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Be careful of the flu and infectious diseases !



Many people get the flu in winter, don't they? In Japan many people get it sometime between December and March.

There are also people around me who got the flu and are taking time off work, but just what kind of illness is the flu?



It's really rough if you get the flu. Symptoms occur all over your body, such as a 38 degree or higher fever, and pain in your head, joints, or muscles, etc. In addition, just as with a regular cold, you may also have a sore throat, runny nose, cough, etc. Some children come down with acute encephalopathy, and elderly people or people with low immunity sometimes develop pneumonia.

What should I do to avoid getting the flu and infectious diseases?



- ① Wash your hands and gargle before meals and when you get home.
 - ② If it is dry, then your throat's mucous membrane may become weak, making you more susceptible to the flu, etc, so maintain an appropriate humidity (50 – 60%) by using a humidifier, etc.
 - ③ If the flu, etc. start to spread, then do not go to places where a lot of people are gathered, and be sure to wear a mask.
- Get a vaccine one month prior to when the flu usually starts spreading.



What should I do if I get the flu and infectious diseases?



- ① If you aren't feeling well, go to the doctor as soon as you can. You can go to a municipal late night/day off emergency medical clinic (028-625-2211) if you start feeling bad at night or on a day off.
- ② Sleep a lot and drink a lot of water too.
- ③ Wear a mask so that you do not infect people around you.
- ④ Do not go to places where there are many people or school, workplace, etc.

In China some people put vinegar in a pan and boil it to disinfect the rooms of their house.



A person's citizen's tax & prefectural tax (tax paid to the city you are living in on January 1) is calculated by the income earned in the previous year. It is necessary to correctly declare the required information about your amount of income and deductions. People living in Utsunomiya City on January 1, 2020 are to make their declaration to the Utsunomiya City Hall Citizen's Tax Division.

■Declaration to Utsunomiya City

Venue: Shiminzei-ka (Citizen's Tax Division) (Utsunomiya City Hall 2F)

Period: February 17 (Mon) – March 16 (Mon) ※Closed Sat/Sun/national holidays.

Open on February 24 (Mon) and March 1 (Sun) even though those are national holidays.

Hours: 8:30AM - 5:15PM

Inquiries: Shiminzei-ka (Citizen's Tax Division) 028-632-2217, 2233, 2221, 2214

Q. Even if I don't have an income, do I have to make a declaration for citizen's tax & prefectural tax?

A. Be sure to make a declaration even if you don't have an income. If you don't make a declaration, then your national health insurance tax, elderly medical insurance premium, city and prefectural housing rent, childcare feeds, etc. also cannot be calculated.

In addition, you will not be able to receive your taxation certificate (paper stating your annual income and citizen's tax and prefectural tax) or tax payment certificate (paper stating the amount of taxes you paid) which you need to renew your status of residence. If you delay in making your declaration, then it takes time to issue such certificates, and if you urgently need them you will not be able to acquire them, so please be sure to make your declaration by the deadline.

Q. Do I need to file my tax return (※) to the tax bureau and make a declaration to Utsunomiya City?

A. If you have an income, you need to file tax returns to the tax bureau. You don't need to make a declaration to Utsunomiya City. If you do not have an income, then please make a declaration to Utsunomiya City. You do not need to file tax returns to the tax bureau. If your income is only a salary, and your company makes year-end adjustments, then you do not need to make a declaration.

Q. I moved to Utsunomiya City in February 2020. Where should I make my citizen's tax & prefectural tax declaration?

A. Your citizen's tax & prefectural tax are paid to the municipality in which you have your address on January 1, so please make a declaration to the municipality in which you lived on January 1, prior to moving.

※Filing tax returns to the tax bureau

Declare the amount of your income for the past year to the tax bureau, and the amount of income tax you owe will be determined. If you have not paid enough, then you will need to pay taxes in addition, and if you have paid too much, then you can fill out paperwork to have the excess money returned to you. This is what is referred to as filing your tax return. Please file your tax return if your company does not make year-end adjustments or you have worked at two or more companies in the past year.

Venue: Maronie Plaza

Period: February 17 (Mon) – March 16 (Mon) ※Closed Sat/Sun/national holidays.

