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Be careful of the simultaneous outbreak of COVID-19 and the flu



It has really become cold recently, hasn't it?

When it gets cold, you're more likely to catch a cold, so you have to be careful.



As for COVID-19, it looks like there may be more people infected this winter than this summer.

Yes, and at the same time, it seems likely that the flu will be prevalent as well.



As we are approaching the New Year holidays, there will be more opportunities for people to gather, so it's important to take basic infection control measures such as washing your hands, ventilating the air, and wearing a mask.

►What is the flu?

The flu is a viral disease. When a person with the flu coughs or sneezes, the virus spreads through the air, which can then be inhaled and transmitted.

The flu is prevalent from the beginning of winter to the beginning of spring.

You may suddenly develop a high fever and feel pain in your head, joints, or muscles. It can also lead to bronchitis or pneumonia (an illness that makes it difficult to breathe), and the symptoms can become severe (symptoms often get worse).

►When to get a vaccine

After receiving a vaccine, it takes two weeks for your body to become resistant to the flu.

Also, the effects are said to last for 3 to 5 months. Therefore, it is best to get vaccinated between November and early December, before the flu season hits.

Always call the hospital before going to get a vaccine.

Vaccination period in Utsunomiya City:

October 1, 2023 - March 31, 2024

1. Infant vaccination

▽**Target:** Children who are registered as residents in Utsunomiya City and who are 1 year old at the time of vaccination

▽**Subsidy amount:** 1,000 yen per time

▽**Number of times:** Up to 2 times per person

2. Vaccinations for the elderly

▽**Target:** The following people ① or ② who have an address registered in Utsunomiya City

① 65 years of age or older

② People age 60 to 64 with heart, kidney, respiratory, or HIV disorders

▽**Fee to pay by yourself:** 1,500 yen

▽**Number of times:** 1 time. From the second time onward, you will need to pay the full amount yourself.

▽**People who are exempt from fees (can receive it for free):**

Those who do not have to pay municipal taxes, those receiving public assistance, and Japanese nationals remaining in China can receive a “free ticket” by submitting an “application for self-payment exemption” to the Health Issue Prevention Division in advance.

Contact: Health Issue Prevention Division

☎028-626-1114

Information for those who will enter elementary and junior high schools in April 2024**Procedures for children of foreign nationalities to attend elementary/junior high school**

Children of foreign nationality can also attend elementary school for six years and junior high school for three years.

School begins in April and the first academic year ends in March of the following year. Those who wish to go to school partway through the school year must complete the admission procedures. The municipal elementary/junior high school you attend is determined by your address.

There is also a class for children who are worried about their Japanese reading and writing skills.

If you wish to enroll in a municipal elementary school or junior high school, please contact the School Management Division.

Please complete the procedures by contacting the School Management Division (☎028-632-2724).

Health exams for children planning to enter an elementary school

▽ **Target:** Children who will enter elementary school in April 2024

▽ **Date:** October 18 - November 30, 2023

The health exam date varies depending on the elementary school.

▽ **Other**

- In September a paper was sent to the eligible people indicating the date and venue for the health exam.
- If you have not received the paper and wish to enroll your child in elementary school, please call the School Health Division (☎028-632-2756)



International Exchange Salon 🎵

🕒 Nov. 25 (Sat) 4:00PM - 6:00PM
Every 4th Saturday

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

Cost Free

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

☎ 028-616-1563



Enjoy picture books from around the world ! !

🕒 November 26 (Sun) *Two sessions
First session: 1:00PM - 2:30PM
Second session: 2:30PM - 4:00PM

😊 The staff will read picture books while explaining about the three countries of Brazil, Taiwan and UK. Please come have fun with your family.

Cost Free

Max 40 person each session

Sign up Call UCIA from Nov 1

@ East library 2nd floor meeting room (3-5-1 Nakaimaizumi)

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



Japanese Language Presentations by Foreigners

🕒 November 12 (Sun) 1:30PM - 4:00PM (Doors open at 1:00PM)

😊 Foreigners studying Japanese in UCIA's Japanese language classes, etc. will give presentations on what they have experienced and felt since coming to Japan.

