

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.

Let's Prepare For Disasters

災害に備えよう

You never know when a disaster will occur, so it's important to remain prepared. One thing you can do to protect yourself is to talk to your family and neighbors about ways to respond to natural disasters. You should also confirm important details with materials such as a hazard map or a household disaster preparedness chart.

● **Inquiries...** Crisis Management Department (☎39-1227)

A hazard map or a household disaster preparedness chart can be found on the City's Homepage



House and Room Check

Check and confirm that there are no dangerous places in your home and be sure to fix anything that could pose a danger to your household. In the event of an earthquake, be sure to arrange your rooms in such a way that it prevents objects and furniture from falling, creating safe spaces within your home.

▶ Checkpoints...

- Do not place large furniture close to doors
- Be sure to fix furniture securely where you sleep to prevent it from falling
- Refrain from putting objects such as sofas against glass windows etc.

Confirm Your Emergency Evacuation Site and Evacuation Shelter

Be sure to confirm with your family beforehand about the location of designated evacuation shelters. Also research other safe places that might serve as alternate shelters, such as the homes of relatives and acquaintances, Japanese-style inns and hotels, and public establishments.

- ▶ **Emergency Evacuation Site...** A designated area to seek refuge in times of emergencies to protect your life; usually outdoors
- ▶ **Evacuation Shelter...** A designated place to live in the event one's home is compromised in a disaster

★ Emergency Evacuation Shelter

In the event of inclement conditions such as heavy wind and rain or an earthquake, move to your designated Evacuation Shelter once it is safe to do so.



A list of Emergency Evacuation Site and Evacuation Shelter can be found on the City's Homepage

Stock Up on Disaster Preparedness Supplies

You can prepare necessary items from your day-to-day life.

- ▶ **Prepare in your home...** ○drinkable water, groceries ○comfortable shoes ○rain gear ○flashlight/electric torch ○helmet ○work gloves ○blanket ○first-aid kit ○portable toilet etc.
- ▶ **Put in an Emergency Bag...** ○masks ○disinfecting wipes ○rechargeable batteries ○household medicine ○portable radio ○emergency rations (candies, chocolate, etc.) ○batteries etc.
- ▶ **Keep in Accessible Places...** ○registered seal ○driver's license ○health insurance card ○bankbook ○prescription notebook/medical history ○daily medicine etc.



Home Stockpile Points

A good way to prepare for natural disasters is to implement a practice called "rolling stock," which is stockpiling extra daily necessities in case of an unexpected emergency. You thereby maintain a constant stock of emergency foods that you use on a daily basis, preventing any of your stock from expiring.

- Groceries = 3 meals per day × number of people × 3 days (※)
 - Drinkable water = 3 liters per day × number of people × 3 days (※)
 - Fuel = portable stove, solid fuel, gas canisters, etc.
 - Supplies for infants, babies, and very young children = baby formula, disposable diapers, etc.
- ※ 1 week preferable

Environmental Lecture: Wildlife Observation

自然環境教室 フィールドサイン観察会

By observing the marks left behind by animals such as foxes and rabbits, you will have an opportunity to learn about the behaviors of mountain wildlife in winter.

- ▶ **Time...**February 18th (Sun) 9:30~11:30
- ▶ **Place...**Kodomo no Mori (Odayama)
- ▶ **Lecturer...**NPO Co. Wakaba Nature School,
IGARASHI Satoru
- ▶ **Participants...**Elementary school students and older
※3rd year students and younger must be accompanied by a guardian
- ▶ **Limited to...**24 people
- ▶ **Deadline...**February 15th (Thu)
- **Applications • Inquiries...**Environmental Lifestyle Department (☎39-1221)

Regional Cultivation Festival

地域づくりフェス

- ▶ **Time...**February 11th (Sun • Holiday) 11:00~15:00
- ▶ **Place...**Kita-Aizu Branch Office
- ▶ **Details...**◎Information on activities within all areas of the city, display booths ◎Lecture on regional development
◎Local goods marketplace
- **Inquiries...**Regional Cultivation Department (☎39-1202)

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.

Info about Holiday's Garbage Disposal

On February 12th(Monday), garbage will be collected as usual, excluding oversized items.

On February 23th(Friday,Holiday), only burnable garbage will be collected in Friday collection areas.

