

# Ota Informa

July 10<sup>th</sup>, 2020 Edition

Edited and Issued by  
Ota International  
Association

For more information in English:  
Please access  
our multilingual websites 📱📱📱



太田インフォルマ 2020年7月10日号 (英語版)

- P1. 日本語教室「虹の会」再開のご案内・「生活者としての外国人」のための日本語学習サイト つながるひろがる にほんごでのくらし・感染症予防対策と熱中症予防・8月の市役所開庁案内
- P2. 国民年金 免除&猶予制度・国民健康保険に加入のみなさんへ 国保税の減税&傷病手当金の支給・7月1日から医療機関で受ける個別けんしんを開始
- P3. マイナンバー通知カードは令和2年5月25日で廃止されました・市税の7月納税・ゆかりちゃん誘拐容疑事件の情報をお寄せください!・無料相談(法律・交通事故)エイズ&特定感染症の検査
- P4. 休日当番医・急患のみ診察可能な救急指定病院・平日夜間急病診療所・休日歯科診療・英語の外国人市民相談窓口ワンストップセンター開設日・ハローワークおた外国人出張行政相談コーナー
- 折り込みチラシ✓太田警察署からのお知らせ「ルールを守って安全運転」・「あなたのまちの交番&駐在所」✓マイナンバーカードをお持ちの外国人住民のみなさまへ

## Japanese Language Courses

### Volunteer Group "Niji no Kai" (Nitta Region)

Re-starting from **July 13 (Mon.), 2020** - Every **MONDAY** from 19:00 to 20:30 (excludes holidays)

**Application:** Sign up directly at Kizaki Community "Gyousei" Center before class starts. **It's FREE!**

**Location:** Kizaki Community "Gyousei" Center (Please wear a face mask when you come.)

**Address:** Ota-Shi Nitta Kizaki-Cho 1215-1 \* Approx. 3 min. walk from Kizaki Elementary School.

**Contact:** Ota International Association "Ota-Shi Kokusai Kouryu Kyoukai"

☎0276-48-1001 (Weekdays only) E-mail: [otaia@mx.city.ota.gunma.jp](mailto:otaia@mx.city.ota.gunma.jp)



## Connect and Enhance in Japanese

-Website for residents who want to learn daily Japanese-

The goal for the website is for non-Japanese speaking residents to be able to use it in your daily life to live more comfortably in Japan. You can choose contents from your language level, situation or words. Access the QR code on the left and study to communicate with the local people in Japanese!

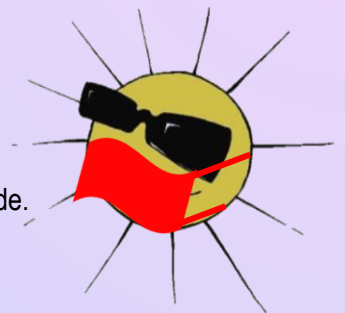


## Prevent heat stroke / heat exhaustion and infectious diseases

We need to protect ourselves from the coronavirus and heat-related illnesses in this summer. Wearing face masks tends to keep heat in the body and makes difficult for us to feel thirsty. Please take extra precautions against the illnesses in extreme weather.

### Preventing heat-related illnesses:

- 1- Dress in clothes that will keep you cool, use an air-conditioner or fan, and avoid heat.
- 2- Drink liquids frequently and take some salt if you sweat a lot.
- 3- Take your mask off when you can maintain more than a two meter distance from others outside.
- 4- Be aware of your health and well-equipped for the heat.



### Symptoms of the illnesses and first aid treatment:

**Mild:** Dizziness, muscle pains, tingling / prickling in your arm / leg → Cool your body in a breezy place and drink liquids.

**Moderate:** Headache, nausea, vomiting, exhaustion → Please seek medical treatments if patients cannot drink liquids by themselves or their symptoms do not get better even though they take lots of liquids.

