



End of the year cleaning...

December is a particularly busy time for the Garbage Center. If you are planning to do any cleaning and want to bring garbage for disposal, please plan and come sooner rather than later.

When visiting the Garbage Center:

- Properly sort the items you wish to throw away※
- Use proper bags for disposal (green for recyclables, etc.)
- You must wear a mask when going to the Garbage Center
- Oversized garbage (like sofas, desks, etc.) cannot be brought directly to the Garbage Center

※ If you don't use city designated garbage/waste bags, you will have to pay extra disposal fees.

Questions: Kamogawa Garbage Center (04-7093-5300)

Reminder: How to Throw Out Recyclables!

Please take care to properly sort your recyclable waste. Items that are collected on the same day should still be properly sorted. Please put out all items by 8:30 AM on collection day.

Recyclable Paper (Newspaper, Cardboard, etc.)

- Separate the different types of paper waste into piles.
- Tie the piles with a string.



Clothing • Cloth Items

- Put clothing and cloth items into piles.
- Tie up piles with a string.



Food/Drink Packs (like milk cartons, etc.)

- Wash all items before throwing away .
 - Pile them up and tie them with string.
- ※ Any cartons or food packs with cold lining on the inside must be thrown out with "Burnable Garbage"



PET Bottles

- First, remove the cap and wash out the inside of the bottle.
 - Crush it and throw away in a green designated recycle bag.
- ※ If PET bottles are too dirty or damaged, you should throw them out with "burnable garbage".



KIRA - Chat café

When: Sunday, December 19th
9:30 AM – 11:30 AM

Where: Chuo Community Center

Join us for another chat cafe this month! There will be a short presentation on the National Pension System. This is a good chance to make friends and learn about life in Kamogawa! There is no fee to join. Please sign up by December 9th. There is a limit of 15 people for this event.

Questions • Sign-up:

KIRA 04-7093-5931
kira@city.kamogawa.chiba.jp



Preparing for the COVID-19 "Booster" Shot (3rd round)

Given the current state of vaccination rates in the Awa area, medical facilities are now getting ready to start supporting additional or "booster" shots for fully vaccinated people. Shots will be available in a similar order to the initial vaccination schedule. As more concrete details are decided, complete information will be available on the city homepage.

Eligible people:

- Fully Vaccinated (1st, and 2nd shots)
- At least 8 months has passed since your 2nd shot

Please note: When getting your 3rd COVID-19 shot, you will need to provide information about your first two shots. Please have this information/ proper paperwork ready in preparation for future vaccinations.

Questions:

Health Promotion Division
COVID-19 Vaccination Preparation Office (04-7093-7151)

Flu Season is Here...

Every winter, the flu can cause many people to get quite sick, sometimes fatally. Common symptoms of the flu include, headaches, fever, muscle aches, and many other afflictions. The flu can stay active in the body for 1 to 3 days. If there are no complications the flu can usually pass in 2 to 7 days but there is always a risk of more serious illnesses developing. Older people and those with more vulnerable immune systems can experience pneumonia and other serious ailments. Please take proper caution this winter.

Ways to prevent/lower flu risk:

- 1 Avoid large crowds of people
- 2 Wear a mask when out and about, and wash your hands rinse out your mouth when coming home
- 3 Eat a balanced and nutritious diet and get a lot of rest to keep your body strong
- 4 Keep rooms humidified and air them out from time to time
- 5 Get vaccinated, when possible.

Questions

Health Promotion Division
(04-7093-7111)



Reminder about Frozen Pipes!

Please take time to review how to prevent damage from frozen pipes this winter.

