

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: 9 : 30-17 : 30
Phone: 0242-27-3703 Fax: 0242-27-3704
E-mail: aizukokusai@awia.jp
Holidays: Every Sundays, Mondays, and national holidays.

Tips for Disaster Prevention

防災のすすめ

Economy Class Syndrome

Have you heard of “Economy Class Syndrome”? Its true name is venous thromboembolism (VTE), and it occurs when your blood flow is restricted by poor posture over a long period of time, due to circumstances such as being in a cramped seat for long hours. The restriction can lead to blood clots forming in the lungs, further leading to symptoms like intense chest pain and in severe cases, death. The term “economy class syndrome” comes from this being a common phenomenon in passengers on long-haul flights, but it can also be a risk in evacuation shelters.

The danger of VTE during a natural disaster evacuation rises due to people spending long periods of time in unfamiliar and potentially uncomfortable positions because of limited space in evacuation facilities or sleeping in cars. Symptoms can also occur in everyday spaces such as offices or movie theatres. In order to prevent VTE, you should avoid staying in the same stationary position for long periods of time, drink plenty of water, and stretch at regular intervals.

Exercises for VTE prevention

1. Curl your toes as tightly as possible



2. Spread your toes as widely as possible



3. Flex your feet and toes up and down



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

Act quickly to avoid heatstroke!

早めの対策が必要です

If you notice symptoms of heatstroke, it is important to act quickly.

Heatstroke symptoms

▼ Minor heatstroke

○dizziness, ○distorted vision, ○ leg cramps, ○numbness in extremities

▼ Moderate heatstroke

○headaches, ○nausea, ○lethargy, ○loss of ability to concentrate or make decisions

▼ Severe heatstroke

○does not respond when spoken to, ○loss of consciousness, ○seizures, ○hot to the touch

How to treat heatstroke

The following treatments are effective in alleviating symptoms of heatstroke. If a person is showing symptoms of severe heatstroke, call an ambulance immediately.

- Move to a cool room and loosen any tight clothing
- Apply ice packs or similar to the neck, underarms, thighs where major veins are located to rapidly lower internal body temperature
- Rehydrate with liquids containing salt/sodium to replace electrolytes

Maintain a healthy body to minimise the impact of heatstroke

Adequate rest and nutrition are important factors in reducing the impact of heatstroke. Ensure that you are getting enough sleep and eating a healthy diet.

Bathing habits affect sleep

Showers are often not enough to raise your body's temperature to the level necessary for sleep, so be sure to have a bath too. Bathing around two hours before going to bed is shown to be the most effective.

Eat a balanced diet

On hot days, it's common to want something easy to eat like noodles or sweet drinks, but these options often have a high sugar content. In order to recover from heat exhaustion, it's important to maintain a balanced diet containing protein (meat, fish, eggs, beans etc.) and vegetables as well.

Please use the city "Cooling Shelters"

The city has set up several "cooling shelters" as a way for people to escape the summer heat. You can find more details on the city homepage.

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 ●Inquiries:○Heatstroke...Health Promotion Division (☎39-1245) ●Cooling Shelters...Environmental Division (☎23-4700)



Hanging ornaments Clay Craft Workshop

クレイクラフト講座

- ▶ **Dates:** September 18th (Thu), October 16th (Thu), November 20th(Thu), December 18th (Thu)
- ▶ **Time:** 13:30 ~ 15:30 (all four sessions)
- ▶ **Location:** Aizuwakamatsu Learning Center (Aizu Keikodo)
- ▶ Limited to 10 participants (if more applications are received, participants will be chosen by lottery)
- ▶ **Price:** ¥6000
- ▶ **To apply:** Please apply to Machi-zukuri Aizu (〒 965-0878 Nakamachi 4-16) using a postcard with a reply postcard attached. Title it “Application for Clay Craft Workshop”, and include your address with postcode, phone number, and full name (with furigana).
- ▶ **Application deadline:** August 22nd (Fri) (applications stamped and sent on this day will be valid)
- **Inquiries...**Machi-zukuri Aizu Ltd. (☎ 38-2822), Aizu Learning Centre (☎ 22-4700)

