

## Child Abuse Prevention Month : “Do Not Ignore an Innocent Child’s Cry for Help ”

The establishment of the Child Abuse Prevention Law and the amendment to the Child Welfare Act are some measures taken to prevent child abuse, however tragically the number of consultation regarding child abuse cases brought to the Child Consultation Centres are increasing every year.

Tsukuba City also has an increasing trend of child abuse related consultations every year. Although the number of child abuse cases are believed to be decreasing, the increase in consultation is attributed to direct consultations to the Child Consultation Centres. Below are child abuse related consultation cases:

### What is Child Abuse?

\* Physical abuse: punching, kicking, hurling, shaking violently, burning, drowning and other physical abuses.

\* Sexual abuse: forcing sexual acts, showing genitalia or sexual intercourse, making child pornography, and other sexual abuses.

\* Neglect: lock child in the house, failure to provide adequate food, defile, leave child in the car, let other people abuse the child.

\* Mental abuse: scare with words, ignore, discriminatory treatment favouring other children, being violent in front of children.

### Preventing Children from Abuses

Child abuse is a serious problem that should be tackled as a society. To protect children from abuses and to help children who are getting abused, we should do everything in our power. If you think a child maybe getting abused, let the Child Consultation Centres know as soon as possible. All information will be kept confidential. Information you provided can protect a child from abuses.

### Do you know of the Orange ribbon?

The orange ribbon is a message to prevent child abuses. People who wish to wear an orange ribbon could receive a hand made orange ribbon. Contact: Office of Childcare Support Services.

### Let’s Support Child Rearing!

Let us all help in the rearing of children. We can begin with giving away seats in public transport, opening the doors for children when entering buildings, and more. With your support we can have a society that is safe for raising children.

**Child Rearing Support Information System** <http://www.tsukuba-kosodate.jp>

The above website has useful information for raising children. Can also be viewed from cell phones.

### Reporting Child Abuses or Child Rearing Consultation

Tsukuba City Household Child Consultation Centre

TEL029(883)1149※ (From 9am-4:30pm except weekends, public holidays and between December 29– January 3, )

Ibaraki Prefecture Tsuchiura Child Consultation Centre TEL029(821)4595

※ (From 8:30am-5pm except weekends, public holidays and between December 29– January 3, during these times divert to the Ibaraki Child Abuse Hotline)

### Use Parenting Support Centers or the Health Centres

There are many Parenting Support Centers in Tsukuba where many parents can come and discuss child rearing with other parents. There are also staff present, so there is no need to worry about not being able to mix with other parents. At the Health Centres there are “Sukoyaka Health Counselling”(reservation required) where health nurses, nutritionists and other experts are available for consultation. For more details check page 18 of “Life Plan Sukoyaka”.

### Do Not Worry Alone!

Whenever you feel like you can not take anymore and feel like hitting a child, consult a Support Centre, and do not worry alone. There are experienced staff who will offer valuable advice on how to deal with child raising problems. All consultations will be kept confidential.

Parenting Support Centers	Phone number	Health Centre	Phone Number
Keyaki Hiroba	029(857)9037	Sakura/Toyosato Health Centre	029(857)3931
Katsuragi Club	029(856)1016	Yatabe/Kukizaki Health Centre	029(838)1100
Cherry Club	029(863)0053	Oho/Tsukuba Health Centre	029(864)7841
Ohisama Club	029(830)7455		
Mamatone Tsudoi Plaza	029(838)5080		

**Contact:** Tsukuba City Office of Child Care Support Services TEL: 029-883-1111

## 2011 School Enrollment Guide

In Tsukuba the Primary and Junior High School Districts are designated by the Tsukuba Board of Education and the schools are decided according to the Basic Residents Register. A “School Enrollment Notice”(就学通知) will be sent at the end of November.

### Primary School Enrollment

For: Children born between 2<sup>nd</sup> April 2004~ 1<sup>st</sup> April 2005.

Application: In the case of enrollment in the designated school, fill out the “School Enrollment Registration” (就学届) which is at the back of the School Enrollment Notice, and submit it to the designated School by December 10.

