

<p>Novel Influenza (H1N1) Prevention</p> <p>It has been nearly 2 months since the spread of the novel influenza. Found to be an attenuated virus, it has been closely monitored by every country, however it has reached Japan and a large number of people are infected. Let us check on how to avoid getting infected from the new type influenza, or what to do if infected.</p> <p><u>Symptoms of the Novel Influenza</u></p> <p>Just like the symptoms of the common influenza, there will be fever of or above 38 degrees Celsius, cough, throat ache, joint pain, head ache and weariness. There can also be diarrhea or vomiting as well. If one is infected, they may have some of the symptoms stated above, and can easily infect people around them. Even after one has no symptoms, they can spread the virus for 7 days.</p> <p>The main cure is the antiviral drugs Tamiflu and Relenza. These drugs can be found at the medical institutions, but will only be given if the doctor advises of it. There is no effective vaccine for this virus yet. Although, in the beginning it was called the swine flu, people do not get infected by consuming pork or other pork related food.</p> <p><u>Daily Prevention Methods</u></p> <p>There are 2 main ways in which influenza is spread. First, people can get infected by inhaling the virus from the air when an infected person coughs or sneezes. Second, people can be infected by touching places containing the virus, for example the railing in public places or the handles in the trains, and then touching their face.</p> <p>To prevent from getting infected in either of the ways, it is important to wear masks in public places, wash hands regularly especially after going out, practice coughing etiquette (see below) and gargling. Avoid using the same cup or PET bottle with other people. Avoid as much as possible to go to a crowded place. To avoid unnecessary traveling, it is better to buy food and other daily needed items in a large quantity. Moreover, it is highly advised to have a balanced lifestyle with proper nutrition intake and a good amount of exercise. The above are the same preventative techniques as for the common influenza.</p> <p><u>Cough Etiquette:</u></p> <p>When coughing or sneezing, cover the mouth and the nose with a tissue or cloth and get about 2 meters away from the nearest person, so that the virus does not fly to other people. If you do not have tissue, etc, cover your mouth with your hands or sleeves and then wash them as soon as possible.</p> <p>For removing nasal mucus, use a tissue and dispose it straight after usage into a garbage box with lid. Do not reuse the tissues. Make sure to wash hands as soon as possible as well.</p> <p><u>Regarding Mask Usage</u></p> <p>It is best for people with coughing or sneezing symptoms to wear masks. People who do not have any symptoms should also wear masks in public places, to prevent oneself from getting infected. Masks made of unwoven fabric are effective in the prevention of infection.</p> <p>*When wearing a mask make sure to consider the following points:</p> <ol style="list-style-type: none"> 1.)Cover the nose, mouth and chin, bend the wire in the mask to cover the nose properly so that there is no space between the mask and the face. 2.)When throwing away masks, hold it at the ends, near the ear, and not at the central part near the mouth. 3.)Make sure not to reuse the masks. <p>(*Currently there are many shops which are short of unwoven masks. The government has asked the suppliers to increase mask production, and the masks will be distributed to the badly infected region first and then to other regions.)</p> <p><u>Washing Hands:</u> Wash hands with soap (liquid soap is recommended) and water properly for more than 15 seconds in the following way:</p> <ol style="list-style-type: none"> 1. Rinse hands and wash away the visible dirt. 2. Apply the soap/hand soap on the hands. 3. Wash the front and the back of your hands 4. Wash between the fingers, fingernails and also the thumb. 	<ol style="list-style-type: none"> 5. Wash the wrist as well. 6. Wash away the soap with running water, and also wash the faucet as well 7. After washing, dry your hands with a paper towel or your personal towel. Avoid using one towel for many people. <p>The Influenza virus can be killed with alcohol containing disinfectants (60~80% alcohol). Medical Institutions and other public places are increasingly keeping alcohol containing disinfectants. After pressing the nozzle of the dispenser, the liquid is sprayed onto the hands; spread it to all parts of your hands. It dries up quickly so there is no need to wipe it with handkerchief etc.</p> <p><u>Gargling</u></p> <p>After coming back home from outside, gargle to reduce the spread of infection through the mouth.</p> <p>When back home, first wash hands, and then gargle in the following way:</p> <ol style="list-style-type: none"> 1. Put the water from the cup into your mouth and gargle it using your tongue and then spit the water out. Repeat 2 to 3 times. 2. Put water in your mouth and let the water go deep to the throat, gargle about 10 times, then spit the water out. Repeat for about 2~3 times. <p>*Make sure to use one cup per person, and avoid sharing cups.</p> <p><u>When You Feel Insecure of the Infection</u></p> <p>If you have any symptoms, first call the Fever Consultation Centre (Ibaraki Prefecture Tsukuba Health Centre). Especially, people who have been to the infected countries (U.S, Mexico, Canada) or to the infected regions (Hyogo and Osaka Prefecture) and have symptoms of influenza should first call the Fever Consultation Centre before going to the hospitals. The Fever Consultation Centre would then advise about which hospital to go to. When going to the hospital, wear mask and try your best not to infect anybody else. Also try to avoid traveling by public transport and use the family car. People who wish to learn more about the new type influenza should contact the following places.</p> <p>*Tsukuba Health Centre "Fever Consultation Centre" Tel: 029-851-9287 (in Japanese) Open from 9am till 5 pm (also on weekends)</p> <p>*Ibaraki Prefectural Office (Health Precaution Division) Tel: 029-301-4001 (in Japanese) Open 24 hours</p> <p>*People who wish to speak in foreign language should contact the Foreign Residents Consultation Centre at the Ibaraki International Association. Consultation can be done in the following languages: English and Japanese from Monday to Friday, Chinese on Mondays (pm) and Wednesdays, Portuguese on Mondays (am) and Thursdays, Spanish on Tuesdays, Thai on Wednesdays and Fridays and Tagalog on Thursdays; Korean on Tuesdays. Tel: 029-244-3811 Open 8.30am~5.15pm (only on weekdays)</p> <p>However, people who really need to consult during the weekend may call the Fever Consultation Centre at the Tsukuba Health Centre and speak in simple Japanese or English. Tell them of the language you wish to speak in and give your phone number, so that a volunteer interpreter can call you back and translate for you.</p> <p>*Having the Correct Information and Remaining Calm</p> <p>All the citizens need to have the correct information about the new type influenza and need to prepare for it in case of a pandemic. Everyone should also remain calm if there is a pandemic.</p>
