

Fujieda Life Guidebook

生活ガイドブック「英語版」



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Fujieda City Hall

(8:30 ~ 17:15)

〒 426-8722

Fujieda-shi Okadeyama 1-11-1

Tel: 054-643-3111

www.city.fujieda.shizuoka.jp

Disaster Prevention

In Japan, natural disasters occur every year in various places, and many lives and property are lost due to these disasters. Large-scale natural disasters cause enormous damage over a wide area and recovery requires many years and great efforts. For this reason, it is important for the national government, local governments, related organizations, and individuals to set measures to continue training for disaster prevention to protect precious lives and property.

■ How To Report a Fire/Emergency

Dial [119] if you call, don't panic, and say clearly:

○ In case of fire

English: 「There is a fire. Fujieda City__District__Number__Apartment__ Near this house ○○ is burning」

Japanese: 「Kaji desu. Fujieda-shi __ choume __ ban __ Apato ga moetemasu. Chikaku ni __ arimasu」

○ At the time of emergency

English: 「Suddenly ill (or traffic accident)__City__District__Number__ Near ____」

Japanese: 「Koutsu jiko desu. __ shi __ choume__ ban__ no __ chikaku」



○ When you have finished making a report, you have to give your name and phone number.

• Inquiries about disaster information

Disaster information dial 0180-995-099 (Guidance will be played in Japanese.)

• Prefectural Emergency Medical Information Center 24 hours a day

Phone number: 0800-222-1199 •

○ Shida Haibara Regional Emergency Medical Center (362-1 Setoaraya, Fujieda City)

Phone number: 054-644-0099

Clinical department: Internal medicine/Pediatrics

Reception hours: Monday-Friday and public holidays 7:30 pm-10 pm

Saturday and Sunday from 7:30 pm to 7:00 am the next day



※ There are days when only pediatrics will be available after 10pm.

• Fujieda Municipal General Hospital Emergency Center (24 hours a day)

Address: 4-1-11 Surugadai, Fujieda City. Phone number: 054-646-1111

• Shida Medical Association Holiday Emergency On-duty Doctor

Reception hours: 9 am-5pm



(For the doctor on duty, please check the homepage or "Public Relations Fujieda" issued on the 20th of every month)

■ Languages Available

The Shida Fire Department has simultaneous interpretation service to respond to 119 calls from foreigners.

• Languages available (21 languages)

English, Chinese (Mandarin), Korean, Thai, Vietnamese, Indonesian, Tagalog, Nepali, Russian, Spanish, German, French, Italian, Portuguese, Malay, Burmese, Khmer, Mongolian, Sinhala, Hindi, Bengali.

• When a foreigner calls 119, the call system commander connects to the interpreter center and makes a three-person phone call with the operator to get an accurate picture of the situation and provide guidance on the first aid. ※ Do not hang up as it will take a few seconds to connect to the operator.

■ Preparation Before an Earthquake

○ Earthquake resistance houses

As for your own preparation, check with your family the evacuation shelter places, how to get in contact in the event of a disaster, and prepare emergency supplies. Place food, drinking water, change of clothes, etc. separately in a backpack so that you can take out quickly. Let's prepare enough supplies in an "emergency stockpile" so that you can survive for about one week. Also, in preparation for a sudden earthquake that can be expected to cause great damage, let's be prepared by making your house earthquake resistant and secure your furniture from falling over.

- Make a seismic diagnosis of your home and know if your home can withstand an earthquake.
- ※ For inquiries regarding earthquake proof houses, please contact the City Hall: 054-643-3481.
- If an earthquake strikes, furniture collapses and things fall off shelves. Secure furniture to avoid injury.
- ※ Up to 5 furniture fall prevention devices can be installed free of charge per household.

For inquiries regarding furniture fall prevention services, contact Fujieda City Hall: 054-643-2110

- Prepare food and drinking water that can last 7 days.
- ※ It's advisable to keep water in the bath and cover it so that it can be used for multiple purposes.

■ When an Earthquake Occurs

- Protect yourself under a table. • Do not rush outside.
- When the shaking stops, quickly put out small fires, if any.
- Open windows, doors and entrances to secure exits. (During an earthquake, "protect your own safety")

■ About Designated Shelters

The evacuation shelters will be a "temporary evacuation shelter" set by the district, and in the case of wind and flood damage other than an earthquake, it will be a "designated emergency evacuation shelter" where you can safely evacuate from your home. A "designated emergency evacuation shelter is a temporarily emergency evacuation site, and a "designated evacuation shelter is a temporary place of living for those whose homes have been damaged. Check in advance the city's homepage.

■ Landslide Disaster/ Flood Hazard Map

Please check how much the area around your home will be flooded, whether there is a risk of landslide-related disasters, where the evacuation site is and what route to evacuate, etc. in case of emergency.

■ Disaster Prevention Information

○ Ministry of Land, Infrastructure, Transport and Tourism: For important information in the event of a disaster please see the following site. You can check the disaster status, weather conditions, shelters, traffic information, etc. ※ Information is in 8 languages.

Check the URL below or the QR code. www.mlit.go.jp/river/bousai/olympic/index.html



○ Japan Meteorological Agency

Meteorology Information about earthquakes, tsunamis, etc. Information is available in 14 languages, please check the URL or the QR code. www.jma.go.jp/jma/indexe.html

○ Shizuoka Prefectural General Assembly Disaster Prevention App

This is an application with a wide range of useful functions in the event of a disaster.

It is Available in 9 languages. Please check the URL below or the QR code.

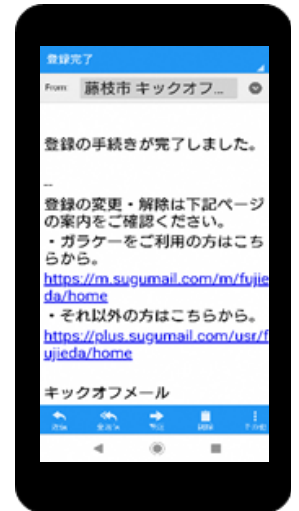
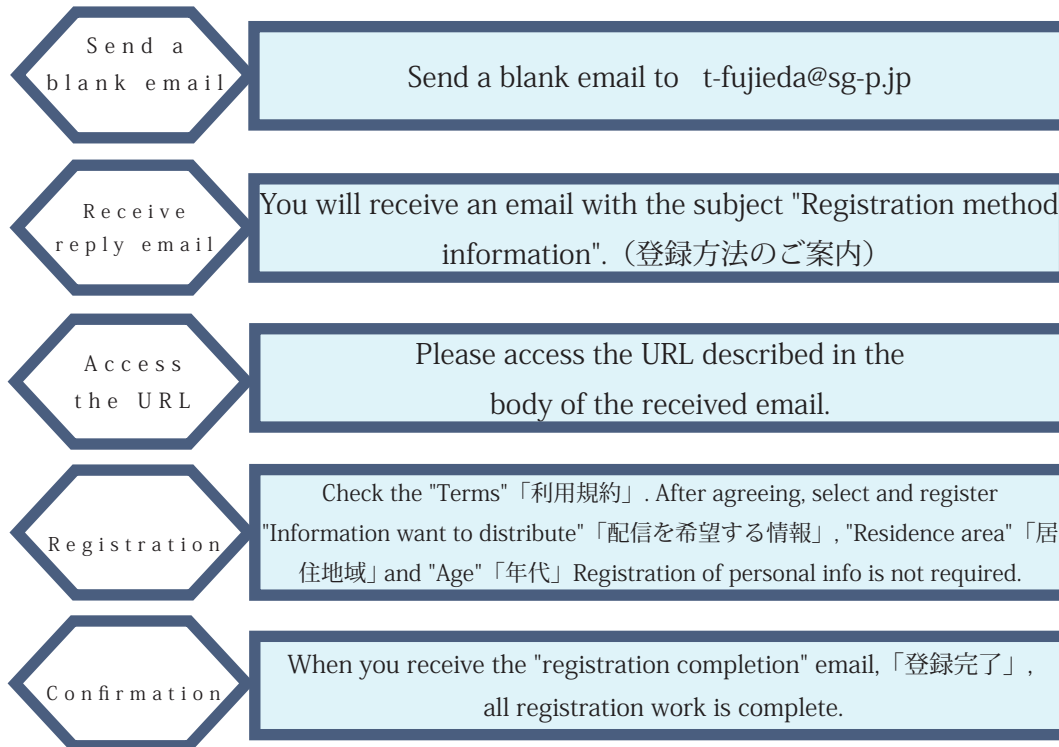
www.pref.shizuoka.jp/bousai/application.html



■ About Kick-Off Email

This is an e-mail function that delivers an e-mail. The kick-off e-mail sends information about disaster prevention in case of earthquakes, weather broadcast, content of broadcast radio, notifications from the City Hall, event information, etc. This email provides information that meets your needs in real time. We promote the development of a town where people can live with peace of mind by providing useful information to the citizens. Registration is easy and free. Anyone can register.

○ How to register kickoff email:



Procedures for Moving In, Changing Residence, and Moving Out

■ Moving In from Overseas

In case you are moving in from overseas, once you start living in Japan, you must bring your Zairyu Card and passport to complete procedures for moving in within 14 days.

If you live with your family in Fujieda, it is necessary to submit a certificate issued by your home country (birth certificate or marriage certificate) and a translation of the certificate to prove the relationship between family members.

| |
|--|
| Necessary items |
| Zairyu Card |
| Passport |
| Certificate issued by home country + translation |

■ Moving In from Another City

Please, complete the procedures of moving out in the previous city.

After that, bring your Zairyu Card and My Number Card (or the Notification of Moving Out if you do not have the My Number Card) and complete the procedures for moving in within 14 days.