### Junior High School Enrollment

For: Children born between 2<sup>nd</sup> April 1998~ 1<sup>st</sup> April 1999

Application: In the case of enrollment in the designated school, fill out the “School Enrollment Registration” (就学届) which is at the back of the School Enrollment Notice, and submit it to the designated School by December 10.

### Enrollment into Private or Prefectural Schools

For: Students who wish to enter a private primary or junior high school as 1<sup>st</sup> grader and are in the age group as stated above.

Application: Fill out the necessary information at the back of the “School Enrollment Notice” and submit it to the designated School by December 17. After entering, take copies of the Acceptance Letter or Admission Letter with your personal seal to the Office of Board of Education. “Extramural School Enrollment” [区域外就学] procedures at the enrollment school is necessary.

### Procedures Necessary in case the Child Cannot be Enrolled in the Designated Schools

For: 1. Those who are planning to move out of the city, including out of the country before April 2011

2. Those who are planning to move to another school district within the city before April 2011.

3. Residents of the area where changing of schools are permitted and wish to change schools.

4. Those who are applying to schools out of the designated school district.

Application: Take the School Enrollment Notice and your personal seal to the Office of the Board of Education by December 17 and complete the procedures. (Reception hours: 8:30am~5:15pm, except for weekends and public holidays). For 1. and 2. take School Enrollment Notice, for 3. take the School enrollment notice and the Change of School Notice “変更届”(変更届 is available on the website of the school) or mail it to the Academic Division.

### Prevention of Illegal Enrollment in Schools outside designated Areas (Cross-boarder Enrollment)

Cross-boarder enrollment is prohibited even in the case of change in residential certificated or change in livelihood. Even after a child begins school, if illegal cross-boarder enrollment is noticed the child will be transferred to a school in the designated region.

**Contact:** Tsukuba City Board of Education Academic Division Tel: 029-883-1111

### Subsidy for Purchasing Raw Garbage Treatment Containers

To reduce the amount of raw garbage from household, and to encourage composting, the city is assisting with part of the cost of raw garbage treatment containers.

Types of eligible containers and amount of assistance:

※Raw garbage treatment container (compost container, EM treatment containers). Subsidies of half the cost, up till 2 containers per household, maximum subsidy limit 15,000 yen.

※Electrical raw garbage processor

Subsidies of half the cost, 1 container per household, maximum subsidy limit 15000 yen. \*Round down if the cost has broken figure less than 100 yen.

Application: Application forms are available at the service *madoguchi centers*, Waste Management Division, City Hall homepage. Fill the forms and submit by mail or in person.

\* There is a section in the form the store needs to fill, so have the form with you before buying the containers. **Contact:** Tsukuba City Hall Waste Management Division TEL029-883-1111

English Bulletin  
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TSUKUBA CITY HALL  
International Affairs  
Division

Address: 〒305-8555 Karima 2530-2, Tsukuba City (Kenkyugakuen D32-2) Tel: 029-883-1111 Email: ctz031@info.tsukuba.ibaraki.jp

HP: <http://www.city.tsukuba.ibaraki.jp/> Editors: Prakash Ronit, Yeow Li Sa

## Annual Adjustment and Filing an Income Tax Return

### Issuance of Social Insurance Premium Exemption Certificate

To get the social insurance premium exemption when filing tax returns for prefectural and municipal tax, the following taxes paid between January 1, 2010—December 31, 2010 may be subject to the social insurance premium exemption: National Health Insurance, Later Stage Elderly Medical Insurance, Nursing Care Insurance, National Pension.

\* The certificate will be issued on the name of the taxpayer (For National Health Insurance it is the head of the household). Must show certify the payment amount, however it will not be issued if there was no payment even when it was imposed.

### National Health Insurance, Latter Stage Elderly Medical Insurance and Nursing Care Insurance Premiums

Certificate of Social Insurance Premium Exemption (post card) will be sent to the taxpayer at the end of January 2011. \* It will not be ready for the annual adjustments.

### To use it for Annual Adjustments

The exemption certificates will be issued at the respective City Hall divisions and at any of the “*madoguchi centers*”(service counters). If you wish to check the payment amount before receiving the social insurance premium exemption certificate or if you have lost the receipt, it can be issued for free at the Health Insurance and Pension Division (National Health Insurance Tax and Latter Stage Elderly Medical Insurance Office) and at the “*madoguchi centers*”. Please bring a valid ID (example drivers license), personal seal when visiting the City Hall or general service counters. A proxy is necessary if you live in a separate household.