Cost Free

Sign up Please sign up by coming to UCIA, by phone, FAX, or e-mail.

@ Utsunomiya-shi Chuo Shogai Gakusyu Center
(Central Lifelong Learning Center) (1-1-13 Chuo) 601 Large Hall

☎ Utsunomiya City International Association TEL: 028-616-1870 FAX: 028-616-1871
✉ ucia@ucia.or.jp



Musical for children "Your Body is Important" 🎵

🕒 November 19 (Sun) ①12:30PM ②2:20PM~

😊 An original musical with children's songs and dances 🎵



Max First 200 people each time (anyone)

Cost Free (requires numbered ticket)
Numbered tickets will be handed out at the entrance of the multipurpose hall twice:
① 11:30~ ②13:20~.

@ Tochigi Prefectural Children's Science Museum (567 Nishikawata machi)
Multipurpose hall

☎ 028-659-5555

Christmas concert 🎵

🕒 December 17 (Sun)

① 10:00AM - 12:00PM

② 1:30PM - 3:30PM

😊 Enjoy Christmas songs performed by piano, soprano, and cello 🎵

Cost Free

Max First 250 people each time (anyone)
Sign up By phone from December 7 (Thurs) 2:00PM~

@ South Library (56-1 Suzumenomiyacho)
☎ 028-653-7609





We asked David about cultural differences, the San Lorenzo Japanese American Association, life in Japan, and his favorite sports.

Buenas tardes! "Hello" in Spanish

David Hideto Hisaoka is from San Lorenzo, graduated from high school, and came to Japan about a year ago.

UCIA: What kind of country is Paraguay?

David: It is a country located almost in the center of South America and has no sea. Soccer is popular. It is famous for South America's largest bird, the Rhea, with a height of about 1.8 meters and weight of about 20kg, resembling an ostrich.

UCIA: What kind of personality do Paraguayans have?

David: I like to joke around, and I'm quick to open up conversations with people I meet for the first time.

UCIA: In what ways do you feel cultural differences?

David: I want to talk to the Japanese people around me, but they might think it's strange if I suddenly start talking to them. Even if I do, I feel like they won't open up to me.

UCIA: You speak Japanese very well.

David: From the age of 5, I studied Japanese every Saturday at the San Lorenzo Japanese American Association. After making my own "sanshin" (3-stringed instrument) in this group's sanshin class, I learned how to play it. I helped sell drinks during Bon Odori and Japan Festivals. When I attended, I had a chance to speak Japanese.

UCIA: What kind of life do you lead now?

David: I am learning Japanese at a Japanese language school and Japanese language workshops. I hope to pass level 2 of the Japanese Language Proficiency Test. In the future, I would like to pursue economics.

UCIA: What kind of sports do you like?

David: I play catcher in baseball and also do triathlons. I love nature, so I made plans to climb Mt. Fuji and even bought some shoes.

UCIA: David, please do your best!

Gracias! (Thank you!)

Utsunomiya International Plaza (UIP) Service



Consultation for Foreign Residents

※Communication in other languages is also possible using a tablet capable of multilingual interpretation and translation.

		Spanish Portuguese	Vietnamese	Chinese	Thai	English
UIP ☎028-616-1564	3:00PM - 6:00PM	Mon	1 st & 3 rd 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	—	1 st Thurs
	2:00PM - 5:00PM	Thurs	2 nd Thurs	—	1 st Thurs	3 rd Thurs

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UCIA's official LINE

We send fun exchange events and life information.

"Please register as a friend and use it as an information gathering tool."



"Oh-i!" is published in easy Japanese, English, Chinese, Portuguese, Thai, and Vietnamese. You can also read it on the UCIA website.
<https://www.ucia.or.jp/>