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- **Inquiries...**Waste Disposal Planning Department (☎27-3961)



Japanese Red Cross Society is Collecting Donations

日本赤十字社では災害義援金を募集しています

The Japanese Red Cross Society is accepting donations for the R6 Noto Peninsula (Ishikawa Prefecture) earthquake disaster. You can send your contributions to the affected areas care of the Japanese Red Cross. Thank you for your support.

Instructions for Donating

- ▶ **Direct Payment...**Accepted at the Area Welfare Department (Sakaemachi 2nd Government Building)
- ▶ **Postal Transfer...**
 - ◎Account Number = 00150-7-325411
 - ◎Account Name = 日赤令和6年能登半島地震災害義援金
(Japanese Red Cross R6 Noto Peninsula Earthquake Disaster Fund)
- ▶ **Bank Transfer...**
 - ◎振込先=(Receiving Bank=) 東邦銀行(Toho Bank) 南福島支店 普通預金(Minami-Fukushima shiten futsu)
 - ◎Account Number = 612587
 - ◎Account Name= 日本赤十字社福島県支部 (Nihon Sekijyuji-sha Fukushima-ken shibu),
支部長 内堀雅雄(Shibu-cho Uchibori Masao)
- **Inquiries...** Area Welfare Department (☎39-1232)

Learn Together With Foreign Residents: Disaster Preparedness Workshop

外国籍市民とともに学ぼう 防災ワークショップ

This is an internationally focused course on disaster preparedness in the form of quizzes. While using simple Japanese, participants will learn about protecting themselves against natural disasters in the Aizu region.

- ▶ **Time...**February 17th (Sat) 14:00~16:30
- ▶ **Place...**Aizu Wakamatsu City Learning Center
- ▶ **Participants...**Middle school students and older
- ▶ **How to Apply...**Phone or email the Aizu Wakamatsu International Association(Email : mail@awia.jp)
- ※Closed Sundays, Mondays, and Holidays
- ▶ **Deadline...**February 16th (Fri)
- ◎ **Inquiries...**Aizu Wakamatsu International Association (☎27-3703)

Watch Out for Accidents During Snow Removal

除雪中の事故に注意しましょう

Due to incidents such as falling from roofs and ladders, falling into waterways, becoming caught in snowblowers, and snow falling from roofs, injuries to senior citizens are increasing. Precautions such as the wearing of helmets and safety ropes as well as performing tasks with a partner are encouraged for accident prevention. For those who use snowblowers, carefully inspect your machine and be sure to stop the engine when removing any clogging from packed snow. Also, if there is any possibility of an accident or illness during snow removal, keep a smartphone or cell phone on your person.

- ◎ **Inquiries...**Aizu Wakamatsu Fire Department (☎25-1201)

2024 Come On, Spring ! Everyone's Art, Hanging Hina Matsuri Exhibition

2024年春よ来い！ つるし雛 みんなの作品広場

Artistic pieces made at a residents' course will be displayed. Works will range from hanging dolls to strings of paper cranes.

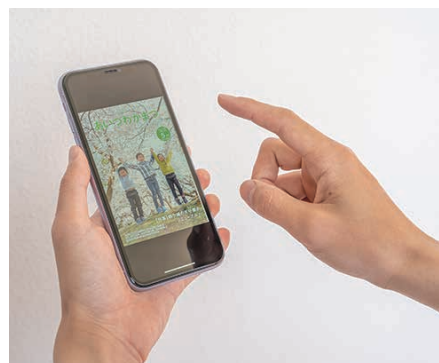
- ▶ **Time...**February 17th (Saturday) ~ 25th (Sunday) 10 am~5 pm※Exhibit will close at 3 pm on the last day
- ▶ **Place...**Aizu Wakamatsu City Learning Center
- ◎ **Inquiries...**Machizukuri Aizu Co.(☎38-2822), Aizu Wakamatsu City Learning Center(☎22-4700)

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)



Radiation Doses as of January 15th

housyasenryou jouhou 1gatu 15 niti
放射線量情報 (1/15)

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	0.06	Kozashi-machi Kitashigo	0.05
Imoriyama Mountain Tourist Information Center	0.09	Kawahigashi-machi Takatsuka	0.08
Ikki-machi Tsuruga	0.08	Kawahigashi-machi Kumanodo	0.08
Matsunaga Danchi	0.05	Kawahigashi-machi Hirota	0.05
Yanagiwara-machi	0.07	Kitaaizu-machi Shimoarai	0.09
Monden-machi Niidera	0.08	Kawanami Elementary School	0.06
Minami Public Hall	0.06	Oto Public Hall	0.05
Aizu General Athletic Park	0.08	Minato Citizen's Center	0.03