\* Since the identity can not be confirmed, the payment amount will not be notified by phone.

### Special Tax Collection (Withholding Pension)

A withholding certificate “*gensen choushu hyou*” will be sent by the Japan Pension Service at the end of January 2011. \* It can not be issued at the City Hall. Please contact Japan Pension Services

**Contact:** Japan Pension Services Tsuchiura Pension Office Customer Care Centre TEL029-824-7169

### National Pension Insurance Premiums

The Social Insurance Premium (National Pension Insurance Premium) exemption certificate (post card) will be sent by Japan Pension Services between end of October and the beginning of November. If you lost it and wish to be reissued, call the exemption certificate exclusive number 0570-070-117 or the Japan Pension Services Tsuchiura Pension Office 029-824-7121. \* All the amount paid will be included in the social insurance premium exemption for income tax and the municipal/prefectural tax.

\* Even if you forgot to pay, if you pay it within this year it will be declared with the exemption this year.

\*Those who entered in the middle of this year and paid for the first time after October 1 this year will get a similar certificate at the end of January 2011.

### Contact:

National Health Insurance Tax:

Tsukuba City Hall Health Insurance and Pension Division National Health Insurance Tax Services TEL029-883-1111

Latter Stage Elderly Medical Insurance

Tsukuba City Hall Health Insurance and Pension Division Latter Stage Elderly Medical Insurance Services TEL029-883-1111

Nursing Care Insurance

Tsukuba City Hall Senior Services Division Nursing Care Insurance Service TEL029-883-1111

National Pension Insurance

Tsuchiura Pension Office National Pension Division TEL029-824-7121

## Certification of Long Term Care Need for Nursing Care Insurance

### Exemption for Disabled Elders

Those who have not been issued a physical disability certificate, but are over 65 and have been certified as disabled through certification of long term care need (medical report, certified survey) will be issued a certificate of exemption for disabled people. When declaring income tax or city tax, the holder of the certificate or the dependent tax payer may get exemption for disabled people.

1. People with a physical disability certificate book can get the exemption through this book and do not need this certification.

2. Certificate must be valid on December 31. Those who are in the middle of application for the certificate of long term care need will be issued after the certificate is approved.

### Medical Expenses Exemption Certificate for Diaper Expenses

Those who have been getting a medical expenses exemption for 2 or more years for diaper expenses may be issued a certificate even without the certificate being offered by a doctor if the conditions of the medical reports regarding the certification of the long term care need meet all of the following conditions:

1. The medical report was issued in the same reference year when a diaper was used. 2. The person is bedridden. 3. There is a possibility of incontinence of urine.

Note: 1) To get the exemption for the first year, the diaper usage certificate (available at the Senior Services Division and at the *madoguchi centers*) is necessary.

2) If the long term care need certificate is valid for 13 months or more, and there is no medical report issued in the same year when diapers were used, the previous year’s medical report may be used.

Acceptance of applications will start from November 1, at the Senior Services Division, and *madoguchi centers*. For postal mailing, send it to the Senior Services Division (address on the front page)

\* Can not be issued at the *madoguchi centers*

\* Certificate for Disabled People and Medical Expenses Exemption for diaper expenses will not be issued on the same day due to verification purpose. It will be sent at a later date.

**Contact:** Tsukuba City Hall Senior Services Division Certification and Review Service TEL 029-883-1111

## City Tax November Payment Period

November 30 is the payment due date for the 5th Payment of National Health Insurance Tax. **Contact:** Tsukuba City Hall Health Insurance and Pension Division TEL029-883-1111

## Registration of Disaster Evacuation Assistance Individual Plan

In case of natural disasters such as flood or earthquakes, for the evacuation to go smoothly it is recommended to register to the disaster evacuation assistance individual plan. Registration can be done anytime. People corresponding to any of the following cases are recommended to register:

