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## Create a new normal way of life to prevent getting COVID-19!

### ★What each person can do

Wash your hands



When washing your hands, wash well with water and soap for about 30 seconds. (You may use disinfectant to disinfect your hands and fingers)

Wear a mask, execute cough etiquette



Cover your mouth and nose when not wearing a mask

Wear a mask when going out

Don't go where the next three things happen together

② Crowded places with many people nearby

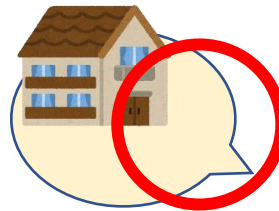


① Closed spaces with poor ventilation

③ Close-contact settings such as close-range conversations

Keep 2m distance from others and ventilate rooms frequently

Rest at home when you have a fever or caught a cold



### ★Example of a lifestyle that prevents infection

When shopping



- Go when there are few people
- When you line up at the cash register, stay away from the person in front of you
- Use Internet as well

When riding on a train and a bus



- Walk or ride a bicycle
- Minimize conversation
- Do not ride when there are many people

When playing or doing sports



- Go to parks when and where there are few people
- Jog alone or with one person

When eating meals



- Use take out or delivery service
- Place cuisine for one person on a plate
- Do not share the same cup with others

## Have you applied the Special Cash Payments?

### If you apply, you can receive 100,000 yen per person



#### ▽ Content

The city is giving out 100,000 yen per person as a countermeasure for COVID-19. The head of household (the person who represents the family) will receive the money for the number of people living together.

#### ▽ Persons who can get money

Persons registered in the basic resident register as of April 27, 2020

Short term residents and illegal residents cannot receive the money

#### ▽ Deadline for application

By August 31, 2020



You can see how to fill in the form in each language

#### ▽ When applying by postal mail

- ① The city already sent the application form, (papers to apply for) to the head of the household.
- ② Please confirm the content of the application form such as names, date of birth, address, and "Terms of Agreement" on the back.

- ③ The head of household is to write the application date, daytime contact telephone number, signature or stamp their seal (Hanko) at the front and write the bank account information of the head of household on the back.

#### ④ What to affix on the application form

- A copy of the residence card of the head of household on the front
- A copy of the bank account passbook or cash card of the head of the household on the back

- ⑤ Please put the application form in the yellow green envelope

- ⑥ Please put the envelope in a post box

#### ▽ No. of days until you receive money

The money is transferred to your bank account about two weeks after confirming the content of the form by the city office. It may take some time to confirm.

#### ▽ Inquiries (in Japanese)

Call center for Special Cash Payments



028-688-8340



## Please use tablets which can translate and interpret in multiple languages



#### ▽ Content

A person who has trouble with procedures and communication in Japanese at the city hall, branch offices, and health care centers can request the city officer to use the tablet which can translate and interpret.

#### ▽ Location for the tablets

- Utsunomiya City Office (General information, Tax System Division, Tax Payment Division, Municipal Tax Division, Citizens Affairs Division, Life Welfare Division 1&2, Families with Children Division, Daycare Division)
- Branch Office (Eki-Higashi Branch Office, Banba Branch Office)
- Public Health Office (Public Health and Disease Prevention Division)
- International Plaza

#### ▽ Interpretable languages (11 languages)

English, Chinese, Korean, Indonesian, Thai, Vietnamese, Myanmar, Portuguese (Brazil), French, Spanish

#### ▽ Translatable languages (30 languages)

Taiwanese Chinese (Traditional), Khmer, Sinhala, Filipino, Hindi, Dutch, German, Nepali, Mongolian, etc.

#### ▽ Inquiries: International Plaza



028-616-1567

# Be Careful of Heat Stroke!



When living your "new norm of life," be more careful about heat stroke than ever before!

## **1. Take off your mask in the following situations**

- When the temperature and humidity are high
- When you are more than 2 meters away from someone outside
- When you work and exercise hard

## **2. Avoid the heat**

- Adjust the room temperature with an air conditioner, etc. and open the window frequently to ventilate the air
- Stay calm outside at hot times and days
- Wear cool clothes
- Use sunshade and hats when going out

## **3. Drink water often before being thirsty**

- One to two liters of water is necessary a day
- Intake salt as well when you sweat a lot

## **4. Always take care of your body**

- Check your health by taking your temperature every morning
- If you feel unwell, rest at home

## **5. Build a body that can withstand the heat**

- Exercise as much as possible without forgetting to drink water



# Typhoons and Heavy Rain

Heavy rain and many typhoons come to Japan from summer to autumn. Heavy rain and strong wind cause damage. Look up information about necessary items when evacuating, shelter locations, updated weather information when on the TV and Internet and try to evacuate early.




