

# Nishinomiya City News

## June (2) 2024

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*This newsletter is a partial translation from the June 10th issue of 'Nishinomiya Municipal Bulletin.'*  
*We will be glad to help you seek further information about events or notices announced here.*

### HOW TO AVOID HEATSTROKE BEFORE SUMMER



Many people think that the season of heatstroke is summer, in reality, however, some people suffer from heatstroke from late April and many of them are taken away by ambulance nationwide every year.

Even if you think "I'm okay because it's not so hot yet.", heat may impose strain

on your body without realizing it. Be prepared before the hottest season comes.

#### Three tips to avoid heatstroke

##### 1) Stay hydrated

-Drink fluids frequently even if you do not feel thirsty. (guideline: 1.2 liter/day)

- Besides hydration, when you sweat a lot, replenish your body's salt by drinking oral rehydration solution, electrolyte drink or taking salt candies.

##### 2) Avoid heat

-Use air conditioner to keep the room temperature under 28C.

-Avoid any activities or exercising under the blazing sun or in hot and humid weather.

-Wear loose-fitting, sweat-absorbing, highly breathable and quick-dry clothing. When you are outside, wear a hat or use an umbrella.

\*Be careful especially after the rainy season is over when the temperature gets higher suddenly! In 2023, the number of persons transported by ambulance increased from mid-July.

##### 3) Manage daily health condition

-Get used to the heat by sweating through light exercise or bathing.

-Maintain your lifestyle rhythm by eating and sleeping enough.

-Do not work hard and take frequent breaks.

#### Heat stroke warning alert



This QR code is the information website which calls for attention and promote prevention of heatstroke when the risk of heatstroke expected to get higher. When heatstroke warning alert is issued, please pay extra attention to avoid heatstroke.

[Inquiries] Health Promotion Division (Tel: 0798-26-3667)

### DO YOU KNOW WHAT "ETHICAL CONSUMPTION" IS?



"Ethical consumption" is the consumer practice of making choices about products and services by being aware of social and environmental impacts.

### Examples of ethical consumption

1) Purchasing products with the "Fair Trade Mark", which indicates that raw materials from developing countries are traded fairly, can help alleviate poverty.

2) Selecting products with the Eco Mark or Green Mark, or environmentally friendly services, can contribute to fighting climate change and the protection of biodiversity. In addition, this includes purchasing products and services that take into account local production and consumption and support for disaster-stricken areas.

Ethical consumption is also closely related to the goals of the SDGs, such as "Eliminate Poverty" and "Responsible Consumption and Production". If you are interested in the SDGs but do not know what to do, we recommend that you start by practicing ethical consumption.

[Inquiries] Consumer Affairs Center (Tel: 0798-64-0999)

### NOTICE LETTER OF NATIONAL HEALTH INSURANCE PREMIUM OF 2024

#### Will be sent out in mid-June



For details of premium rate of 2024, see the City's website (HP 94959354).

To the households whose premium is not deducted from public pension or who have not registered account transfer payment, payment notice is enclosed in the letter. Please make payment before due date.

#### Cases of Premium Abatement and Exemption

##### [Abatement]

In case you are under 64 and lost a job due to bankruptcy or dismissal and belong to the category of "Tokutei Jukyu Sikakusha" (qualified as specific recipient) or "Tokutei Riyu Rishokusha" (unemployed by specific reasons) of the employment insurance

##### [Exemption]

In case you have difficulty to pay premium due to loss of employment, closure of business, decrease of income, etc.

\*Apply for the exemption after the notice letter's arrival.

Details of application is shown in the City's website (HP 82793507)

#### Payment of Premium

Please use account transfer for your convenience. For details of its procedures, see the City's website (HP 39460971)



##### [Inquiries]

Insurance Premium: National Health Insurance Division (Tel: 0798-35-3117)

Consultation of Payment: National Health Insurance Premium Division (Tel: 0798-35-3155)

## BEWARE OF FOOD POISONING!



Every year there are many cases of food poisoning throughout Japan. In Hyogo, there were reportedly 21 cases, 473 patients, of food poisoning last year. It is caused by bacteria, viruses, parasites etc., and *Campylobacter* is the main cause of bacterial food poisoning.

\**Campylobacter* is a bacterium found in the intestines of domestic animals and pets. Meat, food cross-contaminated by cooking utensils, and pets are introduced as the main sources of infection. Food poisoning is characterized by the fact that a small amount of the bacteria can cause infection and it takes a long time for symptoms to appear.

### Tips for preventing food poisoning at home

1) Avoid contact with bacteria and viruses.

\*Always wash hands with soap before cooking and after touching meat, seafood, eggs, etc.

\*Wash and sanitize cooking utensils after each use to prevent cross-contamination of other foods

\*Separate use of a knife and a cutting board according to meat, fish and vegetables.

2) Prevent bacterial growth.

\*After purchasing food that needs to be refrigerated or frozen, take it home immediately and put it in the fridge or freezer (keep each storage temperature at or below 10C for fridge and at or below -15C for the freezer).

\*Eat as soon as possible after cooking, and cool to 10C or lower when storing.

3) Kill bacteria and viruses.

\*Heat enough to the center of the food to kill bacteria and viruses (especially meat).

[Inquiries] Environmental Health Division (Tel: 0798-26-3776)

## NISHINOMIYA CITIZENS FESTIVAL ON OCT. 26 (SAT)

Take this once-in-a-lifetime opportunity and give everybody a big smile!



Nishinomiya Citizens Festival will be held near the main office building of the City Hall, and the City is now recruiting following staff, groups and companies:

APPLY NOW!

1) Events for citizen group Due date: July 8

\*Performance in Nishinomiya (Dance & performance)

\*Nishinomiya Music Live (Band & performance)

\*Dancing "Koshien" (Street dance competition)

2) Volunteers (Oct. 26 Event Staff) Due date: Aug. 9

\*Citizen volunteers

\*Company / Group volunteers

3) Company / Group Sponsors Due date: Jul. 31

\*Sponsorship

Application forms are available at Community Promotion Division (City Hall Main Office 7th floor), City Hall Branches, Civic Service Centers, ACTA Nishinomiya Civic Service Station. Also available at the website

[Inquiries] Secretariat of Nishinomiya Citizens Festival Council (Tel: 0798-35-3458 at Community Promotion Division)

## Monthly Theme for June: DIETARY EDUCATION WHAT YOU EAT TODAY DETERMINES YOUR HEALTH TOMORROW.



Eating is inevitable in our lives. Let's think about eating in order to enjoy healthy lives. Review your dietary habit and start with what you can do immediately. Visit the City's website for the recommendations by age group.

The following are also education for good dietary habits.

-Eat a balanced diet.

-Eat breakfast every day.

-Enjoy meals with your family.

-Select seasonal foodstuffs or regional foods.

-Chew and relish what you eat.

-Read food labeling before selecting foods.

-Wash or sterilize your hands before eating.

-Be grateful for natural blessings and those who prepared meals.



[Inquiries] Health Promotion Division (Tel: 0798-26-3667)