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 <p>the tsukuba bulletin</p> <p>JUNE 2009</p>	<p>TSUKUBA CITY HALL International Relations & Culture Division City Hall- Sakura Branch Office 1979 Konda, Tsukuba, Ibaraki 305-0018 TEL: 029-836-1111 (ext. 5412). Email: ctz030@info.tsukuba.ibaraki.jp</p>
	<p>form can be downloaded from the website.</p> <p><u>Performance Method:</u> Strolling Dance (All dancing groups will get in a line and dance while walking along the street). The route and the arrangement for the performance will be decided by the group leaders meeting on the 15th of July.</p> <p><u>Evaluation:</u> The performance will be judged on originality, teamwork and excitement. There are no restrictions on the style of dance and individuals in the team who work really hard or who are unique may get special individual prizes.</p> <p><u>Other Information:</u> All the participants must make a placard for the team. The cassette with the song of the Festival (Tsuchiura Matsuri Uta) and a movie showing the standard dancing style can be borrowed.</p> <p><u>Contact:</u> Tsuchiura Kirara Organizing Committee and Tanabata Dance Bureau (Inside the Tsuchiura Chamber of Commerce and Industry). Tel: 029(822)0391; FAX 029(822)8844 URL http://tcci.jp/</p> <p>2. Recruiting Chorus Singers for the "Tsukuba Ninth Symphony 2009"</p> <p>In the recent years, the concert of Beethoven's Ninth Symphony has become one of the seasonal traditions. Many people may have watched the 4th movement of the "Ode to Joy" on the television.</p> <p>The "Ninth Concert" began in Tsukuba in 2006, with the gathering of chorus groups of the Tsukuba residents. The chorus singers will also be recruited this year. Wouldn't you like to stand on the stage and perform with a conductor, soloist and a professional orchestra? First timers are also very welcome to participate.</p> <p><u>Date and Time for the concert:</u> 2009, December 29th, starting from 3 pm.</p> <p><u>Place of the Concert:</u> Nova Hall (Azuma 1-10-1, Tsukuba City)</p> <p><u>Number of candidates to be recruited:</u> 150 people will be selected in the order of application. The recruiting will end when the limit is reached.</p> <p><u>Participation Fee:</u> 5000 yen (general), 2500 yen (students)</p> <p><u>Application Method:</u> Fill and submit the application form to the Tsukuba Cultural Foundation (Inside Tsukuba Capió). The application form can be downloaded from the website.</p> <p><u>Practice Schedule:</u> Once every week from September (Saturday or Sunday Night), at one of the Community Halls in Tsukuba. However, practice for beginners will also be in July and August. (5 times)</p> <p>Although experience in chorus singing is not needed, one of the conditions of participation is to have a lot of practice.</p> <p>Recruiting Soloist: Soprano and alto soloists are also being recruited. For more details contact at the following places: <u>Contact:</u> Tsukuba City Hall International Relations & Culture Division Tel: 029-836-1111 (ext. 5415) Tsukuba Cultural Foundation Tel 029-856-7007</p>
<p>Announcement from the Tsukuba Film Commission</p> <p>The Tsukuba Film Commission, established in 2006, is an organization that introduces shooting locations, accommodations, restaurants, local extras, etc to filmmakers shooting in Tsukuba. By supporting the various media filming in Tsukuba, the commission helps in upgrading the image of Tsukuba and promoting Tsukuba throughout Japan.</p> <p>With the support of the commission, there have been 159 movie/T.V dramas shot in Tsukuba so far. There have been International movies, as well as Japanese movies in which some of the very famous Japanese entertainers have featured. There were also commercials by big companies made in Tsukuba. Moreover, this June, the road show for a new movie shot in Tsukuba has begun.</p> <p>The movie, called "Gama no Abura" is directed by the very famous Kōji Yakusho, who is also the leading actor. This is the first movie for Yakusho as a director, and it also features some other flamboyant cast.</p> <p>The title "Gama no Abura", comes from a traditional ointment from Mount Tsukuba, which is famous throughout Japan. This ointment was sold at festivals and stalls at the street festivals all over Japan as the oil of <i>Gama</i>. At Mount Tsukuba the performance of "Gama no Abura uri" is a type of traditional art carried on from the Edo Period.</p> <p>What does this famous Mount Tsukuba ointment have to do with the movie? Well, that you will know after watching the movie.</p> <p>The Tsukuba Film Commission currently has the services of over 800 registered extras. For more information please check the homepage.</p> <p>Contact: Tsukuba Film Commission, Tsukuba City Hall, Oho Branch Office. Tel: 029-864-7119 URL:http://www.tfcr.jp/</p>	
<p>Recruiting Participants</p> <p>1. Dancing Group Needed for Tsuchiura Kirara Festival and Tanabata Odori</p> <p>Tsuchiura Kirara Festival is one of the biggest events in Tsuchiura every summer, and the main event is the yearly dance called <i>Tanabata Odori</i>. The song for the dance will be the the <i>Tsuchiura Matsuri Uta(Kappa Odori)</i>, and the group itself decides the costume of the dance group. There are many prizes, and all participants are very welcome.</p> <p><u>Date and Time:</u> August 1st from 5pm to 9pm.</p> <p><u>Place:</u> The main street in Tsuchiura</p> <p><u>Song for the Festival:</u> Tsuchiura Matsuri Uta (Kappa Odori)</p> <p><u>Awards:</u> 1st Prize 300,000 Yen, 2nd Prize 200,000 Yen, 3rd Prize 100,000 Yen, Special Prize 50,000¥, Junior Award (applicable only for groups with at least 20 of the participants being in Primary School or below), 20,000 ¥ worth of prizes+ 30,000 ¥ of participation award, etc. Teams who do not get any awards will be awarded a participation award of 30,000 ¥.</p> <p><u>Participation Criteria:</u> Anybody can participate as long as there are more than 30 people in the team.</p> <p><u>Participation Method:</u> Fax or post the application form filled with the required information, by 30th June. The application</p>	