[ Safety tips ]

(Disaster information available)

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## **About shelters**

- These are safe places to evacuate to when a disaster occurs.
- Everyone can use the shelters but you should consider in advance if you can evacuate to safe family and friends houses to avoid making big group and thus prevent infection of COVID-19.
- Food, household goods, and useful information are available here.

You can confirm the locations of the Utsunomiya City shelters on the city website 



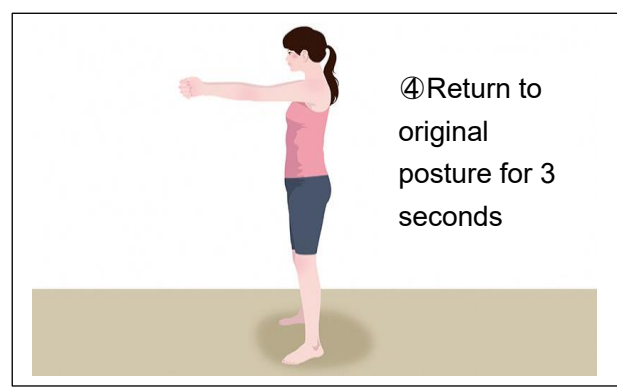
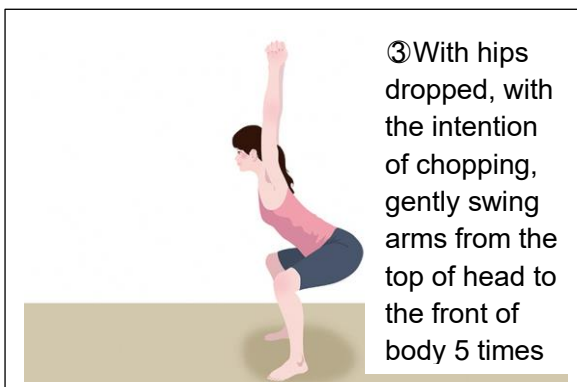
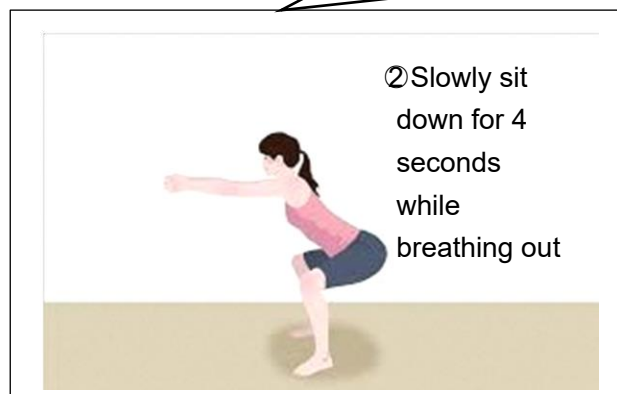
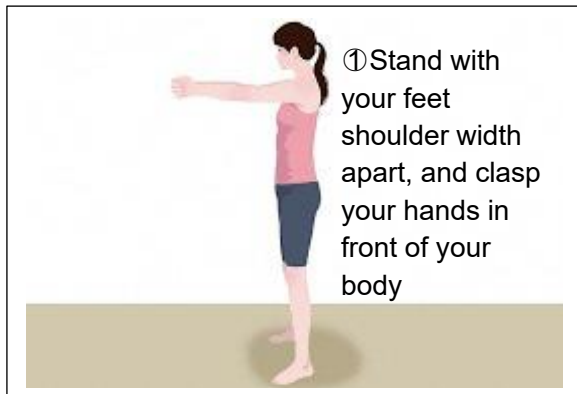
## Information

# “Stay at Home Exercise”

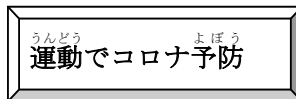
～An explanation of an exercise you can do at home～

Exercise improves your body’s immunity and helps prevent contracting diseases. This is an explanation of the “Wood Chopping Exercise” which you can do by yourself. Try it!

One set has 3 cycles of “① to ④.” Perform 3 sets a day.



Search on YouTube



Search

Video here



## Utsunomiya International Plaza (UIP) Service

### Consultation for Foreign Residents

※Other languages are available as well by using the tablet which can translate and interpret in multiple languages

		Spanish Portuguese	Vietnamese	Chinese	Thai	English
<b>UIP</b> ☎028-616-1564	3:00PM - 6:00PM	Mon	1 <sup>st</sup> & 3 <sup>rd</sup> Mon	Tues	Wed	Fri
		4 <sup>th</sup> Sunday of the month (appointment needed)				
<b>City Hall</b> ☎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	—	1 <sup>st</sup> Thurs	3 <sup>rd</sup> Thurs
<b>Administrative Scrivener</b> ☎028-616-1564	3:00PM - 5:00PM	3 <sup>rd</sup> 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.

“Oh-ii!” is published in easy Japanese, English, Chinese, Portuguese, Thai, and Vietnamese. You can also read it on the UCIA website.



**Past issues are also available!**