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That prolonged cough may be tuberculosis!?

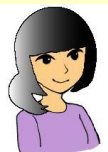
~Things you should know to live a healthy life in Japan~



It's now been over two weeks since I started coughing.


You may have tuberculosis. You should go to the doctor.

Tuberculosis!? That's scary!!



Long ago it was a disease that many people died from, but now if you take medicine correctly, you can recover. What's important is to go to a doctor early on.

I didn't know that! I will go to a doctor right away.



■ What kind of disease is tuberculosis?

Tuberculosis is a disease in which tuberculosis-causing bacteria mainly causes inflammation in the lungs. It starts with symptoms similar to a cold.

■ Tuberculosis spreads through the air

When a person with tuberculosis who is releasing bacteria coughs or sneezes, the bacteria spread out into the air, and others inhale it and become infected.

■ Go to a doctor in situations such as the following

If you have a cough, phlegm, fever, or fatigue for two or more weeks, go to the doctor to see if you have tuberculosis. If tuberculosis becomes severe, it may require hospitalization for a long time. It is very important to go see a doctor early on, before tuberculosis becomes serious and easily spreads to family and friends.

■ How can it be cured?

Tuberculosis can be cured by continuing to take multiple medicines every day for six to nine months. (The city will pay some of the expenses necessary to cure tuberculosis at a hospital)

■ If you have concerns, contact a public health center

At Japan's public health centers, health nurses (specialists) make home visits, provide consultation, and assist to ensure that tuberculosis is treated properly and will be cured.



"If concerned, inquire!" Consultation is possible in various languages.
※Available languages (14 languages)

Source: Japan Anti-Tuberculosis Association



【Inquiries】: Infectious Disease Prevention Group, Health Issue Prevention Division, Utsunomiya City Health Center
 (Kansensho Yobo Group, Hoken Yobo-ka, Utsunomiya-shi Hokenjo) ☎ 028-626-1115

Changes in the services offered at the Banba Branch Office

Starting Wednesday, October 1, 2025, some of the procedures that can be done at the Banba Branch Office will change. For details, please refer to the content mentioned in the **Changes** below.

▼Procedures that can be done at the Banba Branch Office

- Resident transfers (move into the city, move within a city, move out of the city, etc.)
- Family register notification (marriage, birth, etc.)
- Issuance of various certificates (resident record, family register, seal certificate, tax certificate, etc.)
- Seal registration
- My Number Card procedures (other than issuance)
- Insurance-related procedures (National Health Insurance, Late-stage Senior Citizens' Medical Insurance, Long-Term Care Insurance)
- National pension procedures
- Elderly welfare-related and various medical expenses subsidy-related procedures
- Child-related allowance, etc. procedures
- City tax, water billing, etc. procedures

▼Changes

Please note that the following procedures cannot be done on Saturdays, Sundays, national holidays, and weekdays after 5:15PM.

- My Number Card procedures (change in content on My Number card, such as moving into the city, moving out of the city, address change, etc., electronic certificate issuance, PIN No. initialization, etc.)
- Family register notification (all services, including marriage, birth, etc.)
- Issuance of certificates related to family registers of other municipalities (※Cannot be done after 5:00PM)
- Tax certificate issuance (all services, including income certificates, tax certificates, etc.)
- Motorcycle registration (license plate issuance) and scrapping
- National Health Insurance Qualification Certificate issuance
- Municipal tax, water bill, etc. payment consultation, payment form reissuance, etc.

▽Banba Branch Office

【Hours】 10:00AM - 7:00PM

【Closed】 Mondays, year-end and new year holidays (December 29 – January 3)
(Closed some days for system inspections, etc.)

【Venue】 Utsunomiya Omotesando Square 5th floor (inside Utsunomiya City International Plaza),
4-1-1 Baba-dori

【Nearby bus stop】 Kanto Bus: “Baba-cho” and “Futaarayama Jinjamae” JR Bus: “Baba-cho”

【Parking lot】 Charged parking lot (First 30 minutes are free). The entrance to the parking lot is on Akamon-dori street.

URL ⇒



Check the congestion status
at the service window ⇒



【Inquiries】 Banba Branch Office (*Banba Shuccho-jo*) ☎ 028-616-1542

Fun events 🎵

International Exchange Salon 🎵

- 🕒 October 25 (Sat) 4:00PM - 6:00PM
Every 4th Saturday
- 😊 An opportunity to enjoy interacting with people from various countries.