If you live with your family in Fujieda, it is necessary to submit a certificate issued by your home country (birth certificate or marriage certificate) and a translation of the certificate to prove the relationship between family members.

| |
|--|
| Necessary items |
| Zairyu Card |
| My Number Card (only if you have one) |
| Notification of Moving Out (only if you do not have the My Number Card) |
| Certificate issued by home country + translation |

■ Change of Address Within the Same City

After you start living in your new address, bring your Zairyu Card and the My Number Card (if you have one) within 14 days to complete the procedure of changing the address. If the head of the household of the new address is a foreigner, it is necessary to submit a certificate issued by your home country (birth certificate or marriage certificate) and a translation of the certificate to prove the relationship between the householder and family members.

| |
|--|
| Necessary items |
| Zairyu Card |
| My Number Card (if you have one) |
| Certificate issued by home country + translation |

■ Moving Out to Another City

In case you are moving out of Fujieda City, please bring your Zairyu Card and the My Number Card (if you have one) and complete the moving out procedure. The procedure can be done one month prior to the day you are moving out. It is necessary to provide the new address, and the National Health Insurance Card if available. After the procedure has been done, for those who do not have the My Number Card a Notification of Moving Out will be issued. The Notification of Moving Out will be necessary in case you move to a new address in Japan.

| |
|--|
| Necessary items |
| Zairyu Card |
| My Number Card (las personas que tienen) |
| Seguro de Salud (los que estén afiliados) |

■ Moving Out of the Country

If you are going to live abroad for more than one year, please bring your Zairyu Card and the My Number Card (if you have one) to complete the procedures for moving out of the country. When you leave the country, be sure to have your Zairyu Card with you.

| |
|-------------------------------------|
| Necessary items |
| Zairyu Card |
| My Number Card (if you have one) |

■ Signature Stamp Registration

Person eligible to register: 15 years old and above, registered as a citizen.

Necessary items: signature stamp that will be registered, any form of ID with picture (My Number Card, Driving License, Zairyu Card etc.)

Registration Fee: 300 yen



■ Birth Registration, Marriage Registration and Others

| | |
|------------------------------|--|
| B i r t h Certificate | You are obliged to register within 14 days after the baby is born. (The date of birth is considered the first day) . For more information on the qualifications of the notifier etc., please consult in advance. On the day, please bring the notifier's signature stamp • Maternal and Child Health Handbook • parents' passports and Zairyu Cards • mother's National Health Insurance Card, if available. |
| M a r r i a g e Registration | For foreign nationals, please consult with the Citizen's Affairs Division (Shimin-ka) in advance about how to fill out the marriage notification form and what certificates to submit, as these vary depending on the nationality of the person. |
| D i v o r c e Registration | In some cases, divorce notifications related to foreign nationals cannot be filed depending on their nationality. In addition, you may be required to submit a certificate or other documents along with the notification, so please be sure to consult with the Citizen's Division (Shimin-ka) in advance. |
| Notification of Death | You are obliged to report the person's death within 7 days from the day you learn of the death. (The day you learn of the death is considered the first day.) For more information on the qualifications of the notifier etc., please consult in advance. On the day, please bring the notifier's signature stamp and the deceased's National Health Insurance card, if available. Please note that cremation is the most common method of burial in Japan, and burial in the ground is extremely difficult. |

■ My Number System

My Number has been provided to those who have a resident registration. Newborns or individuals who have moved in from overseas can apply for a My Number Card once they have received the personal number notice after completing the procedures at the municipal office. Foreign nationals who are mid- to long-term residents, special permanent residents, etc., and have a resident registration will be assigned a My Number. The My Number Card is a card with a photo that can be used as an official form of identification. The expiration date of the card is the 10 years from the effective date or the expiration date of the period of stay on the Zairyu Card. It takes about one month from the time of application to the time of issuance, so please be careful when you apply. If you already have a My Number Card, and your Zairyu Card has been renewed you must also renew your My Number Card at the City Hall BEFORE the expiration date.



Medical Information

■ How To Get Medical Care

In Japan there are various medical institutions such as medical offices, clinics, and general hospitals, therefore these medical institutions have different medical facilities and scales. Medical institutions divide roles according to the urgency of illness or injury so that everyone can receive medical care securely. The main role of large hospitals such as general hospitals is to treat patients with high urgency (life-threatening illnesses and injuries). If you feel unwell and wish to see a doctor, first go to a local medical office or local clinic near you. However, if you suddenly feel sick at night, on Sundays, or on public holidays and need to see a doctor immediately, please see a doctor on duty on holidays or the Shida Haibara Regional Emergency Medical Center. Also, if you are unconscious or have a lot of bleeding or have immediate life-threatening symptoms, call an ambulance immediately.

Note: To prevent the spread of the covid-19, call a medical institution in advance to tell them your symptoms and check how to get a medical examination.

■ Medical Institutions in The City

【Fujieda Municipal General Hospital】

This Hospital cooperates with local clinics and actively promotes regional cooperation so that patients are introduced. If you are going at Fujieda Municipal General Hospital, first go to a medical office or clinic near you and ask them to write you a letter of introduction. (If you do not have a letter, you may be required to pay a special initial consultation fee at this hospital).

Address: Shizuoka-ken Fujieda-shi Surugadai 4-1-11 ※ Tel: 054-646-1111



【Shida Haibara Regional Emergency Medical Center】

Supports nighttime emergency (initial emergency) for internal medicine and pediatrics that do not require hospitalization. Before going to this medical center please make a phone call to explain your symptoms. In addition, bring your health insurance card, any beneficiary cards, and medication notebook.

※ Address: Shizuoka-ken Fujieda-shi Setoaraya 362-1 ※ Tel: 054-644-0099

• Medical treatment days and hours (as of September 2021): From Monday to Friday, 7:30 pm to 10:00 pm, Saturday and Sunday from 7:30 pm to 7:00 am the next day. ※ Pediatrics only may be available on Saturdays and Sundays, from 10:00 pm to 7:00 am the next day. The consultation hours may change in the future. Please check the Fujieda City website for details.



■ Let's Find a Hospital in Fujieda City

To find a medical institution in Fujieda City, please see the Shida Medical Association website www.shida.shizuoka.med.or.jp/institutions/

To find a doctor on duty on holidays, please see the public relations Fujieda, Fujieda City homepage, and Shida Medical Association homepage. www.city.fujieda.shizuoka.jp/benri/tobani/ www.shida.shizuoka.med.or.jp/holidays/

■ Medical Care Departments According to Symptoms

Since hospitals specialize in various medical care departments, it is necessary to go to the appropriate hospital according to the symptoms. Please consult your medical institution by referring to the table below.

■ Symptoms / Department Selection Guide

| | | |
|------------------------|--|--|
| Internal medicine | Gastroenterology | Heartburn, nausea/vomiting, abdominal pain, vomiting of blood, bloody bowel discharge, black feces, diarrhea, constipation, jaundice, loss of appetite with weight loss, liver disorder/gastric X-ray abnormality at examination, positive fecal occult blood. |
| | Respiratory | Cough/phlegm, bloody phlegm, difficulty breathing, chest X-ray abnormality at examination. |
| | Cardiology | Chest pain, chest tightness, fainting, palpitations, high blood pressure, irregular pulse, abnormal electrocardiogram at examination. |
| | Kidney | Swelling (edema), high/low urine volume, proteinuria at examination. |
| | Diabetes Endocrine | Are very thirsty, a lot of urine, sweaty and swaying fingers, lost weight even having an appetite, high blood sugar at the examination. |
| | Blood fluid | High fever of unknown cause, swelling of the lymph glands, easy to bleed, multiple joint pain, anemia at the examination, abnormal white blood cell count. |
| | Neurology | Headache, numbness, dizziness, forgetfulness, shivering, convulsions, disturbance of consciousness, can't get enough strength, loss of muscle, slurred speech, swaying body, etc. |
| Surgery | Digestive surgery | Surgery for esophageal, gastrointestinal, gallbladder, and pancreatic diseases. Endoscopic surgery. |
| | Mammary gland surgery | Breast lump, throat tumor. |
| | Neurosurgery | Headache, disturbance of consciousness, convulsions, paralysis, numbness, dizziness, speech disorders, head trauma. |
| | Cardiovascular surgery | Abdominal pulsation tumor, swollen veins in the lower limbs, lower limbs hurt, dull, swollen, after walking for a while, lower limbs hurt and can't walk, ulcers on the legs are likely to occur. |
| | Plastic Surgery/ Cosmetic surgery | face, congenital malformations of the body surface such as limbs, trauma, repair of deformities caused by cancer surgery (breast reconstruction, facial reconstruction, etc.). Treatment of stains, birthmark, moles, burns, body odor, hyperhidrosis. Cosmetic surgery treatment. |
| Proctology | Defecation pain, bloody stool, abnormal bowel movements, hemorrhoids, etc. | |
| Obstetrics | Pregnancy, childbirth, fertility treatment | |
| Gynecology | No menstruation, irregular menstruation, menstrual pain (physiological pain), premenstrual discomfort, lower abdominal pain, bloating, lower abdominal twitching, bleeding, a lot of vaginal discharge, fever, genital blemishes, itching, damage, discomfort, lowering of the uterus, autonomic symptoms (including menopausal symptoms), sweating, cold limbs and whole body, headache, sleeplessness, menopause, dizziness, anxiety, irritability, etc. Urination pain, frequent urination, urine leakage, sexually transmitted diseases (sexually transmitted diseases), sexual problems, etc. | |
| Orthopedics | Injuries such as fractures, dislocations, sprains, rheumatic symptoms such as pain in joints such as knees and shoulders, pain in the neck, back and lower back, and stiff hands when waking up in the morning, bleeding wounds. | |
| Psychosomatic medicine | Sleeplessness, anxiety, depression, eating disorders, hallucinatory delusions, forgetfulness, epilepsy, schizophrenia, neurosis, depression, Alzheimer's disease, personality disorder, school refusal, pediatric mental problems, etc. | |
| Ophthalmology | Itchy/painful eyes, tears/no tears, blurring, difficulty seeing far away, difficulty seeing close, visibility of unusual objects, strange range of view, a lot of rheumatism, foreign objects getting in the eyes, injured eyes by been hit, etc. | |
| Otorhino laryngology | hurting ears, Itchy ears, dripping from my ears, stuffy ears, ringing ears, gradually becoming difficult to hear, suddenly can't hear, dizzy, runny nose, sneezing, stuffy nose, runny nose mixed with pus and blood, sore nose, swollen cheeks, sore cheeks, bloody nose, sore throat, can't swallow, faint voice, unusual sensation in throat, etc. | |
| Urology | Hematuria, side pain, frequent urination, feeling of residual urine, urination pain, pyuria, increase/decrease in urine volume, urinary incontinence, enuresis, damage to the bladder and urethral penis, phimosis, pain and swelling of the glans foreskin, penile mass, scrotal pain, erectile dysfunction, male infertility, ejaculation disorder, blood semen etc. | |
| Dermatology | Various rashes on the skin/mucous membranes (mouth/genital area), itchy rashes, painful rashes, pigmented lesions (black, white, blue, yellow, purple), hair abnormalities (hair loss/hirsutism), nails abnormality (deformation/white), skin tumor (suddenly enlarged, difficult to heal, collapsed), etc. | |

■ Comprehensive Consultation for Persons with Disabilities (Children)

We provide necessary information in response to consultations from people with disabilities, family members, caregivers, etc., so that persons with a disability can have an independent daily life or social life according to their ability and aptitude.

