

Aizu Wakamatsu City Information

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Opinions, Suggestions, Change of Address, Subscriptions
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This newsletter is published by the Public Relations Section of City Hall, and is comprised of translated excerpts from the monthly Japanese newsletter, "Shisei Dayori".

Language Assistance
The Aizu Wakamatsu International Association
Open: 9am-5:45pm
Phone: 0242-27-3703 Fax: 0242-27-3704
E-mail: mail@awia.jp
Holidays: Every Sundays, Mondays, and national holidays.

Watch Out for Heatstroke

熱中症に注意しましょう

The number of people getting heatstroke is increasing

According to data from the Fire and Disaster Management Agency, the number of people brought to the emergency room for symptoms of heatstroke between May and September last year was over 90,000 nationally, an increase of around 20,000 people compared to the same period the year before.

Symptoms of Heatstroke

- ◎Mild: dizziness, lightheadedness, leg cramping, numbness in arms/legs
- ◎Moderate: headache, nausea, exhaustion, impairment of focus and concentration
- ◎Serious: fainting, seizures, paralysis, high body temperature

First-aid for Heatstroke

- Bring them to a cooler area and loosen their clothes
- Cool down areas with lots of blood vessels like the neck, armpit, or upper thigh with ice or an ice pack etc.
- Rehydrate them with drinks with lots of electrolytes or oral rehydration fluids.

Watch Out for High-Heat Environments

◎Toddlers/Babies:

Do not leave them unattended in the car for even a short amount of time. When using a stroller/pram, watch out for reflection of heat from the ground.

◎School Aged Children (Elementary, Junior High, High School):

Students are likely to become fatigued and dehydrated after exercising in class, club activities etc. Make sure to cool down and rehydrate before heading home.

◎Adults:

When you're not feeling 100%, do not push yourself and rest instead. Make sure to take enough breaks and drink enough liquids when working outside.

◎Elderly:

Let's use the air conditioning, not only during the long summer nights, but liberally during the day as well.

Take Advantage of Cooling Shelters

The City will open up places with air conditioning as temporary 'Cooling Shelters' to help people escape the heat. For more information, please check out the City Homepage.

●Contact:

- ◎About Heatstroke: Health Promotion Division (☎39-1245)
- ◎About Cooling Shelters: Environment and Living Division (☎39-1221)



Tips for Disaster Prevention

防災ノススメ

Here is some useful disaster prevention information for everyone.

● **Inquiries:** Crisis Management Division (☎ 39-1227)

~23rd “Linear Precipitation Zones”~

These days, you may be hearing ‘Linear Precipitation Zones’ more than you used to. ‘Linear Precipitation Zones’ are when cumulonimbus clouds, heavy with rain, get stuck in one area and produce a large amount of rain, oversaturating the ground leading to flooding and landslides. These types of storms were observed during the heavy rainfall last September that caused a lot of damage in Iwaki and other cities, and there is a good chance they may occur in our city as well.

The Meteorological Agency is working to raise awareness for disaster prevention, so when ‘Linear Precipitation Zones’ are forecasted, they will be putting out an alert using the keyword ‘線状降水帯 (sen-jo kosui-tai)’ about a half-day in advance. As a result of improved forecasting, alerts have been issued in various Prefectures since May this year.

If a ‘Linear Precipitation Zone’ is forecast, please take steps for disaster prevention, such as double-checking your local hazard map for the safety of your area and placing sandbags around your house.

~Check Out This Event Inspired by a Heian Era Legend~ Come and see the Kawahigashi Minazuru-hime Matsuri!

～平安時代の伝説にちなんだイベントを楽しみませんか～
かわひがし皆鶴姫まつりに、ぜひ、おいでください

The biggest event of the Kawahigashi area, check out this event based on the legend of Minazuru-hime and Yoshitsune! We hope you can join!

There's a lot of fun events!

▼ **Date:** August 24th (Sat) 10:00-20:00

▼ **Place:** Hirota West Park (infront of the Kawahigashi Branch of City Hall)

▼ **Details:** Offering Ceremony for Minazuru-hime, Stage Events, Flea-Market, Stalls, Fireworks etc.

● **Contact:**

AIZU Society of Commerce and Industry (☎ 58-2381),

City Development Promotion Division Kawahigashi Branch (☎ 75-2114)



Kawahigashi Gakuen students will be dressed up as Minazuru-hime and Yoshitsune to liven up the venue!

Aizuwakamatsu City Youth Speech Contest

少年の主張会津若松市大会を開催します

Hear the Opinions of Elementary and Junior High Students

Elementary and Junior High School students will give speeches about things like: their dreams, hopes, and recommendations for society, their daily observations, and messages they want to get out. Come hear their feelings!