※Measured in microsieverts / hour

After-Hours Pharmacies

Kyuujitsu touban Yakkyoku
休日当番薬局

Feb.4th (Sun)	● Tsuruga pharmacy Matsunaga-ten (Matsunaga 1 chome ☎ 23-9488)
Feb.11th (Sun)	● Nanukamachi Yakkyoku (Omachi 1 - chome ☎ 85-8328) ● Orange Pharmacy Kimoto (Syowa-machi ☎ 93-6301)
Feb.12th (Mon)	● fa-maraizu Pharmacy Iimori ten (Nakajima-machi ☎ 39-3591)
Feb.18th (Sun)	● Suzuran pharmacy (Miya-machi ☎ 38-2303)
Feb.23th (Fri)	● Hiro pharmacy (Monden-machi Hiyoshi ☎ 36-5582) ● Machino Pharmacy Ougi-machi ten (Ougi-machi ☎ 37-1766)
Feb.25th (Sun)	● Daian Pharmacy (Byakko-machi ☎ 39-0311)
March.3rd (Sun)	● Sekura pharmacy (Chuo 2 chome ☎ 39-3123) ● Kosumo Dispensing Pharmacy Zaimokumachi ten (Zaimokumachi 2chome ☎ 36-5182)

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.

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

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

▶ **Consultation...** 7:00pm-11:00pm

▶ **Reception...** ◎ Monday to Saturday = 2:00pm - 10:30pm ◎ Sunday/Holiday = 6:30pm - 10:30pm

*open every day of the year

▼ Attention:

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

After-Hours Medical Facilities

Kyuujitsu touban lin
休日当番医院

Feb.4th (Sun)	Internal medicine · Pediatrics	Watanabe clinic わたなべクリニック	24-0506	Matsunaga 1 chome
	Surgery	Ami Woman's clinic あみウイメンズクリニック	37-1456	Yasumi-machi
	Dentistry	Kabasawa Dental clinic 加羽沢歯科医院	26-0418	Sumiyoshi-machi
Feb.11th (Sun)	Internal medicine	Koshiishi clinic こしいしクリニック	33-6100	O-machi 1 chome
	Surgery	Rikishindo Higuchi Ophthalmology 力神堂ひぐち眼科	37-2977	Shouwa-machi
	Dentistry	Kamio Dental clinic かみお歯科医院	24-9273	Chuo 1 chome
Feb.12th (Mon)	Internal medicine	Kachino-machi clinic 徒之町クリニック	26-6181	Kachino-machi
	Surgery	Shiba clinic 志波医院	22-0289	Baba-machi
	Dentistry	Kikuchi Dental clinic 菊地歯科医院	27-8111	Kitaaoki
Feb.18th (Sun)	Internal medicine · Pediatrics	Ito child clinic いとう子どもクリニック	27-4601	Monden-machi Kuroiwa
	Surgery	Kobari Ear,nose,and throat clinic こばり耳鼻咽喉科クリニック	29-0800	Miya-machi
	Dentistry	Kimi Dental · Oral surgery きみ歯科・口腔外科クリニック	93-6487	Monden-machi Kuroiwa
Feb.23th (Fri)	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	garashi Ear,nose,andthroat Clinic いがらし耳鼻咽喉科	39-2010	Ougi-machi
	Dentistry	Hirayama Dental · Orthodontics 平山歯科矯正歯科医院	27-0425	O-machi 1 chome
Feb.25th (Sun)	Internal medicine	Inaniwa clinic いなにわ医院	76-1728	Kawahigashi-machi Yazawa
	Surgery	Naruse Tomiko Ladies clinic なるせとみこレディースクリニック	37-7851	Byakko-machi
	Dentistry	Kuriki Dental clinic 栗城歯科医院	24-6711	Takizawa-machi
March.3rd (Sun)	Internal medicine	Arakawa Gastroenterology, Internalmedicine clinic 荒川胃腸科内科クリニック	32-2201	Chuo 2 chome
	Surgery	Onogi clinic 小野木クリニック	26-5533	Zaimoku-machi 2 chome
	Dentistry	KurikiHiromasa Dental clinic 栗城宏昌歯科医院	28-4350	Tatewaki-machi

▶ **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.

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 Kouchou 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>
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City Public
Homepage



Living
Information