○ Independence Support Division 054-643-3149 ○ Fujieda City Consultation Support Center 054-643-3131

■ Issuance of Physical Disability - Rehabilitation Handbook, Persons with Mental Disorders Health and Welfare Handbook

It will be issued to people with physical or mental disabilities. This handbook is necessary to receive various administrative services. The following benefits can be used depending on the type and degree of disability.

1. Benefits of various allowances such as special disability allowance
2. Medical expenses subsidy
3. Payment of assistive device costs, etc.
4. Discounts on JR, bus, taxi, airfare, etc.
5. Income tax, inhabitant tax deduction, automobile tax reduction
6. Others ※ Inquiries: Independence Support Division Tel: 054-643-3294



■ National Health Insurance

○ Medical insurance system

Everybody should be affiliated to public medical insurance (shakai hoken or kokuminhoken).

1. Affiliation to medical insurance through your place of employment, like office workers and civil servants.
2. Medical insurance (National Health Insurance) for self-employed people, agricultural / fishery workers, retirees, etc.
3. Medical insurance for persons aged 75 and over please consult with the City Hall.

○ What kind of persons can join?

The insured person of the National Health Insurance must not have public medical insurance other than the National Health Insurance. Also, those who are on welfare cannot join. For foreigners who have stayed legally for more than 3 months and have an address in Japan. As with the above, you are qualified as an insured person of the National Health Insurance.

○ Please complete the procedures for joining or withdrawing from national health insurance within 14 days.

Complete this procedure at the National Health Insurance and Pension Division window of the City Hall. If you have withdrawn from your workplace health insurance due to quitting your job, note that returning your health insurance card does not mean that you have completed the procedure for joining the National Health Insurance. A certificate of withdrawal from the medical insurance when you were previously affiliated is required for the enrollment procedure. If the procedure for joining the National Health Insurance is delayed, you need to join by going back to the time when you withdrew from the health insurance you were previously affiliated. You must also pay the insurance tax. Those who will leave Japan, move to another municipality, or started receiving health insurance at work, please apply for withdrawal at the City Hall. If you do not complete the procedure, you will remain enrolled in National Health Insurance and will be subject to insurance tax. For details, contact the Fujieda City Hall (Phone: 054-643-3303).

○ Benefits you can receive with National Health Insurance

If you show your National Health Insurance Card at the counter of a medical institution, you can receive medical treatment by paying 30% of the medical expenses. Preschoolers pay 20%, persons over 70 years old may be able to reduce their out-of-pocket expenses. Also, you can receive high medical expenses assistance, lump-sum payment for childbirth and childcare, and funeral expenses assistance by applying.

○ You have the obligation to pay the national health insurance tax

The national health insurance tax is calculated for each household, and it is determined according to the age, number of people, income, and fixed assets of the person. The method of calculating insurance tax differs depending on the municipality. Please pay it properly by the deadline. If you do not pay the insurance tax for more than one year without any special reason, you may be asked to return your insurance card.

○ If you are over 40 years old, please have a specific medical examination once a year. The City Hall will send a consultation voucher to the target person.

■ Medical Insurance for the Elderly

Those who are 75 years old or older (including those who are 65 years old or older who have been certified as having a certain disability) who are registered as residents in Fujieda City are covered by the medical insurance for the elderly.

If you show your medical insurance card for the elderly at a medical institution, you can receive medical treatment by paying, 10% of the medical expenses (insurance medical treatment) (30% for active-income earners). In addition, you can receive high medical expenses assistance and funeral expenses assistance at the time of death by applying. With medical insurance for the elderly, the premium is determined according to the income of each insured person. Please pay it properly by the deadline. If you do not pay for more than one year without any special reason, you may be asked to return your health insurance card.

■ Certificate of Eligibility for Ceiling-Amount Application

If the amount paid at the medical institution window exceeds the self-pay limit when you receive medical treatment due to illness or injury, the difference will be paid as a high-cost medical treatment at a later date. However, if you already have a certificate for ceiling-amount, you are only required to pay the self-pay limit if you show this certificate together with your health insurance card at the time of consultation. The application procedures for the Certificate for Ceiling-Amount will be made by the health insurance association that you are a member of. Also, if you have Fujieda City's National Health Insurance, you must have no payment default in the National Health Insurance tax. Documents you need for this procedure:

1. National Health Insurance Certificate of the target person
 2. My Number Card of the head of household and the target person (My Number card, or notification card, etc.)
 3. Identity verification document for visitors (My Number Card, Residence Card, Driver's License, Passport, etc.)
 4. A power of attorney (only if an other person applies for you). More Information at Fujieda City Hall (Tel: 054-643-3349).
- ※ If you have health insurance at your place of employment, please contact your employer.

■ Long-Term Care Insurance

Have you ever wondered what to do if you or your family need care? The long-term care insurance system is a mechanism that supports "long-term care" in this society, not having this insurance could be a common anxiety for yourself and your family. As you grow older, you can live securely in the area you are accustomed to living by selecting and using the necessary long-term care services. 【People who can use long-term care insurance】 Regardless of the factors that required long-term care, people aged 65 and over can use long-term care insurance if they are certified. If the cause is a third-party act such as a traffic accident, please notify the City Hall. People aged 40 to 64 can use the long-long term insurance if they have been certified as requiring this insurance due to an illness. In case of a traffic accident, it will not be covered by the long-term care insurance. 【Long-term care insurance card】 A card will be issued to all persons aged 65 and over by the month they turn 65 years. Persons aged 40 to 64 a card will be issued to certified persons. For more information call Fujieda City Hall (Tel: 054-643-0204).

About Infant Health, Consultation and Vaccination

Shizuoka Prefecture is home to foreign residents from more than 125 countries and regions, with a great diversity of languages, cultures, and religions. If the mother is from a foreign country, she may not be able to speak the language, may have few people she can rely on, and may feel anxious about pregnancy and childbirth in an unfamiliar environment.

■ Infant Health

When you find out that you are pregnant, submit a "Pregnancy Report Form" to the Public Health Center (Hōken Senta). You will receive a Maternal and Child Health Handbook to keep track of your health and the development of your baby. At the same time, you will also receive an "Infant Health Checkup Form," "Vaccination Handbook," and "Pregnancy and Maternity Health Checkup Form".

- Place: Public Health Center of Fujieda (Fujieda-shi, Minami-Surugadai 1-14-)

※ Maternal and Child Health Handbook, each Health Checkup Form (for pregnant women and infants)

- Reception: Monday to Friday, from 9AM to 11:30AM

- Items to bring: Maternal and Child Health Handbook, Pregnancy Report Form, My Number Card, etc.

- Those who have recently moved in: Maternal and Child Health Handbook, Health Checkup Forms issued at the previous city.



- Health counseling and daily life guidance will be provided when the Maternal and Child Health Handbook is issued, and home visits will be made as necessary.
- If you receive a health checkup at a medical institution using the Pregnant and Nursing Women's Health Checkup Form, a portion of the cost will be covered by public funds.
- A nursery teacher visits the home to provide childcare support to mothers who have just given birth so that they can raise their children worry-free.
- When the baby is born, send out the "Birth Notification Form" attached to the Maternal and Child Health Handbook.
- A public health nurse or midwife will make a home visit to ask how the child and mother are doing and to explain about future maternal and child health services.

■ Infant Health Examination

For 4-month and 10-month health checkups, please make a doctor appointment at a medical institution (see the Health Calendar). You need to bring the Health Checkup Sheet attached on the Infant Health Checkup Form and your Maternal and Child Health Handbook. Consultations for six-month-old and health checkups for one-year-olds, six-month-old, and three-year-old are held at the Health Center (Hōken Senta). A letter specifying the date and time of the checkup will be sent to you about one month prior to the checkup.

■ Subsidies for Children's Medical Expenses

- Please contact the Child and Family Division (Kodomo Katei-ka) at Fujieda City Hall for more information about the Fujieda City Children's Medical Expense Subsidy.

※ Child and Family Division (Kodomo Katei-ka) Phone number: 054-643-3241

| | Target person | Conditions | Cost |
|--|--|--|--|
| Attending hospital (as an outpatient) | 0 ~ 18 years old (Until the first March 31 after reaching the age of 18) | Citizen from Fujieda City and under medical treatment (Health insurance treatment) | 500 yen/per time (4 times a month max.) |
| Hospitalization | | | Free |

- Please contact the Child and Family Division (Kodomo Katei-ka) of Fujieda City Hall for more information about the subsidies for medical expenses for premature infants' care.

A portion of medical expenses is subsidized for premature babies who need to be hospitalized for nurturing.

- For more information about medical subsidies in Shizuoka Prefecture, please contact the Chubu Public Health Center (Chubu Hōken Jyo).(Phone number: 054-644-9276)

■ Health Consultation

Place: Fujieda Health Center (excluding on-site health consultation)

| | | |
|---|--|---|
| Permanent Health Consultation | | Dietary Consultation (reservation required) |
| 【Infants・adults】 Monday to Friday Reception: 9AM ~ 11:30AM | Monday・Friday Reception: 1PM ~ 3:30PM | A dietitian will be available for consultation. |
| 【Adults】 | | Thursday 1PM ~ 3PM Friday 9AM ~ 11AM |
| On-site Health Consultation | | Dentist Consultation (reservation required) |
| 【Infants・adults】 Every 3rd Wednesday of the month Reception: 9:30AM ~ 11AM | Fujieda City Welfare Center Kisumire 2F Takagusa No Aida | A dental hygienist will be available for consultation. For more information, please make an inquiry |
| 【Place】 | | |
| 【Items to bring】 Bath towel (used to measure the child) | | |

■ Vaccination

Vaccinations are given to children to protect them from diseases and to build a healthy body. Get your children vaccinated when they are feeling well.