Aizuwakamatsu Minazuru-hime Festival

会津若松皆鶴姫まつり

- ▶ **Date/Time:** August 23rd (Sat) 10:00 ~ 20:00
- ▶ **Location:** Hirota West Park (in front of Kawahigashi Branch, City Hall)
- ▶ **Events:** Offering Ceremony for Minazuru-hime, stage events, flea-market, stalls, fireworks display, etc.
(Kawahigashi Development Division PR Booth)
- ▶ **Date:** August 23rd (Sat) 10:00 ~ 16:00
- ▶ **Location:** Kawahigashi Branch, City Hall

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● **Inquiries :** ● Minazuru-hime Festival...Aizu Society of Commerce and Industry (☎ 58-2381), Kawahigashi Branch, City Hall (☎ 75-2114), ● PR Booth=Kawahigashi branch (☎ 75-2113)



On-Pool's Fun Aquasports Class

♪（おんぷ）～るの楽しいアクアスポーツ教室

Aqua Dance

Enjoy moving to the music in this water aerobics class!

- ▶ **Date/Time:** Every Thursday (September 4th~25th), 18:50~19:50 (4 sessions total)
- ▶ For ages 18+
- ▶ Limited to 30 participants
- ▶ **Location/Apply to:** Community Pool
- ▶ **Price:** Regular pool entry fee
- **Inquirie:** Community Pool (Kawahigashi-machi ☎ 75-5201)



Autumn Japanese Classes

秋の日本語会話教室

- ▶ **Date/Time:**
(**Morning Course**) Friday mornings, September 5th to November 21st, 10:00 - 11:30.
(**Evening Course**) Thursday evenings, September 4th to November 20th, 18:30 - 20:00.
- ▶ **Location:** Aizuwakamatsu City Learning Center (Aizu Keikodo)
- ▶ **Fees:** ¥6000 (¥4000 for AWIA members)
- ▶ Apply to the Aizuwakamatsu International Association via phone or email (aizukokusai@awia.jp)
- ▶ **Application deadline:** August 27th (Wed)
- **Inquiries :** Aizuwakamatsu International Association (☎ 27-3703)

Radiation Doses as of May 15th

housyasenryou jouhou 4gatu 15 niti
放射線量情報 (7/15)

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

※Measured in microsieverts / hour

After-Hours Pharmacies

Kyuujitsu touban Yakkyoku
休日当番薬局

August.3rd (Sun)	● Sengoku Chouzai Yakkyoku (Sengoku-machi ☎ 23-8336)
August.10th (Sun)	● Be-su Pharmacy Yamami-machi ten (Yamami 2 chome ☎ 93-6330) ● Daian Pharmacy (Byakko-machi ☎ 39-0311) ● Sekura pharmacy (Chuo 2 chome ☎ 39-3123)
August.11th (Mon)	● Orange Pharmacy Kimoto (Showa-machi ☎ 93-6301)
August.17th (Sun)	● Tsuruga pharmacy Matsunaga-ten (Matsunaga 1 chome ☎ 23-9488) ● Sakura Yakkyoku Aizuyamaga-ten (Yamaga-machi ☎ 93-5370)
August.24th (Sun)	● Houzando Yakkyoku Ougimachi-ten (Ougimachi 3 chome ☎ 33-9383) ● Tanpopo Yakkyoku Kita Aizu-ten (Kitaizu-machi Higashi Komatsu ☎ 57-1170) ● Ain Yakkyoku Yugawa-ten (Yugawa-machi ☎ 38-2588)
August.31st (Sun)	● Aiai pharmacy Johoku-ten (Johoku-machi ☎ 37-7701) ● Aiai Yakkyoku (Jousai-machi ☎ 29-6666)