**Severe:** No response to questions, seizures, extremely hot temperature → **Call 119 immediately!**

For more Information: Ota-Shi Health "Hoken" Center, Health Promotion Division "Kenko Zukuri-Ka" ☎0276-46-5115

## Open days in August at Ota City Hall

Ota City Hall will be open in normal hours except for Saturdays, Sundays, and 10<sup>th</sup> (public holiday / Monday).

**Please wear a face mask when you come to the city hall.**



## Contribution payment exemption and postponement system for the National Pension “Kokumin Nenkin”

If you have trouble paying the contributions due to financial difficulties, you may be eligible for exemptions or payment postponements (for individuals under aged 50). Interested individuals must apply at the city hall every July and can apply up to 25 months prior to the month exemption procedures are planned. By taking this procedure, you establish valid coverage periods to be included in the requirement to receive pension. If you are effected by Covid-19 economically and find difficult to pay contributions, please check the National Pension Service website for the temporary special measures.

### Application for exemption

If you, your spouse (including living separately) and your head of household's income are below the standard income amount last year, or you can show a certificate that you are unemployed, you may be eligible for the exemption which is either full or partial (3/4, 1/2 or 1/4) depending on your income. ※The partial exemption requires you to pay remaining contribution amount, and if you fail to pay the remaining amount, the partial exemption period will no longer be valid and result in as non-payment period.

### Payment postponement

If last year's income for applicant (under aged 50) and their spouse (including living separately) is below the standard income amount or you can prove that you are unemployed, you may be eligible for payment postponements.

**Approval period:** from July, 2020 to June, 2021.

※Individuals who are eligible for exemptions or postponements, you can apply for the following fiscal year onwards continuously. (Except for individuals who are unemployed)

**What to bring:** I.D. (Resident “Zairyu” card, Driver's License, etc.), Individual Number “My Number” (Notification) Card, Personal *Inkan*-Seal ※For individuals who are unemployed, please bring your resignation slip “*Rishokuhyo*” or certificate of employment insurance benefits “*Koyohoken Jukyuu Shikakusha Sho*”

For more information: Ota Pension Office “*Ota Nenkin Jimusho*,” TEL: 0276-49-3716 or

Ota City Hall (1F / Counter 12), Medical Care Pension Division “*Iryou Nenkin-Ka*”

TEL: 0276-47-1941

## To members of National Health Insurance “Kokumin Kenko Hoken”

### Covid-19 National Health Insurance Payment Relief

Eligibility: Households whose primary earner's income was decreased 30 % or more compared with the previous year. (There is an income restriction.) ※For further details, please check a green letter with your notification concerning individuals' tax amount which will be sent in mid-July or the city's website.



**Contact:** Ota City Hall (1F/ Counter 16), National Health Insurance Division “*Kokumin Kenkou Hoken-Ka*” ☎0276-47-1966

### Accident and Sickness Benefit for Covid-19 patients

If you receive a salary and are tested positive for Covid-19, you may be eligible for the accident and sickness benefit, “*Shobyō Teate-Kin*.” For more details, please check the city's website or consult with National Health Insurance Division.

**Contact:** Ota City Hall (1F/ Counter 16), National Health Insurance Division “*Kokumin Kenkou Hoken-Ka*” ☎0276-47-1825

## Individual Health Checkups at Medical Facilities

### Health Checkups cancelled by Covid-19 is re-starting from July

**Contents:** Stomach, colorectal, breast, uterine cervical and prostate cancer exam, hepatitis virus exam, health checkup, and special checkups.\* For further details, please check with a letter enclosed with health checkup tickets sent.