- Items to bring: Medical Pre-examination Form (if you do not have one, it will be available at medical institutions)・Maternal and Child Health Handbook
- Fee: None (children of target age)
- Medical institutions vaccination sites (please, see Health Calendar) reservation required

| Type | Target Age | Vaccination Method |
|-----------------------------------|--|---|
| Rota | Rotarix 6 weeks 0 days ~ 24 weeks 0 days of birth | 2 doses of vaccine at intervals of at least 27 days. |
| | Rotatec 6 weeks 0 days ~ 32 weeks 0 days of birth | 3 doses of vaccine at intervals of at least 27 days. |
| Hib | 2 months old ~ under 5 years old | 3 doses of vaccine at intervals of at least 27 days. After the third one, give one dose at an interval of at least 7 months. |
| P e d i a t r i c Pneumococcus | 2 months old ~ under 5 years old | 3 doses of vaccine at intervals of at least 27 days. One dose between 12 and 15 months of age. (Allow an interval of at least 60 days after the third one.) |
| Hepatitis B | 2 months old ~ under 1 year old | 2 doses of vaccine at intervals of at least 27 days. One dose at an interval of at least 139 days from the first one. |
| DPT-IPV | 3 months old to less than 7 years and 6 months old | 3 doses of vaccine at intervals of 20 days or more. After the third dose, give one vaccination after an interval of 1 to 1.5 years. |
| BCG | Less than 1 year old | Single dose of vaccine between 5 and 8 months of age. |
| M e a s l e s a n d Rubella | 1st term: 1 year old ~ under 2 years old | Single dose of vaccine |
| | 2nd term: senior children | Single dose of vaccine |
| Chicken Pox | 1 year old ~ under 3 years old | 2 doses of vaccine with an interval of 6 months ~ 1 year. |
| J a p a n e s e Encephalitis | 1st term: 3 years old ~ under 7 years and 6 months old | 2 doses of vaccine with an interval of 6 ~ 28 days. One dose of vaccine one year after the second dose. |
| | 2nd term: 4th grade elementary school | Single dose of vaccine |
| DT | 2nd term: 6th grade elementary school | Single dose of vaccine |
| Cervical Cancer Prevention | 6th grade Elementary School ~ 1st grade High School | Cervarix: One month after the first dose, the second dose is given. Six months after the first dose, the third dose is given. |
| | | Gardasil : Two months after the first dose, the second dose is given. Six months after the first dose, the third dose is given. |

※ For more details please, contact the Fujieda City Health Promotion Division (Kenkō Zoushin-ka). (Tel: 054-645-1111)

■ Dad and Mom's Class • Pre-Mom Nutrition Class (for first-time mother or father)

| | Dad and Mom's Class (Recommended for dads) | Pre-Mom Nutrition Class (Dads can participate as well) |
|---------------|--|---|
| Time | 1: 10PM ~ 3:30PM (Reception : 1PM ~) | 10AM ~ 12PM (Reception : 9:50AM ~) |
| Content | Talk about babies and breastfeeding, experience of pregnancy and childcare, etc. | Talk about food during pregnancy, etc. |
| What to bring | Maternal and Child Health Handbook, note-taking tools | Maternal and Child Health Handbook, note-taking tools |

■ Fluoride Treatment

No appointment is necessary for those who wish to have a checkup for one-year-old and six-month-old infants on the checkup day. For other days, it is necessary to make an appointment by phone.

- Every Wednesdays from 1:30 PM - 3:30 PM
- Infants 1 year and 6 months old and above can receive the fluoride treatment. It is applied 4 times at intervals of 6 months (until the day before the child turns 4 years old)
- Items to bring: Maternal and Child Health Handbook • 400 yen (cash or PayPay, collected only at the first time)

Life After Childbirth

After childbirth, the days get very busy and tiring. The new mom might feel tired, and regardless of her feelings and schedule the baby cries as a way to communicate. For example, when the diaper is wet, the baby is hungry, or just wants to cry. You have to change the diaper, feed the baby, change the diaper again, and when you put the baby to sleep you have to feed him or her again. Time goes by fast in this kind of routine. When you are rushed and tired, you may feel depressed, irritable, or even tearful. But it is something all parents experience. It's normal to have trouble taking care of a baby! You may be parent and child, but it is the first time you are meeting each other! It takes time until it feels natural. Don't panic so much when your baby cries but try to find your own way to deal with your baby. Don't struggle alone, look for support around when you need it!



【Let's Learn Japanese】

| Namae | Name | Hajimete no gekkei no nenrei | Age of first menstrual period |
|------------------------------------|---|----------------------------------|---|
| Seinengappi | Date of birth | Ichiban saigo no gekkei | Last menstrual period |
| Nenrei | Age | Gekkei wa jyuncho desuka | How is your period? |
| Jyusho | Address | Gekkei shuuki | Menstrual cycle |
| Denwa | Phone number | Ryo | Amount |
| Kokuseki | Nationality | Gekkeitsu | Menstrual cramp |
| Gengo | Language | Itamidome | Pain medicine |
| Tsuyaku | Translator | Shikyuu kinshu | Uterine fibroids |
| Shincho | Height | Ransounou shu | Ovarian follicle |
| Ninshin mae no taijyu | Weight before pregnancy | Ichou no byouki | Gastrointestinal disorder |
| Hoken | Health insurance | Kanzou no byouki | Liver disease |
| Seiri ga tomatta | Period has stopped | Shinzou no byouki | Heart disease |
| Hakike | Nausea | Jinzou no byouki | Kidney disease |
| Ninshin kamo shirenai | Might be pregnant | Koujyousen no byouki | Thyroid disease |
| Seiri ga kisokuteki ni konai | Period is irregular | Kouketsuatsusho | High blood pressure |
| Seiri no toki onaka ga itai | Pain in the abdomen during period | Tonyoubyou | Diabetes |
| Gaiinbu ga kayui | External genitalia is itchy | Zensoku | Asthma |
| Onaka ga itai | Stomach pain | Ninshin shita koto arimasuka | Have you ever been pregnant? |
| Funin ni tsuite kikitai | I want to ask about infertility | Bunben | Childbirth |
| Hajimete no gekkei | Age of first menstrual period | Keichiku bunben | Vaginal delivery |
| Kansensho | Infectious disease | Teiousekkai | Cesarean section |
| Rinbyou | Gonorrhoea | Arukoru shoudoku ga tsukaeru | You can use alcohol disinfectant |
| Kuramijia | Chlamydia | Yuketsu dekuru | You can transfuse blood |
| Baidoku | Syphilis | Ishi no seibetsu no kibou ga aru | I have reference for the gender of the doctor |
| Senkei Conjiroma | Genital wart | Oinori no jikan no kibou ga aru | I have a praying time preference |
| Seiki herupesu | Genital herpes | Oinori no basho no kibou ga aru | Praying place preference |
| Shujyutsu uketa koto arimasuka | Have you ever undergone surgery? | Arerugi wa arimasuka | Do you have any allergies? |
| B gata kanen | Hepatitis B | Jintsu | Labor (birth) pains |
| Kekkaku | Tuberculosis | Hasui | Water breaking (pregnancy) |
| Torikomomasu | Trichomonas | Shinsatsuken | Patient's consultation ticket |
| Yuketsu wo uketa koto ga arimasuka | Have you ever received a blood transfusion? | Pajama nado no iryou | Pajamas and other clothing |

Child Allowance and Children's Medical Expenses Beneficiary Card

■ Enrollment in a Nursery School or Certified Childcare Center

A nursery school is a child welfare facility that takes care of children when their parents are unable to take care of them during the day due to employment. There are 69 public and private nursery schools and certified childcare centers in the city, some of which offer extended daycare and emergency temporary care.

■ Kindergarten Enrollment

Each kindergarten accepts children between the ages of three to five years old. If you have any questions about enrollment, please contact each kindergarten directly. In addition, most preschools offer childcare services until the evening.

■ Fujinosato Family Support Center

People who want to help with childcare and people who want to receive help with childcare, become members of the center and help each other raise children up to elementary school age. To use this service, you need to register in advance. For more information, contact the Fujinosato Family Support Center (Phone: 054-643-6611).

■ Community Childcare Support Center

In order to help families with infants and toddlers to raise their children, there are 14 locations in the city providing childcare consultation about facilities opened to the public, support for childcare groups, and childcare lectures.

■ Lump-Sum Grant for Childbirth and Childcare

When a person enrolled in the healthcare insurance system gives birth to a child delivery of four months (85 days) or more of pregnancy, a lump-sum payment of 420,000 yen per child is provided upon application. If you wish to transfer the lump-sum grant directly to the medical institution, you will need to complete the procedures at the medical institution in advance. For more information, please contact your health insurance provider (employer, etc.). ※ If you are a member of Fujieda City National Health Insurance, contact Kodomo Katei-ka (Phone number: 643-3349).

■ Child Allowance

The child allowance is paid to those who take care of a child from the age of 0 to before the completion of junior high school. The allowance is paid from the month following the month of the request. In order to receive the allowance, you must complete the request procedure. The procedure must be completed within 15 days after giving birth or after having moved to a new place. Please note that if you apply late, you may not be able to receive the allowance for the delayed month. The child allowance can be requested at the counter of Fujieda City Hall or Okabe Branch Office, or in case of unavoidable circumstances, it can be requested by mail. Please note that if you apply late, you may not be able to receive the allowance for the delayed month. The child allowance can be requested at the counter of Fujieda City Hall or Okabe Branch Office, or in case of unavoidable circumstances, it can be requested by mail.

○ Allowance amount

| Age | Child allowance (monthly) | Special allowance for income above the limit |
|--|---------------------------|--|
| Under 3 years old | 15,000 yen | 5,000 yen |
| From 3 years old and before completing elementary school (1st and 2nd child) | 10,000 yen | 5,000 yen |
| From 3 years old and before completing elementary school (3rd child) | 15,000 yen | 5,000 yen |
| Junior high school student | 10,000 yen | 5,000 yen |

※ For details, please contact the Child and Family Division Kodomo Katei-ka (Phone number:054-643-7227).

■ Medical Expense Subsidy for Single-Parent Families

Households exempt from income tax who are single-parents or are raising a child (under 20 years old) without parents are eligible. The subsidy period begins the day after the application is submitted and it ends on June 30 of the following year (for applications submitted between January and June, the subsidy period ends on June 30 of the same year (In the case of a child turning 20 years old, the period ends on the last day of the month that includes the day before the child's birthday).

The time to receive the support is from the next date of the day it was requested until June 30th of the next year. Then it could be renewed, consult the City Hall (Phone number: 643-3241).

