



## Be careful of mosquitos!



This is the season when mosquitos start appearing, isn't it? I can't stand the itchiness when I get bit.

Me too. And this year there is concern about the Zika fever as well. I wonder what we should do.



①



Next I'll tell you about the characteristics of the mosquitos that carry Zika fever (Tiger mosquitoes) and countermeasures too.

Places where mosquitos appear:

In water in empty cans, empty glass and plastic bottles, and old tires, and in small sources of water such as those occurring when watering potted plants

⇒ **Don't make puddles around your house!**

Places and times they are active:

Parks with weeds, garden shade, bamboo forests, cemeteries  
From early morning until evening

⇒ **Concrete countermeasures are necessary!**

For example...

- Wear long sleeve shirts and pants so your skin is not exposed
- **Use bug repellent or spray**※
- **Wipe away sweat frequently**  
(because they are attracted to the smell of sweat)
- **Wear white colored clothing**  
(because they are attracted to black things)

They are also attracted to people with a high body temperature, **so women who are pregnant should be especially careful!**



**Zika fever is spreading through Central and South America and southeast Asia.** There are cases of people becoming infected overseas and experiencing symptoms back in Japan, and this summer many people will be going to Brazil for the Olympics, so it is especially important to be careful.

Today let's think about Zika fever and how to prevent it.



②



I'll tell you about what kind of infectious disease Zika fever is.

~ Main symptoms of the Zika fever ~

- Rash
- Fever
- Conjunctivitis
- Sore muscles
- Arthritis
- Headache

- The incubation period before symptoms occur can be from a few days to over one week
- The symptoms are mild, and recovery takes 2 - 7 days
- 80% of infected people don't have symptoms
- Usually it occurs from being bitten by a mosquito, but there are infection cases passed from a man to a woman through sexual intercourse
- If a pregnant woman is infected, her child may be born with microcephaly
- There is currently no effective vaccine

③

※Be sure to be careful if using the element known as "DEET," which has a bug repellent effect, on babies and small children. Bug repellent that contains the element known as "Icaridin" can be used by anyone.



There are also other infectious diseases that mosquitos carry. Before going overseas, be sure to check out infectious disease information on the internet, etc. There is Zika fever and other detailed information available. Also, **try not to get bitten by any mosquitos for 1 week after you return to Japan.**

Ministry of Health, Labor and Welfare's website: "FORTH"  
<http://www.forth.go.jp>

④

## A delicious and enjoyable diet, and healthy body too

Each year June is "Dietary Education Month"



Knowledge about "eating," knowing how to select "food" to eat, and having a healthy dietary lifestyle is the basis for living. Educating people on how to have a good dietary lifestyle is referred to as "dietary education."

### The following information was concluded from the results of the 2014 "Dietary education awareness survey."

- ◇ There are few people in their 20's - 30's who "eat breakfast every day."
- ◇ Overweight people are increasing, especially men in their 40's - 60's. There are many young women who are too underweight.
- ◇ The number of people trying to prevent or improve metabolic syndrome (obesity occurring from fat collecting around internal organs) is decreasing.
- ◇ There are few young people who try to cut down on salt intake (try not to use much salt in their food).
- ◇ There are many men in their 20's - 50's who do not think they are eating the necessary amount of vegetables each day.



### Try measuring the amount of vegetables that you eat

Vegetables align one's body's condition, and are effective in preventing obesity, high blood pressure, and diabetes, which are lifestyle-related diseases (diseases caused by lifestyle habits revolving around such things as food and exercise, stress, smoking, and drinking alcohol).



In order to be healthy, it is necessary to eat about 5 plates, a weight of 350g, of vegetables each day.

Let Dietary Education Month be an opportunity for you to develop the habit of eating 3 meals per day, making sure you have a balanced diet, and chewing your food thoroughly.

#### ▽Inquiries

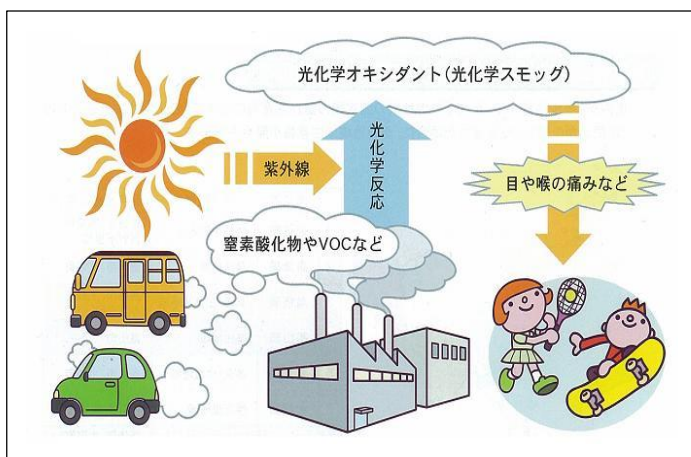
Hokenjo Kenkozoshin-ka  
(Health Center Health Promotion Division) ☎028-626-1126



## Be careful of photochemical smog in the upcoming season



When the sun's strong light comes in contact with nitrogen oxide and hydrocarbon that is contained in exhaust gas from cars, factories, etc., that forms photochemical oxidant, which is known as photochemical smog.



As it becomes hotter, photochemical smog will occur more easily. When photochemical smog warnings are in effect, please try to do the following.