**Information:** Ota City Hall

National Health Insurance Division (Ota City Hall 1F/ Counter 16) “*Kokumin Kenkou Hoken-Ka*” ☎0276-47-1825

Medical Care Pension Division (Ota City Hall 1F / Counter 12) “*Iryou Nenkin-Ka*” ☎ 0276-47-1926

Health Promotion Division (Ota-Shi Health “*Hoken*” Center) “*Kenko Zukuri-Ka*” ☎0276-46-5115



# My Number Notification Card was abolished on **May 25, 2020.**

From May 25<sup>th</sup>, the “My Number” Notification card (on the right) is no longer be accepted as a form of identification. You will still have the same “My Number” as before but the notification card will not be updated when your details changed.



- The notification card that you have been given can still be used as a document to show your “My Number” for a while unless your name or address has changed.
- The notification card is not re-issued or no changes (names, addresses, etc.) can be made. If you are required to show your “My Number” as a certificate, please **apply for an Individual Number card (with photo) or apply for a duplicate of resident record “Juminhyo” with the number.**
- If you receive “My Number” for the first time after May 25, 2020 (e.g. birth, etc.), a notification letter for Individual Number will be issued. (Note: The notification letter cannot be used as a certificate to prove your “My Number,” either.)

**Information:** Ota City Hall (1F / Counter 11), Residents’ Affairs Division “Shimin-Ka” ☎0276-47-1823

## **Upcoming FY2020 Payment Deadlines for Municipal Taxes**

**Fixed Property (2<sup>nd</sup> period) and National Health Insurance Tax (1st period)** is due on

**July 31<sup>st</sup>, 2020 (Friday).**



Please be sure to make payments by the deadline. For tax payment inquiries, contact the Tax Collection Division “Shuno-Ka” in Ota City Hall (2F / Counter 23) ☎ 0276-47-1820.

## **Yukari-chan Kidnapping Case**

**Please let us know of any information pertaining to the Yukari Yokoyama kidnapping case!**



**Yukari was 4 years old (would be 29 years old now) and kidnapped on July 7<sup>th</sup>, 1996 at a pachinko in Ota City.**

**Reward of up to 6,000,000 yen.**

**Contact Information: Ota Police Station ☎0276-33-0110 or Free Dial at ☎0120-889-324**

**※ Consultation may be cancelled due to prevent the spread of Covid-19.**

### **FREE LEGAL ADVICE** (Consultation in Japanese only)

| Location  | Date                                | Hours       | Capacity | Information / Appointment  | Note  |
|---|-------------------------------------|-------------|----------|--|---|
| Ota City Hall (3F/Counter 38)<br>※ <b>Telephone consultation only</b> | Every Wednesday (Excludes holidays) | 9:30~12:00  | 14       | Ota City Hall, Residents’ Consultation Division “Shimin Soudan-ka,”<br>☎ 0276- 47-1897<br>(Limited to those who live or work within the city limits) | Service at all locations require an appointment beforehand; you can make an appointment up to 2 weeks in advance. |
|   | July 16 (Thursday)                  | 10:00~12:00 | 6        |  |   |
| Fukushi Kaikan (Ota-Shi Iida-Cho 1549)                                | July 20 <sup>th</sup> (Monday)      | 13:00~16:00 | 7        | Ota City Social Welfare Conference<br>☎ 0276-46-6208   |   |
| Legal advice through the phone  | Mon. ~ Fri. (Excludes holidays)     | 13:00~16:00 | —        | <b>Gunma Bar Association</b><br>☎ 027-233-9333   | Approximately 10 minutes per person   |

### **FREE CONSULTATION ON TRAFFIC ACCIDENTS** (Consultation in Japanese only)

|   |                                 |            |   |   |   |
|---|---------------------------------|------------|---|---|---|
| Gunma Prefectural Government Office (20F) (Address: Maebashi-Shi Ote-Machi 1-1-1) | Mon. ~ Fri. (Excludes holidays) | 9:00~15:30 | — | Gunma Prefectural Government Office, Traffic Accident Consultation Center “Koutsuu Jiko Soudanjo”<br>☎ 027-243-2511 | No prior appointment is necessary; please come by 15:00 |
|---|---------------------------------|------------|---|---|---|