Allowance system for single mother households

1.) Special Child allowance

The special child support allowance is given to those (qualified recipients) living without the support of the father's income, resulting from events, such as divorce. However, those receiving public pension, besides the old age pension, such as disability and survivors pensions are not eligible to receive this allowance.

Eligible recipients for the special child allowance

Mothers or those acting as mothers who have an address in Japan and care for a child (defined as those under 18 years of age and those who are 18 years of age until the next 31st of March following their birthday, or those with a mental or physical disability up to the age of 20) are eligible. The nationality of either the child or recipient is not important.

-children whose parents have divorced

-children whose fathers have died

-children whose fathers have a certain disability

-children of fathers who are not known to be living or deceased

-children who have had no contact with their father for over a year, and are not cared for by the father

-children whose fathers have been imprisoned for over 1 year

-children born to unwed mothers

-children whose parents are unknown (including orphans)

Income Restrictions

If the income of eligible recipients, their spouses or persons who live together and are responsible for the support of the children, exceeds the limit, a portion of the allowance or none at all is given.

Amount of the child support allowance

Number of children	Full amount	Partial amount
1	¥41,720 monthly	From ¥41,710 to ¥9,850
2	¥46,270 monthly	Above amount plus ¥5,000
3 or more	Additional ¥3000 per child monthly after the 3rd	

How to apply?

Apply at Children's Services Division on the 2F of the Sakura branch office. Because depending on the family conditions the necessary documents may vary, please inquire beforehand.