- ① Don't do strenuous exercise outside
- ② Try to avoid driving as much as possible
- ③ If your eyes or throat hurt, wash your face, gargle, and rest without moving around for awhile
- ④ If your symptoms don't go away, go to a hospital immediately

Please refer to the city's website regarding information on photochemical smog:

<http://utsunomiya-city-taikikanshi.jp/taiki/>

▽Inquiries: Kankyo Hozen-ka  
(Environmental Protection Division)  
☎028-632-2420

## Employment support seminar for foreign residents



🕒 **Seminar①** July 6 (Wed) , July 8 (Fri) , July 9 (Sat)

**Seminar②** July 13 (Wed) , July 15 (Fri) , July 16 (Sat)

10:00AM – 12:30PM \*The contents will be the same each date. Choose a date from the dates above and sign up for the seminar. The seminar will be provided in Japanese language.

😊 **Seminar①** : Preparation for a job search/ Manners in an interview/ How to use Hellowork

**Seminar②** : It's very helpful! Manners in a workplace and Japanese conversation

**Capacity** 20 people      **Tuition** Free      **Apply** Please make a reservation in advance.

@ Tochigi International Center

☎ Tochigi International Association (TIA) 028-621-0777

## Come do the Yosakoi dance at the Miya Festival!



🕒 August 7 (Sun) evening (performance)

😊 Japanese and foreigners come together to do Yosakoi dancing at Utsunomiya City's biggest summer festival, the "Miya Matsuri." People dancing for the first time dancers are also welcome to join in and practice! 🎵

~Practice schedule~

July 3 (Sun) 5:30PM – 8:30PM	Chuo Shogaigakushu Center (Chuo Lifelong Learning Center) 304 Audi-visual Room
July 10 (Sun) 2:00PM – 5:00PM	Sogo Fukushi Center (General Welfare Center) 4F Audio-visual Room
July 17 (Sun) 2:00PM – 5:00PM	Chuo Shogaigakushu Center (Chuo Lifelong Learning Center) 303 Meeting Room
July 23 (Sat) 6:00PM – 8:00PM	Sogo Fukushi Center (General Welfare Center) 4F Audio-visual Room
July 31 (Sun) 2:00PM – 5:00PM	Chuo Shogaigakushu Center (Chuo Lifelong Learning Center) 304 Audi-visual Room
August 3 (Wed) 6:00 – 8:00PM	Sogo Fukushi Center (General Welfare Center) 4F Audio-visual Room
August 6 (Sat) 2:00PM – 5:00PM	TBC

Sign up Please call UCIA

☎ Utsunomiya City International Association (UCIA)  
028-616-1870

## Cross cultural communication through food from around the world

🕒 June 30 (Thurs) 10:00AM – 12:30PM

😊 Make Italian home cooking. There are menu items other than pasta and pizza as well.

**Max.** 15 people

**Cost** Cost of the ingredients

@ Kamikawachi Shougaigakushu Center (Kamikawachi Lifelong Learning Center)  
Chori Jisshushitsu (Cooking Room)  
☎ Kamikawachi Shougaigakushu Center  
028-674-2233



## ♪ International salon

🕒 4<sup>th</sup> Sunday of every month 4:00 – 6:00PM

June 26	"Piñata" making ①
July 24	"Piñata" making ②
Aug. 28	Piñata breaking

😊 An event at which you can talk with people from various countries  
**Cost** Free

@ Utsunomiya International Plaza (UIP)  
☎ Utsunomiya International Plaza (UIP) 028-616-1563





**Information**



# Utsunomiya City's sports facilities

There are various gyms and exercise facilities in Utsunomiya City which can be used by individuals or groups by making a reservation. It is also possible to participate in sports classes and events. Training rooms are available for use to people who have graduated from junior high school.

**【Training room use】**

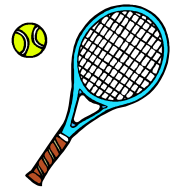
Gym	Brex Arena Utsunomiya (5-6-18 Motoimaizumi) ☎ 028-663-1611	Suzunomiya (6-3 Minamimachi) ☎ 028-655-0058	Kiyohara (14 Kiyohara Kogyo Danchi) ☎ 028-667-1227	Akebono (7-9 Akebono-cho) ☎ 028-632-6381
Closed	Tuesday (Wednesday if it is a holiday) & year end/start		Monday (Tuesday if it is a holiday) & year end/start	
Open	< Monday – Saturday > 9:00AM – 9:00PM		< Sunday & holidays > 9:00AM – 5:00PM	
Cost	430yen/time		310yen/time	

**【Inquiries】**

Utsunomiya Sports Shinkozaidan (Promotion Foundation)

☎ 028-663-1611 & calling each facility directly

Utsunomiya Sports Navi: <http://www.utsunomiya-sponavi.or.jp/index.php>



**Utsunomiya International Plaza (UIP) Services**

## Consultation for Foreign Residents



		Spanish Portuguese	Chinese	Thai	English
UIP ☎028-616-1564	3:00PM-6:00PM	Mon	Tues	Wed	Fri
		4 <sup>th</sup> Sunday of month (appointment needed)			
City Hall ☎028-632-2834 (during office hours)	9:00AM-12:00PM	Thurs	2 <sup>nd</sup> Thurs	—	—
	2:00PM-5:00PM	Thurs	—	2 <sup>nd</sup> Thurs	2 <sup>nd</sup> Thurs
Administrative Scrivener ☎028-616-1564	3:00PM-5:00PM	3 <sup>rd</sup> Monday (appointment needed)			

## Interpreter Volunteer Service

Go with someone needing language assistance to such places as national and prefectural facilities and the city hall and interpret for them.

- ▶ Monday – Saturday 9:00AM - 5:00PM
- ▶ 1 time (2 hrs) 2,000 yen
- ▶ Please fill out an application form at UIP, pay the fee, and apply.

“Oh-i!” is published in easy Japanese, English, Chinese, Portuguese, and Thai, and is also available on the UCIA website. <http://www.ucia.or.jp> There you can enjoy reading past issues of the “Oh-i!” too.

Clip art on page 1 provided by: Yurika Usui & Natsuki Nemoto