▼ **Date:** August 8th (Thu)

◎ Junior High Speeches=10:00~

◎ Elementary Speeches=14:00~

▼ **Place:** Culture Centre

● **Contact:** Aizukko Office for Promotion and Education

(☎ 39-1304)



The contest last year.

Tsuruga-jo Castle Chanbara Sword Fight

鶴ヶ城チャンバラを開催します

An event for everyone, children and adults alike! Become a part of one of Aizu's Historic Lord's armies!

▼ **Date:** Sept 7th (Sat) • Sept 21st (Sat) – ◎ *First*=10:00-noon ◎ *Second*=13:30-15:00

▼ **Place:** Tsuruga-jo Castle Grounds

▼ **Participants:** aged 5 and up

▼ **Limit:** 150 people/session

▼ **How to Sign-up:** Sign-up through the dedicated form

▼ **Deadline:** One week before each respective event

◇ **Contact:** Tourism Bureau (☎ 39-1251)



Book Night

本の夜会

Talk about and read aloud books around the theme 'Scary Stories'

▼ **Date:** August 25th (Sun) 18:30-20:00

▼ **Participants:** people living, working, studying in Aizu, Junior High aged and up

▼ **Limit:** 20 people

▼ **How to Sign-up:**

◎ Fill in the designated form at the Aizu Library and hand it in, or submit it through fax (FAX: 22-4702)

◎ Sign-up through the Library Homepage

▼ **Application Period:** August 1st (Thu) ~ 24th (Sat)

◇ **Place/Contact:** Aizu Library (☎ 22-4711)



Let's put out our garbage and recycling properly

正しく出そう ごみと資源物

Please put separated garbage and recycling at the designated location by 8:30a.m. on the correct day according your local collection schedule.

Holiday Garbage Collection

August 12th (Mon)	Except large-size garbage, pick up is as normal.
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●Contact... Waste Management Division(☎ 27-3961)

Radiation Doses as of July 16th

housyasenryou jouhou 7 gatu 16 niti
放射線量情報 (7/16)

Measurement Location	Measured Value	Measurement Location	Measured Value
Aizu Wakamatsu CityHall	0.04	Kita Public Hall	0.07
Aizu Wakamatsu Station	0.08	Kozashi-machi Takaku	0.09
Higashiyama Elementary School	0.08	Kozashi-machi Kitashigo	0.05
Iimoriyama Mountain Tourist Information Center	0.08	Kawahigashi-machi Takatsuka	0.08
Ikki-machi Tsuruga	0.08	Kawahigashi-machi Kumanodo	0.08
Matsunaga Danchi	0.07	Kawahigashi-machi Hirota	0.04
Yanagiwara-machi	0.07	Kitaizu-machi Shimoarai	0.10
Monden-machi Niidera	0.08	Kawanami Elementary School	0.07
Minami Public Hall	0.07	Oto Public Hall	0.05
Aizu General Athletic Park	0.09	Minato Citizen's Center	0.05

※Measured in microsieverts / hour

After-Hours Pharmacies

Kyuuujitsu touban Yakkyoku
休日当番薬局

August.4th (Sun)	<ul style="list-style-type: none"> ●Mamiya pharmacy (Mamiyashin-machi kita 1chome ☎ 59-1022) ●Sengoku Chouzai Yakkyoku (Sengoku-machi ☎ 23-8336)
August.11th (Sun)	<ul style="list-style-type: none"> ●Kuo-ru pharmacy Nishiwakamatsu-ten (Zaimoku-machi 1chome ☎ 36-6589) ●Kosumo Dispensing Pharmacy Zaimokumachi ten (Zaimokumachi 2chome ☎ 36-5182)
August.12th (Mon)	<ul style="list-style-type: none"> ●Hiro pharmacy (Monden-machi Hiyoshi ☎ 36-5582) ●Sebunsu pharmacy (Nishinanoka-machi ☎ 39-6988)
August.18th (Sun)	<ul style="list-style-type: none"> ●Machino Pharmacy Ougi-machi ten (Ougi-machi 3chome ☎ 37-1766) ●Ten pharmacy (Tenjin-machi ☎ 38-1801)
August.25th (Sun)	<ul style="list-style-type: none"> ●Daian Pharmacy (Byakko-machi ☎ 39-0311) ●Iseki pharmacy (Omachi 2chome ☎ 22-0363)
September.1st (Sun)	<ul style="list-style-type: none"> ●Sumiyoshi pharmacy (Makuuchiminami-machi ☎ 85-7450) ●Dispensing pharmacy Zene Fa-mu Tateumaten (Tateuma-machi ☎ 85-8568)

Emergency medical care at night

Yakan Kyuubyou center
夜間急病センター

The Night Emergency Clinic adopted a reservation-only policy. If you need a medical examination, please call ahead to make a reservation in advance. *open every day of the year

▶ **Treatment field...** internal medicine, pediatrics

▶ **Reservations/Place...** Night Emergency Clinic (Yakan Kyubyo Center) (☎ 28-1199) (Yamagamachi 1-22)

▶ **Consultation...** 7:00pm-11:00pm

▶ **Reception...** 6:30pm - 10:30pm

▼ Attention:

Aizu Wakamatsu Area Code=0242 *Please dial the area code first.