1. Person over the age of 65 who is living alone

2. Household with elderly members above 65

3. People with nursing care insurance and certified as being in need of care (need of care 3,4,5)

4. Physically disabled people (level 1,2)

5. Intellectually disabled people ( *ryouiku techo* Ⓐ ・ A)

6. Mentally disabled people (level 1)

7. Those equivalent to the above requirements

**Contact:** Tsukuba City Hall Social Welfare Division TEL029-883-1111

## Have You Applied for the Single Father Family Child Rearing Allowance?

From August 8, 2010 single father family can also receive child rearing allowances for children under 18 or until the next March 31 after a child turns 18. However, people receiving public pension or earning more than the income limit (dependants living together also have an income limit) do not qualify for this allowance. Those who apply to the Children’ Division before November 30, 2010 may get allowance from August. If the application is submitted in or after December, the allowance will be given from the next month of the application date.

**Contact:** Tsukuba City Hall Children’s Division TEL029-883-1111



## Events in Tsukuba City

### 1. Universal Soran Experience

Dance the YOSAKOI Soran with people from different nationality and age group. It is held at the Center Building Monument Plaza (different room in case of rain) from 1:30pm-3:30pm on November 20. The instructor is Kirikirimai from Tsukuba University. Participation free of charge. Please wear easy to move clothes. To apply, send your name, address, phone number and name of the class by the day before the event via mail, fax or by phone.

**Contact:** Tsukuba Community Support Centre, 305-0031, Azuma 1-10-1 Tsukuba Center Building 1st Floor. TEL029-855-1171 FAX029-855-1175

### 2. Ibaraki Golden Gods

Tsukuba Fans Thanksgiving: "Thank you Kin-chan"  
With the retirement of the coach, this year is the final year for Kin-chan baseball. With the MC performance of Kin-chan, a fans thanksgiving festival will be held as this is the final chance for the fans and the coach to meet. Lets farewell Kin-chan by thanking him for the past 5 years. Participation is free and it will be held at the Sakura Undou Park Baseball Field on November 20. In the morning, there is a mini game with the players on the field. \* There will also be lottery and other prizes. In the afternoon, there will be an exhibition match by the Ibaraki Golden Gods.

**Contact:** Tsukuba City Hall Policy Office TEL029-883-1111

### 3. Yukari no Mori Christmas Festival 2010

There will be illumination and outdoor Christmas concert this year as well. Participation is free and there will also be refreshment booths. Held from 1pm(lights will turn on at 5pm) on November 27 at Yukari no Mori outdoor stage.

**Contact:** Yukari no Mori Insectarium TEL029-847-5061

## Places to Visit Outside Tsukuba

### Ushiku Daibutsu

Ushiku City, a neighbor of Tsukuba has one of the tallest statues of Buddha. The Ushiku Daibutsu is a statue of Amitabha Buddha, and stands tall at 120m (Base of 20m). An elevator takes visitors to 85m off the ground to an observatory which gives a panoramic view of the surrounding. Also, there is a panel display from which history and Buddhism of the world could be learnt. There are also wonderful gardens and a small zoo within the premises. During weekends and public holidays, flea markets are held and can be enjoyed by everybody regardless or religious interests.

Location: Ibaraki Prefecture Ushiku City Kuno-cho 2083  
Denomination: Jōdo Shinshū East Honganji Temple  
Opening hours: 9:30pm-4:30pm (last admission 30 minutes before closing)\* Changes with season

Fees: April-November [ Zoo + garden only: Adult (Junior High and Higher) =500 yen, Children (4 year olds- primary school) = 300yen.

All attractions including getting inside the statue: Adult 800 yen, Children 400yen] December-March [ Zoo + garden only: Adult 400 yen, Children 300yen. All attractions including getting inside the statue: Adult 700 yen, Children 400yen.] Access: From JR Ushiku Station, take a Kantou Tetsudo bus to Ushiku Joen and get off at Ushiku Joen, or get on the "Ushiku Daibutsu direct"(only on Saturdays and holidays) and get off at Academia Ushiku. **Contact:** Ushiku Daibutsu and Hana Tsumami/ Fureai zoo TEL029-889-2931

## Application for Day Care Centers for 2011

Applications for new entrance and change of day care centers for April 2011 will be accepted on the following dates and places.