Cost Free

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

☎ 028-616-1563



20th Utsunomiya Food Education Fair

- 🕒 October 19 (Sun) 10:00AM - 3:00PM
- 😊
 - Stage events
Tomato dish cooking contest, etc.
 - Exhibition booths
Experiential booths, food sales, etc.
 - Stamp rally♪
- @ Light Cube, Miyamirai Light Hill
Utsunomiya Food Education Fair
Organizing Committee Secretariat
(Utsunomiya Shokuiku Fair Jikoiinkai Jimukyoku)
- ☎ 028-626-1128

Japanese Language Presentations by Foreign Residents

- 🕒 November 9 (Sun) 1:30PM - 4:00PM (Doors open at 1:00PM)
- 😊 Foreign residents studying Japanese in the Utsunomiya City International Association's Japanese classes, etc. will give presentations on what they have experienced and felt since coming to Japan. Please come watch!!

Cost Free

Sign up If you want to watch, please go directly to the venue on the presentation day.

@ Utsunomiya International Plaza, Social Gathering Room (Konwashitsu)
(Utsunomiya Omotesando Square 5th floor, 4-1-1 Baba-dori)

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



Utsunomiya 100 Views Autumn Leaves Bus Tour



- 🕒 November 14 (Fri) 9:00AM - 3:10PM
- 😊 Visit famous places as Utsunomiya's 100 views autumn leaves, etc.

Cost Free

For Persons living, working, or attending school in Utsunomiya City

Limit About 25 people by lottery

Sign up Sign up on city website or by reply paid postcard by October 15

@ Utsunomiya Castle Ruins Park (gathering and dismissing location), Tochigi Prefecture Central Park, Haguro Shrine, Former Oya Public Hall, Bell Terrace Oya (eat lunch), Ishikura Warehouse Group, etc.

☎ Landscape Greenery Division (Keikan Midori-ka) 028-632-2558



Interview

Saowalak of Thailand

We asked Saowalak of Thailand about why it is called “Land of Smiles,” her hometown of Phitsanulok, her job, what is important to her, etc.



สวัสดี ครับ! Sawadee kha! is a Thai greeting meaning not only “Hello,” but also “Good morning,” “Good night,” and “Goodbye.” Greetings are made by placing ones hands together.

UCIA: Thailand is called the “Land of Smiles.” Why do you think that is?

Saowalak: For Thai people, smiling has various meanings, such as respect for others, courtesy, and peace of mind. I think it’s because people can communicate with tourists with smiles even if they can’t speak their language.

UCIA: What kind of place is Phitsanulok, your hometown?

Saowalak: Phitsanulok is famous for dried bananas and flourishing agriculture. My father is a producer of rice, coconut, and mango. Historically, it was the ancient capital of the Ayutthaya dynasty. The Chinarat Buddha is there, and is considered the most beautiful Buddha statue in Thailand.

UCIA: Have you ever had any difficulties in Japan?

Saowalak: When I came to Japan, I didn’t know Japanese, so I went to a Japanese language school for a year, and then I continued to study in a Japanese language class. However, in my daily life, I was confused because I didn’t understand the Tochigi Prefecture dialect that I didn’t learn in the

UCIA: What kind of work are you doing?

Saowalak: About 10 years ago, I studied nursing care and welfare at TBC Gakuin and now I am working at a nursing home. I’m thinking about my parents and grandparents in Thailand as I interact with the residents in the nursing home. I enjoy working with the staff from Indonesia, Vietnam, and Brazil. I also work teaching Thai and computer use.

UCIA: What kind of organization is the “Dek Thai Group”?

Saowalak: It is a non-profit organization located in Utsunomiya City that teaches Japanese and Thai, supports Thai people’s lives with counseling, administrative procedures, introducing Thai culture, etc.

UCIA: What do you value or always keep in mind in your life in Japan?

Saowalak: Japanese carefully explain things even when they are busy. They have a heart that cares about other people. When an earthquake occurs, Japanese people do not panic, but remain calm and take action. In Thailand, we learn from Japanese and take measures for disasters. I also want to learn from them by respecting them.

UCIA: Sawalak, ขอบคุณ ครับ Khobkun kha! Thank you!

Utsunomiya International Plaza (UIP) Services

General consultation in various languages

※Assistance in other languages is possible using a tablet that can interpret and translate multiple languages.

		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 Sun (by appointment only)					
City Hall ☎028-632-2834 (Business hours only)	9:00AM - 12:00PM	Thurs		—	—	—	Thurs
	2:00PM - 5:00PM	Thurs		2 nd Thurs	3 rd Thurs	1 st Thurs	—



UCIA's Official LINE

We send out information on fun exchange events and everyday life information. Please register as a “Friend” to use it as an information gathering tool.



“Oh-it” is available in easy Japanese, English, Chinese, Portuguese, Thai, and Vietnamese. You can also read it on the Utsunomiya International Exchange Association’s (UCIA’s) website at <https://www.ucia.or.jp>