After-Hours Medical Facilities

Kyuujitsu touban Iin
休日当番医院

August.4th (Sun)	Internal medicine ・ Pediatrics	Nihe clinic 二瓶クリニック	58-3885	Mamiyashinmachi kita 1chome
	Surgery	Kabeya Ear, nose, andthroat Clinic かべや耳鼻咽喉科	24-4133	Sengoku-machi
	Dentistry	Ikki Dental clinic 一箕歯科医院	22-1184	Ikki-machi tsuruga
August.11th (Sun)	Internal medicine ・ Pediatrics	Teduka clinic 手塚医院	27-5618	Zaimoku-machi 1chome
	Surgery	Onogi clinic 小野木クリニック	26-5533	Zaimoku-machi 2 chome
	Dentistry	Watanabe Yuzou Dental clinic 渡辺ゆうぞう歯科クリニック	37-2232	Ishido-machi
August.12th (Mon)	Internal medicine	Ito Internalmedicine,Gastroenterology clinic いとう内科消化器科クリニック	38-3733	Monden-machi Hiyoshi
	Surgery	Nanokamachi clinic 七日町クリニック	32-2411	Nishinanoka-machi
	Dentistry	Ishikawa Dental clinic いしかわ歯科医院	75-5550	Kawahigashi-machi kurahashi
August.18st (Sun)	Internal medicine ・ Pediatrics	Ougi-machi Watanabe Pediatrics ・allergy clinic 扇町渡部小児科アレルギー科医院	25-5515	Ougi-machi 3chome
	Surgery	Yamaguchi Dermatology clinic 山口皮ふ科医院	28-9119	Tenjin-machi
	Dentistry	Chuou Dental clinic 中央歯科医院	27-3065	Naka-machi
August.25th (Sun)	Internal medicine ・ Pediatrics	Sato Internalmedicine ・ Pediatrics clinic 佐藤内科小児科医院	27-3786	Shinyoko-machi
	Surgery	Naruse Tomiko Ladies clinic なるせとみこレディースクリニック	37-7851	Byakko 1chome
	Dentistry	Uryuu Dental clinic 瓜生歯科医院	22-2818	Nanoka-machi
September.1st (Sun)	Internal medicine	Saitou clinic 斎藤医院	27-1112	Sumiyoshi-machi
	Surgery	Tateuma Clinic たてうまクリニック	29-2112	Tateuma-machi
	Dentistry	Byakko Dental clinic 白虎歯科クリニック	25-1110	Byakko 1chome

▶ Consultation Hours... ◎ *Internal Medicine ・ External Medicine ・ Pediatrician* : 9:00am ～ 5:00pm

◎ *Dentist* : 10:00am ～ 4:00pm

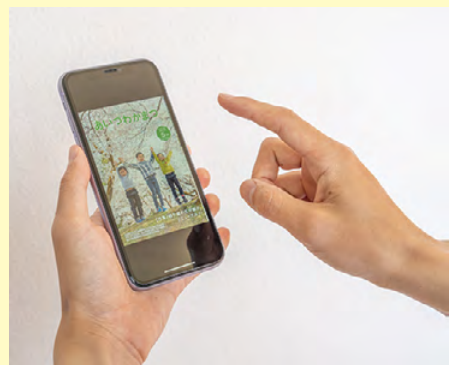
▶ Caution... You can check the doctor-on-duty for holidays on the City Homepage.

You can freely browse information from the city government at any time!

いつでも気軽に市政だよりを見ることができます！

Feel free to try out “Catalog Pocket,” an electronic web browsing service from any smartphone or computer. This service offers multiple languages and is free to use. ※ The user is responsible for personal communication fees

●Contact... Secretary Public Information Division
(☎39-1206)



If you are receiving this newsletter and plan to change your address or leave Japan, please make sure to tell us of your new address or your departure date so that we may forward or cancel this newsletter.

Please contact us by phone, fax, or e-mail as soon as possible. Public information and Public Hearing Section (Kouhou Koucho group), Aizu Wakamatsu City Hall 3-46 Higashi Sakae-machi, Aizu Wakamatsu City, Fukushima 965-8601

• TEL: 0242-39-1206 FAX: 0242-39-1402

• Email: hisho@tw.city.aizuwakamatsu.fukushima.jp

★Visit our home page! <http://www.city.aizuwakamatsu.fukushima.jp>
/ in English and 中文 (体中文 繁体中文) 한글 ไทย

City Public
Homepage



Living
Information

