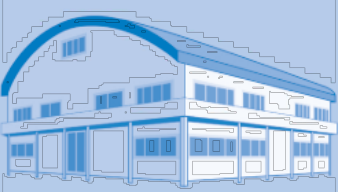
Number of infected persons (cumulative number of new positive cases in a week)	Urayasu City response	Alert level
2 people or more in Urayasu City/week Or 20 people or more in Urayasu City, 2 neighboring cities and 1 ward/week (Ichikawa City, Funabashi City, Edogawa Ward) *Excludes cases from the same source	Alert citizens by... Displaying flags (yellow/red) on flag poles at public halls Homepage, emergency broadcast system, patrol Digital signage	Coronavirus Cautionary Note (yellow)
2 people or more in Urayasu City/week And 20 people or more in Urayasu City, 2 neighboring cities and 1 ward/week (Ichikawa City, Funabashi City, Edogawa Ward) *Excludes cases from the same source	Limit facility users to the citizens of Urayasu City and consider closing the following facilities Locations that are difficult to ventilate such as Cultural Hall, Sports Park General Gymnasium training rooms and pools, Welfare Center for Senior Citizens, and Day Camping Sites	Coronavirus Alert (red)
When national emergency is declared	Request closure of facilities and issue a stay-at-home request	

Reopened Facilities

After taking preventative measures against the infection, we have reopened elementary/junior high schools and facilities that were closed to prevent the spread of novel coronavirus infection. Facilities that were closed have gradually reopened since June 1. For more information, please check the Urayasu City website or contact the facility.

Please follow precautions when using public facilities

- ▶ Wear a mask, check your temperature, and use hand sanitizer
- ▶ Make sure to limit the number of people and ventilate the rooms
- ▶ Fill out user list
- ▶ Follow all other preventative measures for novel coronavirus infection implemented at each facility



Please be Extra Careful of Heat Strokes this Year!

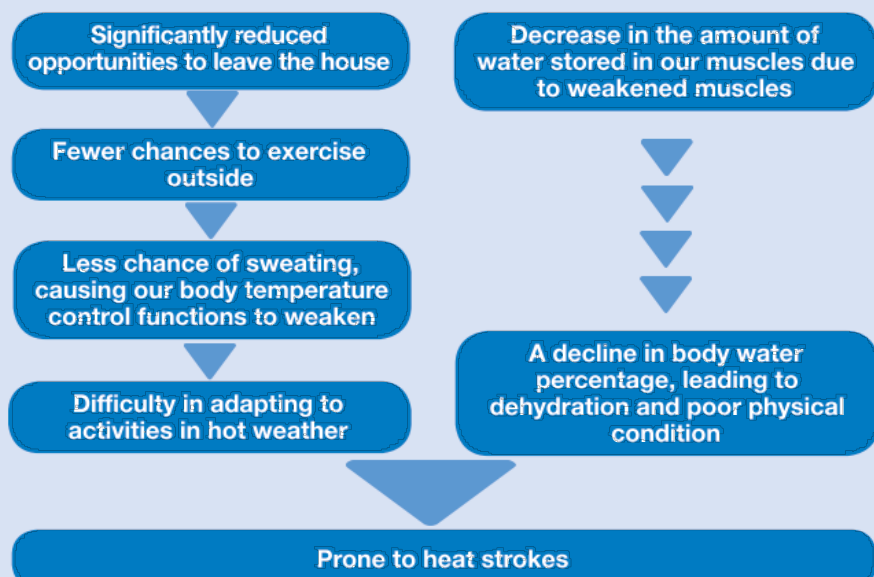


Heat stroke cases increase from the beginning of the rainy season and peaks between July and August. This year, due to the stay-at-home requests to prevent the spread of novel coronavirus infection, our bodies may not be used to the heat. In addition, there is the concern that our new lifestyle of wearing a mask can cause a heat stroke. Let's take preventative measures against heat strokes to spend the upcoming summer in good health.

We are more susceptible to a heat stroke than usual

Restrictions to prevent the spread of novel coronavirus infection have increased our risk of experiencing a heat stroke because we have not been able to perform our usual activities.

This year



Preventive measures against heat strokes in 2020

Avoid the heat

On hot days, adjust the temperature with air conditioning and stay in a cool place.

Drink water frequently

Take about 1.2L of water per day and take in sodium when sweating.

Be conscious of your health on a daily basis

Check your body temperature and the condition of your health; rest if you feel unwell.

Take off your mask when appropriate

If sufficient distance (2m or more) can be kept between people when outdoors, take off your mask for a break.

Acclimate to hot weather (gradually adapt your body to the heat)

By exercising continuously for about 30 minutes every day in a slightly hot environment, your body will get used to the heat and you will be less likely to suffer from a heat stroke.

Be careful! New lifestyle of wearing a mask can cause heat strokes



- You may not feel thirsty because of the increase in humidity inside the mask
- Masks make it easier for heat to build up in your body
- Masks make it difficult for your body to take in oxygen, and a lack of oxygen may lead to poor decision-making skills



Prone to heat stroke

Inquiries: Health Promotion Section, Tel: 381-9001

Opening of Consultation Desk for Foreigners

The International Center has opened a new consultation desk for foreigners. It will provide information that is helpful for daily living and consultation on problems in English and Japanese. Telephone consultation is also available. Please feel free to contact us.