○ Grant Details

| | Medical appointment | Hospitalization |
|--------------------------------------|--|---|
| Amount to be borne by the individual | 500 yen per time Up to four times per month, free of charge after the fifth time (If the amount is less than 500 yen, it will be charged) | Free Medical expenses not covered by insurance and meal treatment expenses are borne by the patient. |

■ Medical Expense Subsidy System for the Care of Premature Infants

Medical benefits are provided to premature babies who need to be hospitalized. Children under one year of age residing in Fujieda, and premature infants who are deemed necessary for inpatient care by a physician at a designated foster care medical institution. A portion of medical expenses covered by insurance is subsidized. Information at Child and Family Division Kodomo Katei-ka (Tel: 054-643-3241).

■ Child-Support Allowance for Single-Parent Families

This program is provided to mothers and fathers of single-parent households (the child's father and mother are divorced, disabled, detained, abandoned, etc.) and caregivers who support the child until the first March 31 after the child reaches 18 years of age. However, there are income restrictions. In order to receive child support, it is necessary to request for authorization. As a result of the examination, the claim may be denied, or the payment may be suspended due to income limitation. For more information contact Child and Family Division (Phone number: 643-3241).

■ Medical Expense Subsidy System for Single-Parent Families

When a mother and her child, a father and his child, or a child without parents who is under 20 years old visit a hospital, the amount of co-payment paid by the insurance will be subsidized. However, it is limited for households exempt from income tax or households whose income tax amount calculated is 0 yen. For more information at Tel: 054-643-3241.

■ Single-Parent Family Autonomy Grant System

○ Self-Reliance Grant System: This system provides benefits to single-mother or single-father families who take various courses to acquire skills and qualifications useful for employment.

○ Higher Vocational Training Promotion Benefit and Completion Support Benefit System: Under this system, single-mother households or single-father households who wish to study at a training institution for one year or more in order to become a nurse, care worker, or childcare worker are eligible to receive "Higher Vocational Training Promotion Benefits".

○ Medical Expense Beneficiary Certificate for Children

Fujieda City provides a part of the medical expenses for children up to the age of 18, so those children can receive medical treatment when they are sick or injured.

○ Necessary documents: Application form, The child's health insurance card, ID card of the person coming to the counter.

■ Children's Medical Expenses Beneficiary Card (Kodomo Iryōhi Jyukyūshashō)

This is a system that reduces the burden of medical expenses when in need of medical care. For more information contact Child and Family Division "Katei-ka" (Phone number: 643-3241).

■ Children's Medical Expense Subsidy Program

Fujieda City provides subsidies for medical expenses for children up to the age of 18 so that children can receive medical treatment securely when they are sick or injured.

○ The subsidy is available to the parents or guardians of the children.

○ Eligible recipients are children between the ages of 0 and 18 years old (from the day of birth to the first March 31 after the day the child turns 18 years old), or children who have an address in Fujieda City and are registered in the basic resident register as Fujieda citizens.

Note: If the child is married, living in a household receiving social assistance subsidies (Seikatsu Hogo), or receiving subsidies for medical expenses for severely disabled person (children), the child is not eligible.

Compulsory Education

Japan's School Education

○ Pre-school Education: Before starting school, children aged 3 and up to school age can receive education in kindergartens.

○ Compulsory Education: Compulsory education is for children aged from 6 to 15. (total of nine years).

○ Elementary and Secondary Education: Children enter elementary school in April following their 6th birthday and study there for six years. After graduating from elementary school, students enter junior high school (chuugakkou) for three more years.

※ There is special needs education school for students with disabilities. In addition, in elementary and junior high schools, education may be provided in special support classes or in the resource room where students receive guidance according to their disabilities while mainly taking regular classes.

○ Higher education is provided mainly through universities (daigaku) and two-year colleges. These institutions offer higher level, specialized education. Usually, university education lasts for four years while education in junior colleges is for two years.

| |
|---------------------------------|
| Nursery School (ほいくえん) |
| Kindergarten (ようちえん) |
| Elementary School (しょうがっこう) |
| Junior High School (ちゅうがっこう) |
| High School (こうとうがっこう) |
| University (だいがく) |

About School Life (Elementary School • Junior High School)

○ The number of hours of class per day at school varies depending on the day of the week and the grade. Generally, Saturdays and Sundays are closed. One period is generally 45 minutes for elementary school and 50 minutes for junior high school. In elementary school, the homeroom teacher plays a central role in teaching most subjects. In junior high school, the teacher changes for each subject.

○ Lunch hour (kyuushoku jikan) In elementary and junior high schools, in most cases, school lunch is provided as a part of the school's educational activities. School lunches are planned so that students will learn the proper way of eating and good human relationships. This is done through students setting and clearing the table and eating a well-balanced diet while having fun together. In this way, students can learn to live healthily. Parents/guardians pay for the lunch cost.

※ If the child has any ingredient that cannot consume due to health or religious reasons, please consult with the classroom teacher.

※ During cleaning hour at Japanese schools, children and students clean the classrooms and school playgrounds they use.

※ Club Activities for those who wish to join athletic or cultural activities after school.



Elementary School • Junior High School

For information on elementary school admission, a school entrance notice will be mailed in late January to parents of children (6 years old) who will enter elementary school from April 1st.

※ For details, contact the Education Policy Division of Fujieda Kyouiku Seisaku-ka (Tel: 054-643-3271).

○ For information on junior high school admission, a notification of enrollment will be delivered in late January to parents of children who has completed elementary school and will enter junior high school.

※ For details, contact the Education Policy Division of Fujieda Kyouiku Seisaku-ka (Tel: 054-643-3271).

○ There are required procedures in order to enroll in elementary and junior high schools in Fujieda City.

Please bring to the Education Policy Division, passports of both parents and children, Zairyu card, signature stamp (iikan).

※ For details, please contact the Education Policy Division of Fujieda Kyouiku Seisaku-ka (Tel: 054-643-3271).

○ Elementary • Junior High School transferring procedure

If your address changes due to moving within the city, the student will be transferred to the school in the district of your new address.

Please, come to the Education Policy Division after completing the procedures for changing your address (notification of relocation) at the Citizen Division Shimin-ka. After that, please complete the transferring procedures at the previous school and the new school.

■ Procedure in Case of Moving Out to Another City

After the procedure to change the address has been completed at Citizen Division Shimin-ka, please come to the Education Policy Division. Later, please do the procedures at the previous school. ※ For details, please contact the Education Policy Division of Fujieda Kyouiku Seisaku-ka (Tel: 054-643-3271).

- In regards of special support class, children with disabilities etc. can receive detailed educational guidance. There are 13 elementary schools and 9 junior high schools within the city.
- Regarding school attendance support, we provide support with school supply expenses, school meal fee, and medical expenses to families who have difficulty in paying for education due to financial reasons.
- For those children who do not understand Japanese, there are instructors that go around providing help. ※ For details, please contact the Education Policy Division of Fujieda City Board of Education Kyouiku Inikai Kyouiku Seisaku-ka (Telephone number: 054-643-3271).

■ Support for Students Provided by Adaptive Guidance Counselors for Foreign Students

Do you know any child who has learning problems or problems at school?

Fujieda City provides support for foreign students attending elementary and junior high schools who need Japanese language instruction, including basic rules and manners for school life and language acquisition. There are three "adaptive guidance counselors for foreign students" in the city, who visit elementary and junior high schools and provide guidance for about one hour once a week to each child who needs Japanese language guidance to ensure a safe and stable school life for the children.

How to Dispose of Garbage

In Fujieda City, to promote recycling and proper garbage disposal, household waste is separated into five categories, 1. Burnable waste 2. Plastic containers and packaging 3. Wood waste 4. Recyclable non-burnable waste 5. Paper.

■ Let's Follow the Garbage Disposal Rules

- Please be sure to dispose of garbage at the designated place by 8:00 am on the designated day.
- Garbage taken out after collection time; it will be collected on the following designated collection day.
- Each neighborhood association manages the collection points.
- Please check the Household Garbage Collection Calendar for the garbage collection dates



Garbage with this sticker cannot be collected. If you have disposed garbage that cannot be collected, take it home and check the sorting and disposing method, etc., then, dispose of it correctly.

- If you do not know any member of your neighborhood association; please get in touch with the City Hall (054-643-3681).

■ Burnable Garbage

Dispose of burnable garbage to the garbage collection point, with approximately three bags or less.

- Place the garbage in a transparent or translucent plastic bag so that the contents can be seen, then tightly tie the top of the bag and dispose of it.
- Drain the water well and make the size and weight of the garbage so that it can be held with one hand.
- When disposing of grass, if possible, put it back on the soil; after drying it, remove the soil and dispose of it.
- Fold or roll up futons, carpets, etc., before disposing of them.
- For electric carpets, cut off the mechanical parts and dispose of these parts as recyclable non-burnable waste.
- Dispose of plastic products, rubber products, cloth, and paper that are not suitable for recycling as burnable garbage.
- Items that are too large to fit on a garbage truck (width 1m or more, diameter 30cm or more) should be brought directly to the Takayanagi Cleaning Factory.
- Renewable newspapers, magazines/miscellaneous recyclable paper, cardboard, paper packs, and other papers should be disposed of on the day paper is collected.
- After using fireworks, lighters, and other dangerous items, moisten them with water before disposing of them.
- Stop burning garbage! In principle, outdoor burning is prohibited by the "Waste Disposal and Public Cleansing Law."

■ How to Dispose of Home Medical Waste

Dispose of all medical waste as burnable garbage, but please be careful about the following to prevent accidents. Place the insulin self-injection needle in their needle case, enclose it in a paper pack or PET bottle with their original labels removed, seal it, mark it as 在, indicating home medical waste, and dispose of it as burnable garbage.

Plastic bag-type garbage (intravenous drip, etc.), tubes, and catheters place them in a plastic bag, seal them, and dispose of them as burnable garbage.

- Dispose of home medical waste as burnable garbage, even if it has a plastic mark.
- If there is liquid medicine left, it cannot be disposed into the garbage.
- In case of needles or objects with sharp edges, have them disposed of at a medical institution.

■ For Those Areas that Separate and Collect Food Waste

After draining it well, please place it in the bag for food waste (yellow bag). Do not use double bags as they may cause machine trouble. Dispose of it by 8 am on the same collection day as the burnable garbage but do not mix it with other burnable garbage.



- Items that cannot be disposed of as food waste

The following items cannot be disposed of as food waste. Please separate and dispose of them properly.

Aluminum foil, green plastic garnish, caps, disposable chopsticks, nets, cut flowers/weeds, tea bags, coffee filters, newspapers, wet wipes, thick bones such as pigs' and cows' bones, strings, wood boards, bamboo skewers/toothpicks, rubber bands, medicine, cigarettes, metals, breakable items.

