

# JULY BULLETIN!

## Kamogawa Swimming Areas Closed for Summer 2020



[Areas that will be closed]

- Uchiura Swimming Area
- Shirosaki Swimming Area
- Maebara Swimming Area
- Futomi Swimming Area
- Emi Swimming Area



\* All swimming areas citywide will be closed



The city has decided to close the swimming areas citywide this year. This means there will be no lifeguards on duty at beach areas. Swimming at a beach with no lifeguard is dangerous and irresponsible. There will also be no beachside clubhouses up this year. The beach is a place to relax for citizens but as it is still dangerous to gather in big groups, we will keep swimming areas closed. Thank you for your understanding and we hope you visit during a safer time.

**Questions:**  
Commerce, Industry, and Tourism Division 04-7093-7837



### Chat Cafe for Foreigners

When: July 12th (Sunday), 14:00 - 15:30  
Where: Fukumori (Yokosuka 1590-3)



A place for foreign residents of Kamogawa to make friends and get information about things they may be having troubles with. This month will feature a short presentation on typhoons. It is free to join! The deadline to sign up is July 8th.

**Questions and to sign up:**  
Kamogawa International Relations Association (04-7093-5931)

### ★ ★ What is Tanabata?



Tanabata (Japanese: たなばた or 七夕, meaning "Evening of the seventh"), also known as the Star Festival (星祭り Hoshi matsuri), is a Japanese holiday. It celebrates the meeting of the deities Orihime and Hikoboshi (represented by the stars Vega and Altair respectively). According to legend, the Milky Way separates these lovers, and they are allowed to meet only once a year. Most people celebrate by writing their wish on a piece of paper and tying it to bamboo in hopes it will come true. It is often celebrated on July 7th.



## How to prevent heat stroke during the pandemic:

In response to the continuous spread of the coronavirus there are three basic rules to follow: 1) Keep space between you and others, 2) Wear a mask, and 3) wash your hands. These are all a part of the "new way of living". It is important that we also still take care not to get heat stroke. Elderly people, children, and those with disabilities are especially at risk for getting heat stroke but we should all be careful! While avoiding the "3 C's" (closed spaces, crowded places, and close contact), please take the follow precautions.



### Avoid the heat

- Use your air conditioner and keep your room cool
- Get plenty of air circulation to help prevent the coronavirus
- On hot days don't overwork yourself for long periods of time
- Wear weather appropriate clothing
- Be especially careful of days that get suddenly hot

### Take off your mask if possible

- When it is hot and humid, take care when wearing a mask
- Take off your mask when you are at least 2 meters away from others
- When wearing a mask, try to avoid doing too much activity
- Make time to be away from people so you can take your mask off

### Drink a lot of water

- Drink plenty of water before you feel thirsty (It can be harder to tell if you are thirsty when wearing a mask)
- Drink at least 1.2 liters of water a day
- If you are sweating a lot, don't forget about your salt intake

### Your day-to-day health

- Check your temperature and how you feel everyday
- If you aren't feeling well, stay home and rest until you feel better

### Help get your body ready for the heat

- Once it starts getting hotter, limit intense exercise
- Don't forget to drink plenty of water and breaks while being active



## Event Cancellations/Postponement

Depending on the state of the coronavirus within the prefecture, citywide events may be postponed or cancelled. City events will only be held while taking precautions and measures to prevent the spread of coronavirus. The following events or services are either cancelled or will be postponed.



### Cancelled Events:

**Kamogawa City Fireworks Festival (July 29th)**  
[Commerce, Industry, and Tourism Division (04-7093-7837)]

**23rd Annual Kamogawa Citizen Golf Tournament**  
[Sports Promotion Division (04-7093-5111)]

**Orca Kamogawa FC Cup Matches (Matches this year)**  
[Orca Kamogawa FC Head Office (04-7099-2350)]

### Postponed Events:

**Orca Kamogawa FC Plenus Women's Soccer League Games (1st game to the 9th game) - 7 months postponement**  
[Orca Kamogawa FC Head Office (04-7099-2350)]

## Public Facilities will Reopen...

Public facilities closed due to the coronavirus pandemic will be reopening. In reopening, each Community Center in the city will have requirements for when you use their facilities. Visitors will have to wear a mask, use hand sanitizer, clean up after they use the space, avoid the "3 C's" (closed spaces, crowded places, close contact), and will be asked to open windows and air out the space every 30 minutes.

The Welfare Center will restart their bath service.  
**When:** [Weekdays only, with Tuesday being closed]  
10AM - 2PM

**Men's bath service:** Monday and Thursday  
**Women's bath service:** Wednesday and Friday

The Emi Nursing Home will also restart their bath service.  
**When:** [Weekdays only, with Monday being closed]  
9:30AM - 2PM

**Men's bath service:** Wednesday and Friday  
**Women's bath service:** Tuesday and Thursday

**Questions:**  
Health Promotion Division (04-7093-7111)