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...** 19:00-23:00

▶ **Reception...** 18:30- 22:30

▼ 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.14th (Sun)	Internalmedicine・Pediatrics	Clinic Araki クリニック荒木	32-9229	Kouzashi-machi Kurokawa
	Surgery	Kabeya Ear, nose, andthroat Clinic かべや耳鼻咽喉科	24-4133	Sengoku-machi
	Dentistry	KurikiHiromasa Dental clinic 栗城宏昌歯科医院	28-4350	Tatewaki-machi
August.10th (Sun)	Internalmedicine	Shibukawa Clinic 渋川クリニック	23-7022	Yamami 2chome
	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	Miyuki Dental clinic みゆき歯科クリニック	22-0220	Chouu 2 chome
August.11th (Mon)	Internal medicine	Hayashidani Internal medicine 林谷内科医院	22-0408	Sakae-machi
	Surgery	Rikishindo Higuchi Ophthalmology 力神堂ひぐち眼科	37-2977	Shouwa-machi
	Dentistry	Koshiba Dental clinic こしば歯科医院	27-4374	Furukawa-machi
August.17th (Sun)	Internal medicine・Pediatrics	Watanabe clinic わたなべクリニック	24-0506	Matsunaga 1 chome
	Surgery	Onogi clinic 小野木クリニック	26-5533	Zaimoku-machi 2 chome
	Dentistry	Watanabe Keiichi Dental clinic 渡部圭一歯科	24-6890	Fujiwara 2 chome
August.24th (Sun)	Internal medicine・Pediatrics	Sone Internalmedicine clinic そね内科クリニック	33-1024	Ougi-machi 3 chome
	Surgery	Takadabashi Orthopedics clinic たかだばし整形外科クリニック	56-2882	Kitaaiizu-machi Higashikomatsu
	Dentistry	Shindou Dental clinic シンドウ歯科	29-0040	Higashisakae-machi
August.31st (Sun)	Internal medicine	Toyama Gastroenterology, Internalmedicine 遠山胃腸科内科医院	24-8911	Johoku-machi
	Surgery	Aizu Orthopedics, Rehabilitation clinic あいづ整形外科リハビリテーションクリニック	28-1205	Tsushimadate-machi
	Dentistry	Ekimae Sato Dental clinic 駅前佐藤歯科医院	24-8387	Byakko-machi

▶ Consultation Hours... ◎ **Internal Medicine・External Medicine・Pediatrician** ; 9:00 ~ 17:00
◎ **Dentist** ; 10:00 ~ 16:00

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

Clinics operating during Obon

お盆期間中も受診できる医療機関をお知らせします

Many clinics will be closed during the Obon holiday, particularly Thursday 14th ~ Friday 15th August. Please check your regular clinic's operating hours ahead of time. See below for a list of medical clinics operating during the holiday period. For information on clinics not listed, please contact the clinic directly.

● **Inquiries...**Health Promotion Division (☎ 39-1245)



August. 14rd(Thu) 15rd(Fri)	Takeda Sogo Hospital 竹田総合病院	0570-08-5577	Yamaga-machi
	Aizu Chuo Hospital 会津中央病院	2 5 - 1 5 1 5	Tsuruga-mach
	Aizu Iryo Center (Aizu Medical Center) 会津医療センター	7 5 - 2 1 0 0	Kawahigashi-machi tanisawa
	Yamaga Clinic 山鹿クリニック	0570-08-5577	Hon-machi
	Ear, nose, andthroat Suzuki Clinic 耳鼻咽喉科鈴木医院	2 8 - 3 3 8 7	Nishisakae-machi
August. 15rd(Fri)	Inaniwa clinic いなにわ医院	7 6 - 1 7 2 8	Kawahigashi-machi Yazawa
	Ebitani clinic 蛸谷クリニック	2 8 - 8 8 6 8	Tenjin-machi

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...** City Promotion 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: promotion@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