- If you run out of bags for food waste

Once a year, we distribute one set (120 pieces) to each household through the neighborhood associations, etc., but we will give you additional bags if you run out of them; please get in touch with the Living Environment Division.

■ Plastic Containers and Packaging

Dispose of them at the collection point once a week on the designated day. Containers and plastic packaging are containers or bags that once contained a particular product and displayed a plastic mark. Do not use double bags to dispose of them as it may cause machine trouble when processing.

- ※ Lightly rinse or wipe off dirt with water and dispose of them.
- ※ The containers that have stains such as oil and odors that are difficult to remove, dispose of them as burnable garbage.
- ※ There is no need to separate them by type. Place them together in a transparent plastic bag, tie, and dispose of them.
- ※ If there are strong winds, tie the bags together to prevent the garbage from scattering.



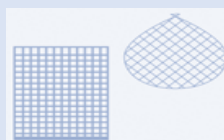
★★ Trays ★★
both white and colored trays



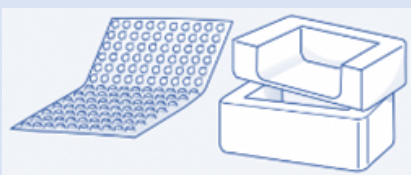
★★ Packs and Cups ★★



★★ Tubes ★★
※ Dispose after using up the contents completely



★★ Nets ★★



★★ Cushioning Material (Styrofoam, etc.) ★★
Break large items into small pieces before putting them in the bag.
Dispose of PET bottles as recyclable and non-burnable waste.



★★ Plastic Bags and Wraps ★★
There is no need to remove price tags, stickers,



★★ Bottles and Lids ★★
Dispose after using up the contents completely. To ensure safety during collection, remove the lid and nozzle before disposing.

■ Wood Scraps and Tree Branches

Dispose of wood scraps and branches at the collection point once a week on the designated day, tie the wood together approximately within three bundles with paper string, hemp cord, or wire. Adjust the size:

logs and square lumber (length within 1 m, diameter within 10 cm), wood boards (length 1m, width 30cm or less, diameter 10cm or less). Bundle and adjust the size of tree branches to length within 1m, diameter within 30cm. Disassemble wooden furniture into flat plates and dispose of them. Also, remove metal parts as much as possible. For rattan products, cut large ones and bundle them before disposing of them. Place fine pieces of wood, wood scraps, branches, fallen leaves, etc., into a plastic bag, write "wood waste," and dispose within three bags.

Things you shouldn't dispose as wood

Grass, bamboo, straw, plant vine

※ Wood plywood processed with plastic, metal and vinyl that cannot be peeled off

■ Paper

Dispose of paper once every two weeks, separate it into four categories, tie it together with a white paper string (white paper string is easy to melt and suitable for recycling). Do not use vinyl strings. Please do not place the paper in plastic bags for disposal. Remove any other objects that are not paper, such as metal fittings, vinyl, cellophane, etc.

① Newspaper (Include folded flyers)

② Cardboard

③ Magazines and miscellaneous recyclable paper

- Miscellaneous magazines, paperback books, manga books, catalogs, wrapping paper, envelopes, shredded paper, etc.
- Place this paper in a paper bag, tie the top of the bag with white paper string, and dispose of it.
- Place it in an empty box such as sweets' boxes and dispose of it. (Do not use cardboard boxes)
- Remove any bookbinding cloth etc., inserted between the magazines and catalogs.
- Bundle it, tie it with a white paper string, and dispose of it.

④ Carton paper (drink box containers for milk, juice, etc.)

- Open, wash, and dry. Cut out the spout (plastic) and dispose of it as burnable garbage.

Things you shouldn't dispose as paper

-Waterproof paper such as photos, albums, paper and yogurt cups.

- Paper processed with carbon paper, thermal paper, vinyl, etc.

-Oil-stained paper, lids for cup noodles, etc.

-Smelly paper such as an incense boxes.

-Sticker mounts, disposable diapers, paper masks. All the above dispose as burnable garbage.

■ Recyclable Non-Burnable Waste

Dispose of the designated recyclable non-burnable waste at the collection point once a month (designated day).

| | |
|------------------------|--|
| Bottles | Please separate into three colors (transparent, brown, other colors). ※ Cosmetic bottles, dispose of them in the cosmetic bottle basket. ※ Even broken bottles, separate by color. ※ Remove the lids from the bottles. ※ Bottles containing chemicals such as pesticides cannot be disposed of. |
| Aluminum cans | Clean cans before disposing of them. ※ Dispose of cans' lids into "fine iron scraps." ※ Spray cans, make a hole, and place them in the "iron can basket." Do not crush it strongly. |
| Large non-burnable | Include bicycles, stoves, VCRs, electric fans, stereos, microwave ovens, air purifiers, etc. ※ Kerosene heaters and oil fan heaters, drain kerosene, turn it upside down, and dispose of it. |
| Iron material | ① Metals and small household appliances; Hangers, clocks, pans, frying pans, umbrella bones/poles, etc. ② Fine iron scraps; Include nails, razors, needles, metal lids, electronic cigarette accessories, etc. |
| Iron cans | Spray cans (iron, aluminum), empty juice cans, confectionery cans, itto cans, pail cans, etc. |
| PET bottles | Include containers for soft drinks, alcoholic beverages, soy sauce, mirin, etc., with the PET mark. Caps and labels should be disposed of as Plastic Containers and Packaging. ※ 1. Be sure to remove the cap & label 2. Rinse the inside 3 Crush lightly |
| Batteries | Place button batteries and rechargeable batteries (nickel-cadmium, lithium, etc.) in an empty can, etc., and dispose of them separately from other batteries. ※ For button batteries and rechargeable batteries, please use the collection points at electronics stores and home improvement stores as much as possible. |
| Fluorescent light bulb | Include light bulbs, fluorescent lamp starter, mercury thermometer, mercury manometer, etc. ※ Place mercury products in a plastic bag, etc., tie the top of the bag, and dispose of them. ※ Dispose of LED lighting as Small Household Appliances. |
| Tempura oil | Cooking oil (household oil only) |
| Ceramics | Ceramics (tea bowls, ornaments, etc.), diatomaceous earth mats |
| Glass scraps | Glass (cups, plate glass) |
| Cosmetic bottles | 1 Be sure to use up the contents. 2 Remove the cap and spout. 3 Wash with water. |

Information About Facilities

- Name Recycle Center
- Location 833-2 Utsutani, Okabe-cho, Fujieda City
- Telephone 0 5 4 - 6 6 7 - 2 6 2 6
- Bring in dates Monday-Friday (excluding holidays)
- Time 9:00 am to 11:00 am, 1:00 pm to 4:00 pm
- Charge 50kg or less: Free
If the weight exceeds 50 kg: 146 yen (tax included) per 10 kg



- Name Takayanagi Cleaning Factory
- Location 2338-1 Takayanagi, Fujieda City
- Telephone 0 5 4 - 6 3 6 - 0 5 3 0
- Bring in dates Monday-Friday (excluding holidays)
- Time 9 am to 11 am, 1 pm to 4 pm
- Charge ◇ 50kg or less: Free
◇ If the weight exceeds 50 kg: 146 yen (tax included) per 10 kg



Fujieda City Initiatives

Fujieda City has a small amount of waste per capita; in 2019, it was ranked the 7th in Japan. This has been an outstanding achievement thanks to the understanding and cooperation of the citizens. Let's aim to be No. 1 in Japan through making effective use of limited resources and reducing the amount of garbage.

Illegal Dumping Is a Crime!

- ◎ Garbage disposal on roads, rivers, vacant lots, etc. is prohibited by the "Waste Disposal and Public Cleansing Law" since this action may destroy the natural environment and cause trouble for others.
- ◎ Managers (landowners) of vacant lots must keep the land clean by law. The manager must take measures to prevent illegal dumping, such as installing notice signs, fences and cutting weeds to avoid throwing garbage.

Employment Consultation

What You Need to Know Before You Start Working

Foreign residents are allowed to engage in activities in Japan within the scope of their approved residence status. In terms of whether or not a person is able to work, it can be roughly divided into the following three types.

- Status of residence that allows you to work within the scope defined by your status of residence.
 - Diplomacy, Public Service, Professor, Arts, Religion, Journalism, Advanced, Professional Career, Management, Business Administration, Law, Accounting, Medical, Research, Education, Technology, Humanities, International Business, In-house Transfer, Nursing, Entertainment Skills, Specified Skills, Technical Internship, Specified Activities (working holiday, foreign nurses and care workers based on EPA, etc.)
- Status of residence that does not allow employment
 - Cultural activities, short-term stay, study abroad, training, family stay
- Status of residence with no restrictions on work activities
 - Permanent Resident, Spouse or Child of Japanese National, Spouse or Child of Permanent Resident, Long-Term resident



How Can I Work?

- Dispatched worker
 - Dispatched workers (employees) can work in the following ways
 - ① The worker enters into a labor contract with the dispatch company (dispatch source).
 - ② Workers are dispatched to a company with which the dispatch company has a worker dispatch contract (client).
 - ③ Workers work under the direction and orders of the client.

○ Contract workers (employees with fixed-term labor contracts)

- A contract employee is a worker who has concluded a labor contract with an employer for a fixed period of time.
- If labor contract period finishes, the contract itself will finish. However, it is also possible to extend the contract period.
- Each contract is for a maximum of three years (except in certain cases).

○ Part-time worker

- A part-time worker is a worker whose weekly working hours are shorter than those of a regular worker.
- Part-time workers are also subject to various labor laws. Therefore, if the requirements are met:
 - ① Annual paid leave is available
 - ② Employment insurance, health insurance, and welfare pension insurance are applied
- When a company hires a worker, it has the following obligations:
 - ① Clearly state the working conditions
 - ② In principle, documents should be delivered for six particularly important conditions and terms

In addition to the above, in the case of part-time workers and contract employees (employees with fixed-term labor contracts), the following information must also be clearly indicated in writing: "whether or not there will be a raise in salary," "whether or not there will be a bonus," "whether or not there will be a retirement allowance," and "a consultation service for matters related to improvement of employment management. For more information, please contact the Equal Employment Opportunity Department (Office) of the Prefectural Labor Bureau or the General Labor Consultation Corner.

○ Those who are working under an subcontracting (contracting) agreement.