\*Area refers to current area of residence. If you cannot come on the day reserved for your area you can come on any other day.

### First Round of Applications

Date	Area
Nov. 29 <sup>th</sup>	Kukizaki
Nov. 30 <sup>th</sup> Dec. 1 <sup>st</sup>	Yatabe
Dec. 2 <sup>nd</sup> ,3 <sup>rd</sup>	Sakura
Dec. 5 <sup>th</sup>	All

Date	Area
Dec. 6 <sup>th</sup>	Oho
Dec. 7 <sup>th</sup>	Toyosato
Dec. 8 <sup>th</sup>	Tsukuba
Dec. 9 <sup>th</sup> ,10 <sup>th</sup>	(Backup days)

## Tsukuba Citizens Day : November 30

The Tsukuba City was founded through the merger of 3 towns and 1 village on the 30<sup>th</sup> of November 1987. To celebrate this occasion the following municipal facilities which usually charge fees will be free on the 27<sup>th</sup> and 28<sup>th</sup> of November.

### Places which will be Free of Charge

◀**Municipal Tennis Court** (The facilities below will be free of charge however Night time is subject to fees )

Ninomiyama Koen, Teshirogi Koen, Sakura Undo Koen, Kagaku Banpaku Kinen Koen, Katsuragi Koen, Kokaigawa Sports Koen, Hanare Koen, Toukoudai Undo Koen, Ounan Sports Koen, Takezono Higashi Koen, Daiyama Koen, Ooike Koen, Sakura Koen, Yatabe Tennis Court, Toyosato Tennis Court, Yukari no Mori Tennis Court, Kukizaki Undo Koen, Family Sports Koen.

\* Doho Koen Tennis Court is Prefectural establishment thus will not be free of charge. \* Reservations needed. Contact the Office of the facility you wish to use or make reservations via internet.

#### ◀**Sakura Koutsu Koen**

Tel: 029-851-6323/ Opening hours 10am-4:30pm

\* Foot operated go-kart and bicycles would be rented for free

#### ◀**Yukari no Mori Konchukan (Insectarium)**

Tel: 029-847-5061/ Opening Hours: 9am-5pm (entrance until 4:30pm).

\* Over 5000 samples of insects from around the world can be viewed.

#### ◀**Matsumi Park Observation Tower**

Tel: 029-851-5705/ Opening hours 9am-5pm

At an altitude of 45m, people can see the streets of Kenkyugakuentoshi to Mount Tsukuba.

### Facilities with discounts

#### ◀**Tsukuba Expo Center**

Tel: 029-858-1100/ Opening hours 9:50am-5pm

\* Exhibition Ticket: Adult 300 →150 yen, Child 150→80 yen

\* Planetarium: Adult 700 →350 yen, Child 350→280 yen

\* Planetarium special program: Adult 800 →650 yen, Child 400→330 yen

## The 30<sup>th</sup> Tsukuba Marathon Eco City

### Traffic Regulation Notice: November 28, 9am-2pm

**Gakuen Higashi Odori** : Traffic will be regulated for entering west on part of the intersection.

#### **Kuchinohori-Rikkoyushita to Nishi-Odori**

**Entrance:** Closed to traffic between 9:40am-11am, please detour thru *Gakuen Higashi Odori*. (One way traffic between 11am-2pm)

#### **Hokubu Kogyo Danchi, Tsukuba-Moka line,**

**Fujisawa Toyosato line:** Roads will be partly closed to traffic.

### All roads inside Tsukuba University Campus:

Will be closed to traffic from 6am-3:30pm.

\*Please follow the directions of the staff. Heavy traffic is expected on the day of the event, so please cooperated with the detours.

#### **Contact:** Sports Division

▽ Competition Office TEL 03(5166)0287 (until day before the race).

▽ General Affairs Office TEL 029-855-0496 (day of the race)

Application Place: City Hall 2<sup>nd</sup> floor Disaster Prevention Meeting Room 3  
Time: 9am-11:30am, 1pm-4pm

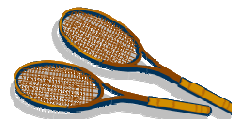
### Second Round of Applications

-Successful applicants from the first round will be determined before applicants from the second round are screened.

