



BE CAREFUL OF HEAT STROKE!

The Ministry of the Environment has a system to send out heat stroke warnings on days when there is a high risk for heat strokes. The city will also use their announcement systems to give warnings about heat stroke dangers but, it may be a good idea to sign up for your safety. Heat strokes can be especially dangerous for the elderly, children, and those with disabilities, so please check on those around you often on hot days.

If a heat stroke warning is issued, please take the following precautions:

- ▽ Limit your time outside
- ▽ Use an Air Conditioner
- ▽ Drink water and liquids
- ▽ Stay out of the direct sunlight



For full information on what to do in the case of a heat stroke, please visit the city homepage on heat strokes.

How to Apply for Ministry of Environment Announcements:

On LINE:

1. Open the QR code.
2. On the Ministry of Environment's page, click the 「追加」 button.
3. Click the 「配信設定する」 at the bottom of the talk screen.
4. Choose the prefecture you want updates about
5. Click the 「設定」button, and you will start getting information!



For email service:

1. Open the QR code.
2. Click the 「空メールを送信する」button and enter your email.
3. A registration URL link will be sent to your email.
4. Click 「同意する」button.
5. Choose the areas to get updates for and click the 「確認画面へ」button.
6. Finish by clicking the 「登録」button.



REMINDER: PROPERLY SORT GARBAGE!

Throwing away garbage, like rope, without properly taking care of it first can cause problems and even accidents for workers in waste management. Before throwing out any unusual items, please always consult the garbage calendar on the proper way to throw away your garbage.

- Rope:** Cut rope in to ~50cm pieces and throw away with burnable garbage.
- Nets/Netting (for fishing, etc.):** Please consult a Disposal Service within the city. (numbers can be found on the garbage calendar)
- Futon, bedding, curtains, etc.:** Throw away with oversized garbage.
※You will need to make a reservation for this.

For business owners: Throwing away metal scraps and wires with burnable garbage can cause damage to the incinerator at the Garbage Center. Please properly sort garbage according to the rules on the garbage calendar to reduce these kinds of problems.

Questions: Kamogawa Garbage Center (07-7093-5300)



Level 5: "Seek Shelter Immediately"

Major damage and life-threatening conditions have already begun.

- Take the course of action to protect your life at all costs.
- *DO NOT wait until Level 5 to evacuate. A Level 5 threat means that your life is at risk if you don't attempt to evacuate.



Level 4: "Evacuation Order"

Everyone should evacuate to a safe location.

If you feel that it will be too dangerous to get to an evacuation site under current conditions, find the nearest building or safest room in your house to evacuate to.

- *If an emergency warning level 4 is issued, find shelter from dangerous areas immediately. There is no longer an "Evacuation Advised" level, everyone should evacuate when Level 4 is issued.

Level 3: "Evacuation for those who need assistance"

Conditions are getting worse; it will start to be dangerous for those with a harder time getting around to evacuate easily.

- If you or a loved one needs more time to evacuate or get around you should begin evacuating. Everyone should be prepared to evacuate at any time.

Level 2: "Heavy Rain and Flood Warning"

Risk of flooding/dange from heavy rainfall are high.

- Locate an evacuation site nearest to you and begin to prepare yourself for an evacuation; think about what steps you need to take and what needs to be readied.



Level 1: "Early Warning"

Current weather conditions show there may be the potential for a natural disaster

- Take note of the current conditions and be ready to take action if things progress.

WARNING ABOUT SCAMS!

There has been a rise in phone and mailing scams targeting older people. Often times the scammer will pretend to be a family member or a city official and ask for money/banking information. Here are a few tips and reminders for avoiding scams.

- ① Don't give any personal information out over the phone. Let calls go to voicemail if you are unsure who it is.
- ② If someone immediately starts talking about money, assume it is a scam.
- ③ Report any strange/suspicious phone calls, emails, or letters to the police.

※If you get a letter or message and you are unsure of its importance or what it is saying, please bring it to the Foreign Residents Consultation Window for help.

Questions: Kamogawa Police Department (04-7092-0110)

INFORMATION ABOUT EMERGENCY WARNINGS

It is good to review the meaning of keikai levels as we prepare for the beginning of typhoon season here in Japan. After Typhoon 19 in 2019, the city revised its definition for emergency warning levels and what to do if they are issued. Please use the following as a guide for how to prepare yourself in case there is an emergency.

As always, please make sure that your supplies and evacuation plans are ready and up-to-date at all times. It is a good idea to review your preparation and plan as we get ready for typhoon season. Note: Sometimes the safest place to evacuate may be your own home. If possible and safe, you may evacuate at home or with someone you know.

Questions:
Disaster Management Division
TEL (04-7093-7833)



NATIONAL HEALTH INSURANCE NOTIFICATION!

For those enrolled in the national health insurance system, you will be sent an insurance tax payment notification and a renewed insurance card.

Insurance Tax Payment Notification:
This will be sent to you by Thursday, July 15th.

■ If you signed up for national health insurance in the middle of this tax year, you will be sent an adjusted tax payment notice for the number of months you have been enrolled.

■ Any reductions in income due to the COVID-19 pandemic may make you eligible for a deduction on these tax payments. You will have to apply for these deductions 7 days before the payment due date.

Questions: Tax Division (04-7093-7832)

Insurance Card:
This will be sent sometime in the middle of July.

■ Your insurance certification will change over starting August 1st of this year. Your new certification will be sent to through the mail. It will be a pink card. You will not be able to use your older card once the new one is sent out to you.

Questions: Citizen's Affairs Division (04-7093-7839)