## **Examination for AIDS & Other Specific Infectious Diseases**

~ The consultation and examination is **FREE, Confidential, and Anonymous**~

Every week on Mondays (except on holidays) from 8:45am to 9:45am (make an appointment in advance by telephone). The first Mondays of every month is also from 5:30pm to 6:30pm (make an appointment in advance by telephone). **Location:** Ota Health & Welfare Office “Ota Hoken Fukushi Jimusho” **Address:** Ota-Shi Nishihon-Cho 41-34 (along Ota Route 312, near junction with Route 2) ☎0276-31-8243



# Doctors on Duty on Sundays and Holidays (Emergency)

If you have a fever or respiratory symptoms, please call from car, etc. before visiting clinics.

|                   |                                  |  |              |
|-------------------|----------------------------------|--|--------------|
| July 19<br>(Sun.) | I.M. / Neurosurgery / Pediatrics | Minowa Clinic (Yura-Cho)                     | 0276-40-4888 |
|                   | I.M. / Pediatrics                | Hoshino Naika Ichoka lin (Higashiyajima-Cho) | 0276-48-5525 |
|                   | Ophthalmology                    | Kobayashi Ganka Clinic (Hama-Cho)            | 0276-46-7066 |
| July 23<br>(Thu.) | I.M.                             | Fujigaoka Byouin (Kumano-Cho)                | 0276-22-1281 |
|                   | I.M. / Pediatrics                | Suzuki lin (Nitta Hayakawa-Cho)              | 0276-56-7876 |
|                   | Orthopedics                      | Koiso Seikeigeka Clinic (Ryumai-Cho)         | 0276-60-5518 |
| July 24<br>(Fri.) | Pediatrics / I.M.                | Kobayashi Shonika Naika lin (Higashihon-Cho) | 0276-26-1000 |
|                   | Urology / I.M. / Dermatology     | Tsuchiya Clinic (Hosoya-Cho)                 | 0276-33-7250 |
|                   | Otorhinolaryngology (E.N.T.)     | Minami lin (Iida-Cho)                        | 0276-45-6250 |
| July 26<br>(Sun.) | I.M.                             | Yamagishi Naika lin (Iizuka-Cho)             | 0276-45-1580 |
|                   | I.M. / Surgery / Orthopedics     | Arai Shinryoujo (Arai-Cho)                   | 0276-46-1850 |
|                   | Ophthalmology                    | Harigaya Ganka (Higashihon-Cho)              | 0276-22-3642 |
| Aug. 2<br>(Sun.)  | Surgery / I.M. / Pediatrics      | Takazawa Ichouka Geka (Arai-Cho)             | 0276-45-1133 |
|                   | I.M. / Surgery                   | Yamada Clinic (Kamikobayashi-Cho)            | 0276-40-2121 |
|                   | Ophthalmology                    | Okawa Ganka (Shimokobayashi-Cho)             | 0276-48-7700 |
| Aug. 9<br>(Sun.)  | Pediatrics                       | Takara Shinryoujo (Takara-Machi)             | 0276-31-8200 |
|                   | I.M.                             | Ota Heart Clinic (Fujiagu-Cho)               | 0276-57-6181 |
|                   | Orthopedics / Plastic Surgery    | Kenmochi Seikeigeka (Higashihon-Cho)         | 0276-25-2537 |
| Aug. 10<br>(Mon.) | Pediatrics                       | Nanairo Kodomo Clinic (Ryumai-Cho)           | 0276-55-5568 |
|                   | I.M. / Dermatology / Urology     | Kawada Clinic (Yura-Cho)                     | 0276-33-7755 |
|                   | Ophthalmology                    | Josai Ganka (Niino-Cho)                      | 0276-30-4177 |

※Emergency medical services are subject to change.

I.M. → Internal Medicine

※The doctors above are only on duty for seeing emergency patients. Other patients are asked to seek treatments on weekdays.