Attention: This allowance won't be provided to those who don't apply.

2.) Tsukuba City single mother household welfare allowance

Eligible recipients

Caretakers of a child (not yet graduated from junior high school) who is not being raised by either one or both parents, due to death, divorce, or disability.

Amount of the welfare allowance

¥30,000 per year per child is given. It is given every March. To those who applied in the middle of the year, ¥2,500 per month from the month they applied and the amount will be paid in March.

How to Receive

Submit the necessary documents at the Children's Services Division on the 2F of the Sakura branch office. Please inquire on the necessary documents. Take note that this allowance is only offered to those who apply.

Inquiries: Tsukuba City Hall, Children's Services Division (Sakura branch office 2F) TEL: 029-836-1111

Revision of the medical welfare program (Marufuku) for pregnant women

Until now, under the medical welfare program (Marufuku), pregnant women until the last day of next month after giving birth can get the subsidy covering their own expense born out of the insurance coverage. However, from July 2009 this service will be limited to mothers who received medical examination and treatment for illnesses* in order to ensure a safe pregnancy and birth. Because the necessity for dental medical examination and treatment, as well as injury treatment for pregnant women is rather small, in principle these services won't be eligible for public money coverage.

However, in the case that an obstetrician or a gynecologist finds that these treatments would ensure the continuation of the pregnancy and/or a safe birth, the services will be covered by public money.

Furthermore, persons that applied for the Marufuku program by June 30th 2009, they will be able to get their medical expenses covered according to the old system.

*Examples of illnesses which are eligible for coverage, as of July 2009: pregnancy-induced hypertension, diabetes, anemia, obstetric bleeding, heart disease, urgent premature birth, etc. (Recognized by doctors as illnesses and conditions that require treatment in order to ensure a safe pregnancy and birth.)

Inquiries: Tsukuba City Hall, Health Insurance and Pension Division (Sakura branch office, 3F) TEL: 029-836-1111

Medical examination for infants

Health check-ups for 18 months old and 3 year old infants will be held at the city's health centers. Regardless of your address, you may take your child for the medical examination at either the Sakura Health Center or the Yatabe Health Center. The eligible persons will be notified by the end of the month.

Inquiries: Sakura Health Center Tel: 029-857-3931

Yatabe Health Center Tel: 029-838-1100

Check-up for 18 month old infants

*If you cannot come by the designated date, please do so before the child becomes 2 years old.

June (born in Nov. 2007): Sakura Health Center: 23rd, 24th

July (born in Dec. 2007): Yatabe Health Center: 1st
Sakura Health Center: 8th, 22nd

Check-up for 3 year old infants

*If you cannot come by the designated date, please do so before the child becomes 4 years old.

June (born in May 2006): Sakura Health Center: 16th

July (born in June 2006): Sakura Health Center: 7th, 9th
Yatabe Health Center: 15th

Polio Vaccination "Group Vaccinations"

It is best for siblings who have not yet been vaccinated to get it on the same day to prevent infection in the family.

Qualifying age: from 3 months ~ 90 months. Reception hours: 13:00~14:20. *No reservations and vaccination will be done in the order of reception.

*Children over the age of 1, who haven't been vaccinated, need to get vaccination for measles and rubella as a priority.
Sakura Health Center: June 22nd; July 10th, 17th
Yatabe Health Centre: June 19th, July 14th
Oho Health Center: July 1st

Send the "Present condition form" for the child allowance within June!

Child allowance? As one of the measures of supporting children-raising households, people raising children that have not yet finished elementary school are eligible to receive child allowance. However, if the income of one of the parents goes beyond the set amount, the household becomes ineligible to receive the allowance. (*Further information was provided in the May issue.)

Applicants will be screened during June

Every year in June a screening is held in order to determine whether the applicant is eligible to receive the allowance (from June to May of following year), based on the household member's income of the previous year. Persons that were receiving the allowance in May were sent a "Present condition form" by mail in the beginning of June. **Fill out the necessary information and bring the "Present condition form" within June to the Sakura branch office (2F, Children's Services Division) or the general services counter at any other branch office (except Kasuga).** You might be requested to submit other documents together with the "Present condition form". According to the information you have provided, a decision will be made whether you are eligible or not to keep receiving the allowance. If you don't submit the "Present condition form" or any other necessary documents, you will stop receiving the allowance starting from June. Also, if your 2008 income goes beyond the set amount, you won't receive the allowance from June 2009. Furthermore, if you don't submit the "Present condition form" 2 years in a row, you will lose your right to receive the child allowance. Please inquire in the following cases:

1.) There was a change in the custody of the child in question (cases when the custodian changed etc.)