-More details can be found in the October issue of The Tsukuba Bulletin.

-Application forms, documents are available at the following locations: Children's Division Day Care Services , *madoguchi centers* , Yoshinuma Community Center, and all day care centers.

**Contact:** Tsukuba City Hall Children's Division, Day Care Services  
TEL: 029-883-1111



## Health

### Monthly Maternal and Child Health Emphasis

#### Second hand smoking is harmful

Second hand smoking is when a person unwillingly inhales smoke from another persons cigarette. It is more harmful than the smoke that smoker inhales as the smoke from second hand smoking comes from cigarette burnt at a lower temperature, hence contains a higher concentration of harmful materials.

#### Protect children and the baby in the womb

Tobacco has many harmful materials which harms the child in the womb. If you wish to have a baby, it is best to quit smoking.

How it affects:

During pregnancy: birth of underweight baby, premature birth, perinatal mortality, delivery complication, sudden infant death syndrome.

Children: pneumonia, bronchitis, bronchial asthma,

Otitis media (middle ear infection), chronic respiratory syndrome, sudden infant death syndrome.

#### Prevent accidents caused by smoking

Accidental ingestion of cigarette butts by babies is a very serious problem. Also, many accidents are caused by cigarette lighters, so make sure to keep lighters and cigarette butts away from the reach of children.

#### Ways to quit smoking

Change the patterns where smoking is connected, for example, restrain from taking coffee breaks near the usual smoking area, refrain from attending drinking parties, or avoid alcohol consumption.

When you feel like smoking consume something else, for example, chew a gum, drink cold water or tea, brush your teeth or go for a walk .

Quit smoking clinics support people who wish to quit smoking. If one is diagnosed as being a nicotine addict by a doctor, quit smoking clinics will also be subjected to Medical insurance.

Reference: Health, Labour and Welfare Ministry, "Smoking and Health"

**Contact:** Tsukuba City Hall Health Division TEL029-883-1111

### Clinics Open During Sundays and Holidays

Emergency medical institution check up times 9am-5pm.

The dates below may change, in case of emergency call the fire department Tel: 851-0119

Nov 21 Tougou Iin, Tateno 636, 837-1785

Tsukuba Kinen Byoin, Kaname 1187-299, Tel: 864-1212

Nov 23 Hayashi Clinic, Inarimae 5-6, TEL:859-0550

Nakagawa Iin, Shinozaki 2272-1, TEL:864-7760

Nov 28 Higashi Geka Naika Iin, Higashi 2-26-16, TEL:856-7070

Mina no Clinic, Nishihiratsuka 318-1, TEL:850-4159

Dec 5 Narushima Clinic, Tateno 363, Tel: 839-2170

Hilltop Clinic, Sa 1004, Tel: 877-3130

Dec 12 Nemoto Clinic, Oni Gakuho 1108, Tel:847-0550

Atsushi Clinic, Tamiyama 975, Tel: 850-7878

Dec 19 Maeshima Ladies Clinic, Matsushiro 4-10-12, Tel: 859-0726

Iida Iin, Numata 85, Tel: 866-0025

Dec 23 Yatabe Shinyoujo, Yatabe 6123-1, Tel: 836-1606

Iimura Iin, Houjou 4326-2, Tel: 867-0068

Dec 26 Yokota Iin, Yatabe2980, Tel: 836-0025

Ogura Iin, Numata 181, Tel: 866-0108

Dec 29 Tsukuba Ichio Byoin, Takamihara1-2-39, Tel: 874-3321

Tsukuba Kinen Byoin, Kaname 1187-299, Tel: 864-1212

Tsukuba Chuo Byoin, Houjou 5118, Tel: 867-1211

Dec 30 Tsukuba Ichio Byoin, Takamihara1-2-39, Tel: 874-3321

Tsukuba Byoin, Sasagi 1761, Tel: 857-0777

Tsukuba Shiritsu Byoin, Houjou 5022, Tel: 867-1196

Dec 31 Tsukuba Soai Byoin, Takasaki 1008, 873-2511

Tsukuba Kinen Byoin, Kaname 1187-299, Tel: 864-1212

Ichihara Byoin, Ozone 3681, Tel: 864-0303

### Speech Contest by Foreigners

Only 7 months left for the speech contest by foreigners to be held in Tsukuba. People from around the globe will discuss their opinions in Japanese regarding International Society. Since 1960 this contest is being held, and apart from the Broadcasting on NHK, the contents of the contest will also be added to the text books of Junior High and High Schools. The 52nd contest will be held in Tsukuba City on the 11th of June 2011. Lets participate!