※Please call the telephone number below for confirmation.

Hospital Guidance Telephone Service for Emergency Cases: ☎0276-45-7799

## Designated Emergency Hospitals providing Medical Services (only to emergency patients)

Ota Kinen Byouin ☎0276-55-2200

IMS Ota Chuo Sogo Byouin ☎0276-37-2378

Motojima Sogo Byouin ☎0276-22-7131

Shiroyama Byouin ☎0276-46-0311

Horie Byouin ☎0276-38-1215

Kouaikai Dai Ichi Byouin ☎0277-78-1555



## Weeknight Emergency Infirmary (Pediatrics or I.M.)

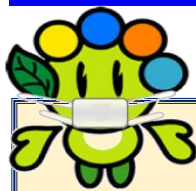
Reception Hours: Mon. to Sat. -18:45~21:45 (Excluding holidays, Year-End and New Year holidays.)

Note: Treatments for mild illnesses are available. Please call before visit to check which specialist is on duty.

Location: Ota-Shi Health "Hoken" Center 1F Address: Iida-Cho 818 ☎0276-60-3099

## Dental Services on Sundays, Holidays, and Year-End/New Year Holidays

Opening Hours: 10:00~13:00 Ota Nitta Shika Ishi Kaikan (Southwest of Ota City Hall; 2-3 min away walking distance.) ☎0276-45-7320



Please wear a face mask for consultations!

## Assistance in English

Every Monday from 9:00 to 11:30

Every Thursday from 13:00 to 16:00

Location: Ota City hall (1F), Consultation Counter for Foreign Residents

"Gaikokujin Shimin Soudan Madoguchi One Stop Center"

Information: Ota City Hall ☎0276-47-1111 (general) or ☎0276-47-1908

The Public Assistance and Child-rearing Allowance consultations can take time, so please come by early. Closed on holidays including Year-End and New Year holidays.

## Hello Work OTA in Ota City Hall

Governmental Consultation Branch Office  
for Foreign Residents

Every Tuesday from 13:00 to 16:00

(Excludes national holidays, year-end and new year holidays)

Location: Ota City Hall 1F, Consultation Counter for foreign residents "Gaikokujin Shimin Soudan Madoguchi One Stop Center"

Contact: Hello Work OTA ☎0276-46-8609

This information bulletin is available at: **Aeon Mall Ota (2F) Information counter (from this issue)**, Airys Hall Arena, Arts Museum and Library Ota, Comprehensive Social Education Center "Shakai Kyouiku Sougo Center", Cultopia "Karutopia", Cultural Learning Center, Hello Work Ota, Ota Pension Office "Ota Nenkin Jimusho," Ota Main Post Office "Ota Yubinkyoku," Ota Police Station "Ota Keisatsusho," every Community "Gyousei" Center, every Public Health "Hoken" Center, every Service Center, Ojima Government Building "Ojima Chousha," Ota International Center "Ota-shi Kokusai Koryuu Center," Ota City Hall (Information Desk, Consultation Counter for Foreign Residents "Gaikokujin Shimin Soudan Madoguchi"), and also available on the Ota International Association's homepage

• OTA CITY HALL, Exchange Promotion Division "Kouryu Suishin-Ka" and

• OTA INTERNATIONAL ASSOCIATION "Ota-Shi Kokusai Kouryu Kyokai"

Address: 〒373-8718 Ota-Shi Hama-Cho 2-35 (Ota Shiyakusho) ☎0276-47-1908 & 0276-48-1001 FAX: 0276-48-1012

email: [otaia@mx.city.ota.gunma.jp](mailto:otaia@mx.city.ota.gunma.jp) <http://www.city.ota.gunma.jp/005gyosei/0020-007kikaku-kouryu/kokusaikouryu-eng/index.html>

太田市交流推進課・太田市国際交流協会 (英語版行政情報)