2.) When there is a change in the pension plan (change from an employee pension plan to a national pension plan etc.)

Inquiries: Tsukuba City Hall, Children's Services Division (Sakura branch office 2F) TEL: 029-836-1111

Library information:

Tsukuba Public Library

TEL: (856) 4311. Open : Tue thru Fri: 9:30-19:00, Sa/Su/holiday 9:30-17:00

Other than Tsukuba Public Library, there are library rooms at Yatabe Community hall, Tsukuba Community Hall, Onogawa Community Hall and Kukizaki Community Hall. (Tue - Sun: 10am - 6pm)

Library closed on: June: 15, 22, 23, 24, 25, 26, 29;

July: 6, 13, 20, 21, 27

When borrowing from the library...

When borrowing books and other materials from the city libraries you will need a "Member Card". If you are a resident in Tsukuba, you can simply apply at the central library or community hall's libraries after having presented some document that states your address. Even if you don't live in Tsukuba, but work or study here, you can apply for a card, but you will also need to present a work or student ID.

Story telling: The library organizes story telling meetings in the "Story Room" at the back of the Children's Corner. Stories are told by volunteer story tellers.

June: 20th (3pm-3:30pm),

27th (3pm-3:30pm; 3:30pm-4pm)

July: 4th, 11th, 18th (3pm-3:30pm)



Seasonal leisure

1. The Amabiki Kannon Hydrangea Festival: June 10th ~ July 20th

More than 3000 hydrangea bloom inside the temple known as *Kosodate Kannon* from late-June till mid-July. There is no fee. Open from 8.30 am till 5 pm even, without any holidays.

Place: Sakuragawa-shi, Motoki 1 banchi

Tel: 0296-58-5009

2. Asakusa Hohzuki Market: July 9th and 10th

A very famous summer seasonal tradition continuing from the Edo Period is held at the Sensouji Temple in Asakusa Tokyo. It is said that if one worships at the Sensouji on this day it is worth 46,000 worshipping days. On this day there are about 450 shops and 350 outdoor stalls that sell the Hohzuki (ground cherry) and people buy them until late night. The potted Hohzuki plants are sold as a set with glass bells; hence there are sounds of bells all around the place. Different from the everyday atmosphere, one can enjoy a pleasant festive environment while taking a walk.

Time: 10 am ~ 10 pm

Place: Inside the Asakusa Sensouji Temple (Asakusa Station by TX)

Contact: Asakusa Tourist Federation TEL: 03-3844-1221

3. Suiko Itako Iris Festival : May 23rd ~ June 28th

Starting from the Maegawa Ayame Park there are over 1 million flowers of 500 types of flowers, purple, white, yellow etc, bloom at 3 places in the Ayame Park. During this period there are also rowing boats, also on weekends there are musical performance, emotional demonstration of Japanese Bride in a boat, and other wonderful events. The park is open every day during this period and there is no fee for visiting.

Main area: Maegawa Ayame Park (Ibaraki Prefecture Itako-shi Ayame 1)

Contact: Itako City Tourism and Commerce Division TEL: 0299-63-1111

URL: <http://www.city.itako.lg.jp/kanko/index.html>

4. Narita Gion Festival

The biggest event in Narita that attracts more than 400,000 people every year. 10 magnificently decorated floats will be paraded around the town.

Place: Narita Sanshinshouji Temple. (Chiba Prefecture, Narita-shi, Narita 1 banchi) *10 mins walk from the JR Narita Station; Keisei Narita Station.

Contact: Narita City Tourism Association TEL: 0476-22-2102

Clinics Open During Sundays

June 21: Narushima Clinic, Tateno 363, TEL: 839-2170

Atsushi Clinic, Tamiyama 975, TEL: 850-7878

June 28: Nemoto Clinic, Onigakubo 1108, TEL: 847-0550

Ogura Iin, Numata 181, TEL: 866-0108

July 5: Maeshima Ladies' Clinic, Matsushiro 4-10-12, TEL: 859-0726

Iimura Iin, Hōjō 4326-2, TEL: 867-0068

July 12: Yatabe Shinryō-jo, Yatabe 6123-1, TEL: 836-1606

Iida Iin, Numata 85, TEL: 866-0025

July 19: Yokota Iin, Yatabe 2980, TEL: 836-0025

Kimura Clinic, Tsukuriya 1125, TEL: 869-1211

July 20: Watabane Iin, Onozaki 476, 851-0550

Tsukuba Byōin, Sasagi 1761, 855-0777

July 26: Miyamoto Naika Clinic, Karima 1-4, TEL: 855-6565