

KOHO JOETSU



Useful information for foreigners living in the Joetsu area was selected from the "Japanese version of KOHO JOETSU".

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We ask for your cooperation with measures to keep novel coronavirus infections from spreading.

The first case of the novel coronavirus in our city was confirmed on April 7th. The city is now carrying out appropriate and timely measures in order to protect the health of every citizen. It is also collecting accurate information and sending out the information promptly in close cooperation with the prefecture.

We ask all citizens to try and further protect themselves against infections and behave calmly without over-reacting.

Inquiries ... *Kenkou Zukuri Suishin-ka* (Health Promotion Division) (☎025-526-5111)

- Avoid unnecessary trips. In particular, avoid coming and going to and from areas where infections spread.

※ Going out for shopping, seeing a doctor, for work, or doing physical exercise are not restricted.

Please pay close attention to those in your family who plan to return or have returned to your home from outside of Joetsu. For those who have returned to Joetsu from other areas and are self-isolating at home, we ask that you keep a record of your activities and monitor your health for about two weeks. Also, do not go on any trips during this period.

● Avoid the three Cs:

- ① Closed spaces with poor ventilation
- ② Crowded places with many people nearby
- ③ Close-contact settings with close-range conversation

From: *Shusho Kantei homu peji* (website of the Prime Minister's Office in Japan)

- Try to protect yourself against infections by practicing preventive measures including washing your hands and good coughing etiquette while trying to maintain good health.
- If you have cold-like symptoms such as a fever, stay at home and try to treat your symptoms there. Please be sure to call medical institutions for consultations before visiting when you need to see a doctor.

If you think you've been infected, please contact *Shin gata korona uirusu kansensho kikoku-sha·sesshoku-sha sodan senta-* (The Novel Coronavirus Infections Consultation Center for Returnees and People who might have contacted the virus).

■ Please contact us if you meet one of the following conditions:

- ① You have had cold symptoms or a fever of 37.5°C or higher for four days or more, or you need to keep taking antipyretics to reduce fever.
- ② You have a strong feeling of fatigue, physical weariness, and/or difficulty breathing.
※ You have had the aforementioned symptoms for two days if you are a senior citizen or have underlying medical issues.

■ Contact for consultation

Shin gata korona uirusu kansensho kikoku-sha·sesshoku-sha sodan senta- (Novel Coronavirus Infections Consultation Center for Returnees and People who might have contacted the virus).

[Weekdays] *Joetsu Hoken Jo* (Joetsu healthcare center) ☎025-524-6134 (From 8:40 am through 5:15 pm)

[Saturday, Sundays and National holidays] Same as above (From 9 am through 5 pm)

[Other than the above listed hours]

Joetsu Chiiki Shinko-kyoku Keibi-shitsu (Security Guards' Room of the Joetsu Region Development and Promotion Bureau) ☎025-526-9317

Your call will connect to *Keibi-shitsu* (Security Guards' Room).

Please let the responder know your telephone number. Someone in charge will contact you.

When you need to inquire about symptoms and/or infection prevention, please contact the consultation center at City Hall. *Joetsu-shi Kenko Sodan Ko-ru senta-* (the city's health counseling call center)

[Weekdays, Saturdays, Sundays and National holidays] ☎025-526-5111 (From 8:30 am to 5:15 pm)

■ Be careful with water-related accidents

As summer gets closer, more and more people go out to beaches, rivers and/or lakes. This leads to concerns about water-related accidents. Please be very careful so as to avoid such accidents.

- Tips to prevent water-related accidents:
 - Keep an eye on your children.
 - Wear a life jacket when playing at places such as beaches, rivers and lakes
 - Do not enter off-limits areas.
 - Stay away from dangerous places.
 - Pay close attention to weather reports and forecasts.

Inquiries : *Kikikanri-ka* (Risk and Crisis Management Division) (☎ 025-526-5111 Ext.1734)

■ Health checkups

Time schedules and other related original plans will be changed due to novel coronavirus infections.