In principle, when working under the name of " subcontracting" or "contracting", the remuneration is paid for the completion of the work received from the client. In principle, if you work under the name of "subcontracting " or "contracting," you are treated as an "employer" who does not receive orders from the client, and basically you cannot be protected as a "worker. However, even if a contract is made under the name of " subcontracting " or "contracting," if you are judged to be a "worker" based on the way you actually work according to the instructions from the client, you can receive protection as a "worker". If you are having trouble deciding whether or not you are a "worker," consult with the Labor Standards Inspection Office.

■ Labor Contract

○ The scope of workers

- A worker is a person who works under the direction and orders of an employer and receives wages as compensation, and is entitled to the protection of some labor laws such as the Labor Standards Law.
- Whether or not you are a "worker" does not matter what type of employment you have. Not only regular employees, but also dispatched employees, contract employees, part-timers, and arubaito staff are generally "workers".

○ Clear statement of working conditions

- The Japanese Labor Standards Law makes it an obligation of the company to clearly state the working conditions to the worker when signing a labor contract, so that the worker does not start work without a clear understanding of the working conditions such as wages and working hours, and later have trouble with the company.
- The following items are particularly important and in principle, must be clearly indicated by the company in writing to the worker (except if the worker himself/herself wishes to clarify the following items by fax, e-mail, etc.).

(1)When is the contract signed and for how long: There are cases where the contract period is specified and cases where the contract period is not specified. It is not possible to determine whether or not there is a fixed contract period by simply naming the type of work, such as full-time, contract, part-time, etc. Make sure you know not only the name of the work style, but also the duration of the contract itself.

(2)When entering into a contract with a fixed term, make it clear whether the contract is renewable or not.

(3)Where and what kind of work will be done (place of employment, nature of work).

(4)Rules on work hours and vacations (whether overtime is required, rest periods, rotation in case of shift work, etc.)

(5)How much wages are paid, when and how they are paid (payment method, calculation period and payment period).

(6)Rules regarding the termination of labor contracts (including grounds for dismissal).In addition to the above, the Labor contract Act stipulates that employers and workers must confirm the contents of labor contracts in writing as much as possible.

■ Prohibitions in Labor Contracts

The Labor Standards Law also stipulates matters that employers may not include in labor contracts.

- ① Making workers pay penalties for non-performance of the labor contract and determining the amount of damages in advance. This prohibits setting penalties or stipulating the amount of damages in advance. Therefore, it is not prohibited for the company to claim compensation for actual damages caused by the worker's willfulness or carelessness without promising the amount of damages.
- ② The practice of lending money to workers in advance on the condition that they work, and having them repay the money by unilaterally deducting it from their monthly wages.
- ③ Forcing workers to save money in the company. Regardless of the reason, it is prohibited to force workers to save money even if it is for the welfare of the workers, such as for company trips. However, under certain conditions, workers are allowed to entrust the management of their savings to the company based on their own will, regardless of the labor contract.

■ Principle of Equal Pay for Men and Women

Article 4 of the Labor Standards Act, an employer shall not engage in discriminatory treatment of a woman as compared with a man with respect to wages by reason of the worker being a woman.

■ If the Working Conditions Are Different From What Was Promised

If, after actually starting work, the worker realizes that the working conditions are different from what was promised when the contract was made, the worker can immediately cancel the labor contract for that reason.

- Working conditions are determined by labor contracts signed by labor and management, company work rules, etc., and the minimum standards are stipulated by the Labor Standards Law.
- It is not possible for the company to unilaterally change the working conditions to the disadvantage of the worker without the worker's consent after the worker has actually started working.

■ Prohibit Forced Labor

Article 5 of the Labor Standards Law: The employer shall not force workers to work against their will by means of assault, intimidation, confinement, or other unreasonable restraint of mental or physical freedom.

■ Working Hours

Paragraph 1 of Article 32 of the Labor Standards Law: An employer shall not have a worker work more than 40 hours in a week, excluding rest periods. Paragraph 2 of the same Article: An employer shall not have a worker work more than eight hours per day, excluding rest periods, on each day of the week.

※ Comment: In Article 32 paragraphs 4-2 of the Labor Standards Act, when there is an overtime pay for companies that have adopted the annual variable working hours system, this paragraph will be deleted.

■ Break Time

In the event that the working hours exceed six hours, the employer shall provide a rest period of at least 45 minutes, and in the event that the working hours exceed eight hours, the employer shall provide a rest period of at least one hour during the working hours.

■ Day Off

Article 35 of the Labor Standards Act: The employer shall give the worker at least one day off each week.

■ Annual Paid Vacation (Yukyu Kyuka)

The employer shall grant ten working days of paid leave, either consecutive or divided, to workers who have worked continuously for six months from the date of hiring and have attended 80% or more of all working days.

| Number of days granted for regular workers | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----------|
| Years of continuous service (years) | 0.5 | 1.5 | 2.5 | 3.5 | 4.5 | 5.5 | Above 6.5 |
| Number of days granted (days) | 10 | 11 | 12 | 14 | 16 | 18 | Until 20 |



※ For details visit this website ↓ ↓ ↓

<http://www.japaneselawtranslation.go.jp/law/detail/?vm=04&id=5&re=02>

■ Resignation, Dismissal, Etc.

○ Resigning from a company is up to the worker, but it is also important to follow the rules as a member of society.

① Inform your supervisor of your intention to resign in advance.

② Report your resignation in writing.

③ Hand over the work duties: When you decide to resign from your job, you need to find out what the resignation process for your company is. If your company's work rules stipulate the procedures for resignation, follow them. In addition, the law has different rules when applying for resignation depending on whether there is a fixed contract period or not.

○ In the case of a labor contract without a fixed contract period: If you resign, your labor contract will be terminated after two weeks.

○ In the case of a labor contract with a fixed contract period

- Unless there are unavoidable circumstances, you cannot resign in the middle of the contract period. However, if the contract has been in effect for one year, you may resign at any time by requesting it.

- In order to continue working at the same workplace after the expiration of the contract period, it is necessary to conclude a new labor contract. The renewal of such a contract requires the mutual agreement of the company and the worker.

○ In case of dismissal

- This is the unilateral termination of a labor contract by a company.

- If the dismissal lacks an objective rational reason and is not considered reasonable from a socially accepted standpoint, the dismissal is invalid. In other words, dismissal is not something that a company can do freely.

- In addition, the company must state in advance the reasons for dismissal in the employment regulations.

- When a company intends to dismiss a worker, it must either give at least 30 days' notice or pay at least 30 days' average wages, except in cases where it is impossible to continue the business due to unavoidable reasons such as natural disasters, or where the dismissal has been approved by the administrative agency for reasons attributable to the worker.

○ End of employment contract

- The term "termination of employment" refers to the non-renewal of a labor contract with a fixed term.

- Termination of employment is different from dismissal, in which the company unilaterally terminates the labor contract in the middle of the contract period.

- A company must give 30 days' notice when it intends to terminate the employment of any of the following persons

(1) Those whose contracts have been renewed more than three times.

(2) Those who have been working continuously for more than one year.

- For example, in the following cases, a company may not suspend employment if there is no objective or reasonable reason to do so and it is not considered to be reasonable from a socially accepted viewpoint.

(1) If the contract can be regarded as a dismissal in effect because it has been renewed many times.

(2) When it is considered reasonable for the worker to expect continued employment.

- If the termination of employment is not approved, the labor contract with a fixed term will be renewed under the same working conditions as before the termination of employment.

○ Dismissal due to economic conditions: Dismissal due to economic conditions is when a company reduces its workforce due to reasons such as recession or poor management.

- The validity or invalidity of a dismissal is determined based on the following factors.

(1) When the reduction in the number of employees is necessary.

(2) Efforts to avoid dismissal: Efforts made to avoid dismissal by means other than dismissal.

(3) The criteria for determining the target person for dismissal is objective and rational, and the operation is fair.

(4) The workers understand the necessity of dismissal and its timing, scale, and method.

■ Hello Work

Is a Public service safety office run by the government. It matches people looking for work with companies looking for employees. In addition, Hello Work provides free assistance in finding a job, guidance on resume writing, interview preparation, employment insurance procedures, and unemployment benefits. Interpreters are also available to assist foreign job seekers.

■ Hello Work in Fujieda

○ Location: BiVi Fujieda (Fujieda-shi Maejima 1-7-10 BiVi Fujieda 2nd floor)

○ Opening hours: 10:00-18:00

○ Phone number: 054-636-2126



■ Foreigner Employment Service Corner

If you are looking Hello Work with an interpreter in Shizuoka, please visit this page or check the QR code.

www.jsite.mhlw.go.jp/shizuoka-roudoukyoku/madoguchi_annai/gaikokuzin.html

Taxes

■ City Prefectural Tax (Individual Inhabitant Tax)

City prefectural tax (individual inhabitant tax) consists of two types: per capita rate and income rate. The per capita rate is paid by the person who has the ability to bear the tax, and the income rate is paid according to the amount of income of that person. The prefectural tax is a tax of Shizuoka prefecture, but for the convenience of taxpayers, Fujieda City collects it together with the municipal tax and remits it to Shizuoka prefecture.

○ City Prefectural Tax (Individual Inhabitant Tax)

City prefectural tax (individual inhabitant tax) must be paid to Fujieda City, foreigners also must pay this tax, if they have an address in Fujieda City as of January 1st and receive a certain amount of salary. The same applies if you move out of Fujieda City after January 2nd. Please note that if the city prefectural tax (individual inhabitant tax) has not been paid, your application to renew the period of stay may not be permitted.

The amount to be paid for city prefectural tax (individual inhabitant tax) is determined by the salary received from January 1st to December 31st of the previous year. There are two ways to pay city prefectural tax (individual inhabitant tax).

1. The employer pays on behalf of the employee (special collection): The company deducts the city prefectural tax (individual inhabitant tax) from the salary in advance and pays it to Fujieda City. This is the principle for those who work at a company, and there is no need to pay the city prefectural tax (individual inhabitant tax) to Fujieda City directly.
2. When paying by yourself (normal collection): Every year around the middle of June, you will receive a letter (statement of payment) from Fujieda City saying, "Please pay the city prefectural tax (individual inhabitant tax)". Take this document and the amount of money written on the statement and pay at a financial institution or convenience store.

○ Please be careful in the following cases!