Note: To prevent the spread of the novel coronavirus infection, we may change the reception hours and only respond by phone.

Date and time: Monday through Sunday, 9 a.m. to 9 p.m. (excludes national holidays and New Year holidays)

Location: International Center (inside IL Mare)

Application: Visit International Center directly or call 306-5181

Inquiries: International Center (Local Activities Promotion Section)



Discontinuation of Collection of Used Cooking Oil, Used Clothes/ Fabrics, and Leather Products

Currently, we have discontinued the collection of used cooking oil, used clothes/fabrics, and leather products. If it is difficult to store at home, absorb the waste oil using a cloth or newspaper, or use a cooking oil hardener and dispose as combustible garbage.

Cut used clothes/fabrics and leather products to a size less than 50cm, and dispose as combustible garbage. (When a piece includes metal, dispose as noncombustible garbage) Thank you for your cooperation.

Inquiries: Garbage-Free Section, Tel: 712-6485

Renewal of National Health Insurance Card

A new insurance card will be sent to those enrolled in National Health Insurance by registered mail no later than July 31 (Fri.). If you do not receive your insurance card, please contact us. Eligibility Certificate for Ceiling Amount Application, which is a certificate that can be presented at medical institutions to be exempt from paying the excess cost beyond the ceiling amount, expires on July 31 (Fri.). Even if

you currently have the certificate, you will need to apply for a new one. Please come to the National Health Insurance & Pension Section (Urayasu City Hall 2F) with your insurance card on or after July 22 (Wed.).

Inquiries: National Health Insurance & Pension Section, Tel: 712-6829

FY2020 National Health Insurance Tax

National Health Insurance tax notice for FY2020 will be sent to the head of the household on July 13 (Mon.). Even if the head of the household has other health insurances, if a family member is enrolled in national health insurance, a tax notice will be sent to the head of the household. From April, benefit limit amount for medical treatment was revised to ¥630,000 and benefit limit for nursing care to ¥170,000. In addition, the qualification for reduction of premiums will change. Note: Due to the impact of the novel coronavirus infection, we are beginning to reduce and exempt National Health Insurance tax for households whose income is expected to decrease, experiencing great living difficulties, and have complications in paying the National Health Insurance tax. For more information, please contact us.

Inquiries: National Health Insurance & Pension Section, Tel: 712-6829

Recruiting Tenants for Chiba Prefectural Housing

Application: Apply by Wednesday, July 15 (must be postmarked by this date) by sending an application form to Chiba Prefecture Public Housing Corporation (1-16 Sakaecho, Chuo-ku, Chiba City, 260-0016). Application form is available at Housing Affairs Section (Urayasu City Hall 6F) and City Service Centers. On Saturdays, Sundays, and national holidays, the application form is available at Central Management Office (Urayasu City Hall 1F). Note: For more information, please visit Chiba Prefecture Public Housing Corporation website (<http://www.chiba-kousya.or.jp>).

-kousya.or.jp).

Inquiries: Chiba Prefecture Public Housing Corporation Recruiting Section, Tel: 043-222-9200 (Housing Affairs Section)

Fees will be Charged for Plastic Shopping Bags

From July 1, a fee will be charged for plastic shopping bags nationwide. This is not only to reduce plastic usage, but by paying for it, the objective is to reflect on whether they are really necessary and to reexamine our lifestyle.

Inquiries: Garbage-Free Section, Tel: 712-6485

Recyclable Waste Disposal Schedule for July

Collection Area	Bottles/Cans/ PET plastic bottles	Newspapers/ Magazines
Nekozane, Kitazakae, Todaijima	Every Tue.	Every Mon.
Horie, Higashino, Fujimi, Maihama, Tekkadori 3-chome	Every Wed.	Every Sat.
Kairaku, Mihama, Irifune, Hinode, Akemi	Every Thu.	Every Mon.
Tomioka, Imagawa, Benten, Takasu, Minato, Tekkadori 1- and 2-chome, Chidori	Every Fri.	Every Sat.

* Please put out your garbage between 7 a.m. and 8 a.m. It is against the rules to put it out earlier or later than this designated time as it could become a nuisance in your neighborhood.

* Bulky items will be collected separately on request by phone. Call the Bulky Items Reception Center, ☎ 305-4000. For inquiries, contact the Garbage-Free Section.

FOREIGN RESIDENTS' ASSISTANCE DESK

Urayasu City provides consultation services concerning daily life such as medical, educational or job-related matters.

HOURS: 10 a.m. - 12 noon, 1 - 4 p.m. weekdays

LANGUAGES: English, French, Chinese, Polish, Spanish, Russian and Japanese

PHONE NUMBER & LOCATION:

☎351-1111 (ext. 14108)

Local Activities Promotion Section
(Urayasu City Hall 3F)