● Health checkups for children

Please check revised time schedules of health checkups and consultations on the city's website and/or the website of *Joetsu-shi Kosodate Oen* station (Joetsu Support Station for Child Rearing Parents)

● Health checkups for adults

In order to prevent novel coronavirus infections from spreading, the planned health checkups for adults starting from May have been postponed. Health examinations for groups and individuals done at appointed venues and *Nigen Dokku* (comprehensive health screenings) will be postponed accordingly.

Also, the mailing of check-up vouchers, free check-up coupons, accepting appointments for check-ups at appointed venues and individual and female check-ups will be postponed.

Inquiries: *Kenkou Zukuri Suishin-ka* (Health Promotion Section)(☎ 025-526-5111,Ext.1706)

■ Information related to novel coronavirus infections

Period for filing your municipal/prefectural tax returns has been extended again

The consultation/filing period for taxes was originally extended to April 16th, but has been further extended with the aim of preventing spread of infections.

Hours: From 8:30 am through 5:15 pm on weekdays

Venue: *Zeimu-ka* (Revenue Division) and the 13 district offices

Inquiries: *Zeimu-ka* (Revenue Division) (☎ 025-525-5111 Ext. 1250~1256)

※Filing returns are accepted only at *Takada Zeimusho* (*Takada* Tax Office)

(Appointments are needed)



Consultations on tax payment

When it is difficult to pay municipal tax before its due date because of considerable loss of income due to effects of the coronavirus, tax payment in installments within a one-year grace period is institutionally available. People who have already been approved for national and prefectural taxes, or have made use of *Seikatsu Fukushi Shikin Kashitsuke seido* (social welfare loan programs) are eligible.

The government is now planning to introduce a new program for granting a moratorium on payment. Please contact us for detailed information.

Inquiries: *Shuno-ka* (Collection Division)(☎025-526-5111. Ext. 1233 or 1688)

Postponement of payment for gas, water and sewage bills will be granted

If it is difficult to pay for gas/water/sewage charges due to effects of the coronavirus, payment can be postponed. Please contact the city for details.

Who's eligible:

- Individuals who obtained a loan of emergency economic assistance and/or integrated support funds in accordance with social welfare loan programs.
- Employers who are making use of special loan programs for novel coronavirus infections provided by the government, the prefecture and/or the city

Inquiries: *Gasu Suido Kyoku Ryoukin senta-* (Gas & Water Tariff Center) or its business offices

We ask every citizen to remain calm and act sensibly with consideration for human rights

In the midst of the infection spread, there has been a wide spread of cruel insults and wild accusations against infected persons and others over the Internet and/or through posts on social media. This could make anyone hesitate in seeking medical advice for infection tests even if they have developed symptoms. They may also be reluctant to provide a health care center with correct information about their activities and information about with whom they actually had close contact. These kinds of things can damage preventive measures against spreading infections.

Some of the posted information includes uncertain or inaccurate facts about novel coronavirus infections. We must avoid unfair discrimination, prejudice, or ill-treatment of others based on false information. Please act sensibly with consideration for human rights and refrain from carelessly sharing or reproducing misleading information. Also, make sure to check information provided by the government, prefecture and city.

Inquiries: *Jinken·Dowa Taisaku-shitsu*(Human Rights & *Dowa* [discrimination against certain social groups or races in Japan] Countermeasures Office (☎025-526-5111、Ext.1442)

Be careful of unethical practices that take advantage of the novel coronavirus

In the midst of the spread of infections, reports of unethical practices have been received by Consumer Affairs Centers nationwide. Please beware of the following situations so as to avoid any problems in the future:

- A suspicious phone call from a person claiming to be a member from the city's novel coronavirus countermeasures office and asking for private information.
- A phone call from someone saying, "You can have a novel coronavirus test for free. Your personal identification card is needed for it, so now I'm coming to your home".

<Advice>

- Hang up on such calls quickly.
- Delete suspicious e-mails.
- Never let anyone know your password and/or account information and never hand over cash cards.
- If you suspect any wrongdoings or encounter any problems, contact the police or the nearest *Shouhi Seikatsu Senta-*(Consumer Affairs Center).