- If you decide to leave the company: If a person who pays the city prefectural tax (individual inhabitant tax) by special collection decides to quit the company, the person must pay the unpaid city prefectural tax (individual inhabitant tax) by the normal collection method.
- If you decide to leave Japan: If you cannot pay the city prefectural tax (individual inhabitant tax) before you leave Japan, somebody who lives in Japan will have to take care of this the tax procedure on your behalf (For this It is necessary that you decide on a tax administrator) and notify Fujieda City.

■ Payment of City Tax

In Fujieda City, people must pay city tax such as city prefectural tax, property tax, city planning tax, light vehicle tax, and national health insurance tax.

| | Jun. | Jul. | Aug. | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. | Mar. |
|---|--------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| City prefectural tax (Normal collection) | | 1st Term | | 2nd Term | | 3rd Term | | | 4th Term | |
| Property tax City planning tax | 1st Term | | 2nd Term | | 3rd Term | | | 4th Term | | |
| Light vehicle tax (Discount type) | Full Term | | | | | | | | | |
| National health Insurance tax | | | 1st Term | 2nd Term | 3rd Term | 4th Term | 5th Term | 6th Term | 7th Term | 8th Term |

○ If the city prefectural tax is normally collected, it must be paid four times a year by the due dates of July, September, November, and February. As of January 1st: (1) people who lived in the city and had income during the previous year, or (2) people who did not live in the city but have offices or residences in the city (per capita rate only).



○ In the case of property tax and city planning tax, you must pay the tax four times a year by the due dates of June, August, October, and January. Taxes are levied on owners of land, houses, and depreciable assets in the city as of January 1st. The tax is levied on the owners of land and houses in the urbanized area of the city as of January 1.

○ In the case of light vehicle tax, you must pay it only once a year by the due date in June. As of April 1, tax will be levied on individuals and corporations that own light vehicles.

○ In the case of national health insurance tax, you must pay it eight times a year by the due dates of August, September, October, November, December, January, February, and March.

■ Final Tax Return, Final Tax Return Venue

People living in Japan have an obligation to pay taxes the same way as Japanese people, foreigners who have a certain income in Japan must pay taxes. Information about income taxes, for those who live in Fujieda City, please contact Fujieda Tax Office. Address: Fujieda-shi Aoki 2-36-17 Aoki Phone number: 054-641-0680.

※ Please make a reservation before coming to the office as consultations by visiting the office are by appointment only.

■ Persons Who Are Not Subject to City Prefectural Tax

- Those who fall under the following categories: widows, single parents (excluding common-law marriage), persons with disabilities, minors, and those whose total income in the previous year was 1.35 million yen or less.

- Persons with a total income of 380,000 yen or less.

- Persons in the same livelihood, spouse and dependents

Total income amount $280,000 \times (\text{spouse living together} + \text{number of dependents} + 1) + 268,000$ yen or less.

■ Joining National Health Insurance

In Japan is a "universal insurance system" in which everybody is affiliated to some kind of public medical insurance. Those who do not have health insurance from their workplace and the elderly who do not have health insurance and who do not receive welfare protection must be affiliated to the National Health Insurance.

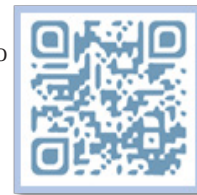
○ Please complete the procedure for joining or withdrawing from National Health Insurance within 14 days.

Procedures are required to join the National Health Insurance. Even if the procedure for joining the National Health Insurance is delayed, you need to join the National Health Insurance by going back to the time when you withdrew from the health insurance you were previously affiliated. You must also pay the insurance tax.

Also, those who have National Health Insurance but have health insurance from their workplace, the procedure for withdrawing from National Health Insurance is required. If you do not complete the procedure, you will remain enrolled in National Health Insurance and will be subject to insurance tax. For details, please contact the National Health Insurance and Pension Section of Fujieda City Hall (Phone: 054-643-3303).

■ National Pension

This system was created so that the person or family can lead a stable life when they cannot work due to old age, when they have a disability due to an accident or illness, or when they die. The national pension is available to all people aged 20 to under 60 who live in Japan.



○ Enrollment procedure: Please call to the Fujieda City Hall for more information.

○ How to pay insurance premiums: Please bring the statement of payment and pay it at a financial institution or convenience store by the end of the following month or please use a convenient fund transfer or credit card payment. In addition, there is a "prepayment system" that discounts insurance premiums by paying insurance premiums for two years, one year, or half a year in advance.

○ Insurance premium exemption: If it is difficult to pay, the insurance premium payment might be exempted.

○ Types of benefits and claims: Old-age basic pension, disability basic pension, survivor's basic pension, other national pension original benefits (additional pension, widows' pension, lump-sum death allowance)

■ Lump-Sum Withdrawal Payment For Foreigners (Dattai Ichijkin)

Foreigners who have joined the national pension, paid the insurance premium for 6 months or more, and returned to their home country without being able to receive the pension, can receive a lump-sum withdrawal payment upon request. Please make the request within 2 years after leaving Japan. For details, please see the website of the Japan Pension Service. Information can be found in 14 languages. www.nenkin.go.jp/international/japanese-system/withdrawalpayment/payment.html



■ My Number (Individual Number) System

Those who have a resident card are notified of their 12-digit My Number (Individual Number). If you are newly born or have moved in from abroad, you can apply for an Individual Number Card by sending an Individual Number Notification after completing the procedures at the municipal office. Even if you are a foreigner, if you are a medium to long-term resident or a special permanent resident and have a resident card, your My Number will be assigned. The expiration date of the card is 10 years from the effective date or the expiration date of your period of stay. It takes about one month from application to delivery, so please be careful about the application time. If you already have one, please bring a new residence card and My Number card after the procedure for renewing your period of stay and before the expiration date of your My Number card and follow the procedure for renewing the expiration date of your My Number card.



Consultation in Case of Trouble

■ Counseling Service for Foreign Residents

General counseling about problems in daily life, etc. is available.

P l a c e : Fujieda City Hall East Bldg. 4F, (Gender Equality • Multicultural Conviviality Division “Danjō Kyoudō Sankaku • Tabunka Kyousei-ka”)

Tel: 054-643-3198 (Monday ~ Friday 8AM ~ 5:15PM)



■ Public Assistance (Seikatsu Hogo)

When you are struggling to make a living, or you are unable to earn a living due to illness or injury, or pay for hospitalization, you can receive public assistance for living expenses and medical expenses.

○ Self-Support Division (Jiritsu Shien-ka)

A d d r e s s : Fujieda-shi, Okadeyama 1-11-1, Fujieda City Hall West Bldg. 1F

Tel.: 054-643-3299 (Welfare Section)

Tel: 054-643-3161 (Independent Living Support Center)

■ Living Expenses

When low-income households are temporarily struggling to make a living, they may be able to borrow an amount of money to improve their situation. If you are absent at work, unemployed and in a difficult situation, we can provide you with a loan to help you cover your expenses.

○ Calling Center: Consultation on small emergency funds • General support funds for individuals

Time: 9AM ~ 9PM(including weekends and holidays)

Phone number: 0120-46-1999

○ Fujieda City Council of Social Welfare

Fujieda-shi, Okadeyama 1-11-1, Fujieda City Hall West Bldg. 1F

Tel: 054-643-3161 (Weekdays only, 8:30 ~ 5PM)

■ Housing Security Benefit (Jyukyo Kakuho Kyufukin)

For those, including foreigners, who cannot pay rent due to unemployment, absence at work, or had a salary cut, the city will pay for your rent instead. In principle, the local government will provide the landlord with an amount equivalent to the rent for 3 months, up to 9 months.

○ Independent Living Support Center

Address: Fujieda-shi, Okadeyama 1-11-1, Fujieda City Hall West Bldg. 1F

Tel: 054-643-3161

■ Domestic Violence (DV)

Types of domestic violence (DV) from a spouse or partner include the power to frighten and manipulate, control, physical violence, psychological violence, sexual violence, economic violence, etc. If you recognize any of these, you can seek advice and support.



○ Child and Family Division (Kodomo Katei-ka)

Address: Fujieda-shi, Okadeyama 1-1 1-1, Fujieda City Hall West Bldg. 4F

Phone number: 054-643-7227

○ DV Counseling Navigation (#8008)

For those who are worried and do not know where to go for advice on spousal violence, the DV Counseling Navigation Service is available nationwide (#8008). Based on the place of origin of the information, the call is automatically transferred to the nearest counseling center, and you can consult with them directly.



Phone number: #8008

○ DV Counseling DV + (plus)

Feel free to consult with a specialist and ask anything if you relate to any of the following examples, "Is this DV?", "I want to get away from my partner right now, but what should I do? ", "I'm worried not only about myself, but also about my children". The call center is 24 hours and offers support in 10 different languages. It also provides a safe place to stay.

Phone number: 0120-279-889 HP: www.soudanplus.jp/



■ Shizuoka International Association

The Shizuoka International Association, on behalf of Shizuoka Prefecture, provides support for foreign residents in the areas of residence status, labor, medical care, and welfare. Counselors will be available in Portuguese, Spanish, Tagalog, English, Vietnamese, Chinese, Indonesian, Korean, and Japanese. Phone number: 054-202-3411 Home Page: www.sir.or.jp/multiculture/



■ Call 119 for an Ambulance #119

If you determine that the symptoms are urgent, call "119" immediately.

Also, when you have a sudden illness or injury, you may hesitate in calling an ambulance. The following are some of the most urgent symptoms. If you have any of these symptoms, please do not hesitate to call 119 and request an ambulance.

○ Adults

- Disturbance of consciousness ⇒ Unconscious or feeling weird (dazed), limping
- Nausea ⇒ Severe nausea accompanied by cold sweat
- Convulsion ⇒ Convulsion does not stop, or the patient does not regain consciousness after convulsion has stopped
- Choking ⇒ Choked on something and has trouble breathing and is unconscious.
- Injury ⇒ Heavy bleeding and extensive burns
- Accident ⇒ Got into a car accident, fell from a high place, accident inside the water, etc.

○ Children

- Face ⇒ Lips are purple, or complexion is obviously pale
- Head ⇒ Headache, convulsion, strong knock on the head, bleeding that won't stop, unconsciousness, etc.
- Chest ⇒ Severe coughing or wheezing, or when breathing is weak
- Limbs ⇒ Stiffness in limbs
- Belly ⇒ Severe diarrhea, vomiting, lack of appetite, lack of consciousness, severe stomach pain, blood in the stool, etc.

If you feel you are in danger,
do not hesitate to call the police #110

SOS

この事業は、一般財団法人自治体国際化協会の助成事業により実施されています。