### Influenza Vaccination Aid to Welfare Benefit Recipients and Households Exempted from City and Prefectural Taxation

Household receiving welfare benefits and households exempted from City and Prefectural Tax are eligible for this aid. However, even if only one member is levied tax, the household will not qualify for this aid.

Certificates needed:

For Welfare Recipient – Copy of Welfare Reception Certificate  
Household Exempted from City and Prefectural Taxation – City and Prefectural Tax exemption certificate for 2010, of the person who is getting the vaccination  
(obtained from Municipal Tax Division or General Service Counters with 200yen processing fee)

### Influenza Vaccination for the Elderly

As posted on the October 2010 bulletin, get the necessary documents from a medical institution within or outside the city. The vaccination can be given for free. If you wish to get the vaccination at an outside the prefecture or an unlisted medical institution, consult before the vaccination.

### Influenza Vaccination for children and adults

As posted in the October 2010 bulletin, if you bring the necessary documents, you could get free vaccination. However, pay for the vaccination and apply for a refund in the following cases : \* you received vaccination but did not have appropriate documents.\* you received vaccination at a medical institution outside the city.

Apply before March 31,2011 directly to the Health Division with the following documents: 1. Vaccination fee reimbursement form (available on the Health Division, City Hall homepage). 2. One of the certificates (Copy of the Welfare Benefit Recipient Certificate and Exemption of City or Prefectural Tax Certificate). 3. Vaccination Certificate (issued by the medical institution). 4. Copy of the receipt. 5. Documents showing information regarding the account number where reimbursement should be deposited (bank book). 6. Personal seal (rubber type seals will not be accepted)

**Contact:** Tsukuba City Hall Health Promotion Division TEL029-883-1111

### Medical Check-up for Babies

Irrespective of residential area babies can receive the check-ups at Sakura Health Center or Yatabe Health Center. A notification is sent in the month prior to the check-up date. Contact the health center respectively or Tsukuba City Hall, Health Promotion Division for more information.

**Reception time:** 12:45pm-1:30pm; **Check-up:** 1:00pm ~

**Contact:** Sakura Health Center [TEL] 029-857-3931,

Yatabe Health Center [TEL] 029-838-1100

### Check-up for 18 months Babies Born in:

April 2009 : Sakura H.C., Nov 17.Yatabe H.C. Nov 24

May 2009: Sakura H.C, Dec 8, 15. Yatabe H.C. Dec 22

### Check-up for Age 3 Babies Born in:

October 2007: Sakura H.C. Nov 16, 18, Yatabe H.C. Nov 25.

November 2007: Yatabe H.C. Dec 1. Sakura H.C. Dec 9, 14

### Preventative Vaccination for Infants

#### Polio Vaccination

**Time:** 13:00 ~ (reception time: 13:00 ~ 14:20)

\*No reservation required, vaccination given in order of reception.

**Eligibility:** Child between 3 months ~ 90 months \* Children over 1 who are yet to get measles and rubella vaccinations should get them first.

**Things to bring:** Mother and Child Health Handbook, Polio Vaccination ticket **Date:** Yatabe H.C.: Nov 15. Dec 6 Sakura H.C.: Nov 26, Dec 13. Oho H.C: Dec 7.

### Measles and Rubella Vaccination

For phase 2 ~ 4, the vaccination

period is until March 31<sup>st</sup> 2011. For

Details, please refer the personal

notification or 'Life Plan Sukoyaka'.

**Contact:** Sakura Health Centre

TEL 029-857-3931

Phase	For babies born in /Age
1	Over age 1 below age 2
2	April 2 2004—April 1 2005
3	April 2 1997-April 1 1998
4	April 2 1992-April 1 1993