Open on February 24 (Mon) and March 1 (Sun) even though those are national holidays.

Hours: 9:00AM – 4:00PM

Inquiries: Utsunomiya Zeimusho (Tax Bureau) 028-621-2151 (Press "0" when the automated guidance starts.)

International Exchange Salon 🎵

🕒 Every 4th Saturday 4:00PM – 6:00PM

Feb. 22 Try doing magic 🎩

😊 An event at which you can talk with people from various countries 🎵

Cost Free

@ Utsunomiya International Plaza (4-1-1 Baba-dori)

☎ 028-616-1563



Utsunomiya Museum of Art Forest Concert 🎵

🕒 Feb. 15 (Sat) 11:00AM – 12:00PM (10:30 doors open)

😊 Clarinet quartet by the Clarinet Quartet Poire

Cost Free

Max First 160 people

Sign up Not necessary

@ Utsunomiya Bijutsukan Lecture Room (Utsunomiya Museum of Art) (1077 Nagaoka-cho)

☎ 028-643-0100



Multicultural Symbiosis Forum

🕒 Feb. 15 (Sat) 10:00AM – 12:00PM

😊 Listen to people from Vietnam, Ghana, China, and New Zealand talk about the theme of Japanese people and foreign residents working, teaching, living consultation, the society, etc. together. 🎵 Learn about various differences, and enjoy talking with everyone!

Cost Free

@ Utsunomiya Omotesando Square (4-1-1 Baba-dori) 6F Multi-purpose Hall 1 & 2

☎ Utsunomiya International Plaza 028-616-1567

Utsunomiya KEIRIN Workshop for Families

🕒 Feb. 16 (Sun) 10:00AM – 3:00PM

😊 • Try bicycle racing (“keirin”)!
• Snacks, yoyos, etc.

Cost Free

Sign up Not necessary

@ Utsunomiya Keirinjo (Bicycle Race Track) (1-2-7 Higashi Tomatsuri) Higashi Nyujyomon Shoshinsha Guidance Corner (Corner for beginners)

☎ 028-625-0100



Kids & Parents Dancing 🎵🎵

🕒 Feb. 29 (Sat) 11:00AM – 11:30AM

😊 Enjoy fun dancing with children and parents along with instructor Irina, from Belarus 🎵

For Babies – elementary school third graders & their guardians (parents)

Max First 20 groups

@ Minami Toshokan (South Library) Ohisama Hiroba (56-1 Suzumenomiya-cho)

☎ 028-653-7609



Ecology Festival 2020

🕒 Mar. 7 (Sat) & 8 (Sun) 10:00AM – 3:00PM

😊 • Try making small items and crafts using no longer needed cloth, etc.
• Clean Park Mobara facility tour
• Drawing
• Artwork display, etc.

Cost Free

@ Utsunomiya-shi Kankyo Gakushu Center (777-1 Mobara-cho)

☎ 028-655-6030



Utsunomiya City Night/Day Off Emergency Clinic



Clinic building



Clinic entrance



Waiting room

This is a facility where you can receive emergency medical treatment for sudden illnesses or injuries at night or on days off. In general, this is just a facility for 1-day treatment, and only a 1-day portion of medicine is prescribed. Please be sure to go to your regular doctor or medical institution the following day (unless there are several days off in a row). Medical treatment is available for internal medicine, pediatrics, and dental issues.

Hours: **【Daytime】** 9:00AM – 5:00PM (Sundays & holidays only)

【Nighttime】 7:30PM – 7:00AM (everyday) Internal medicine & Pediatrics

7:30PM – 00:00 Midnight (every day) Dentistry

Address: 968 Takebayashi-machi, Utsunomiya-shi

☎ : 028-625-2211

Website: <http://www.umth.or.jp/kyukyu/>



Utsunomiya International Plaza (UIP)

Consultation for Foreign Residents

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

Interpreter Volunteer Service

Volunteer goes with someone needing language assistance to such places as national and prefectural facilities and the city hall, and interpret for them

▶ Monday – Sunday
8:30AM – 7:00PM

▶ 1 time (2 hours) 2,000 yen

▶ Please fill our application form at UIP, pay the fee, and submit the application.

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