



Takasaki International Relations Society 高崎市国際交流協会

たかさきしこくさいこうりゅうきょうかい

TAKASAKI & YOU

Takasaki City: Population: 372,147 Area: 459.16 km²

Registered Foreign Residents:

There are 5,897 foreign residents from around 60 different countries residing in Takasaki City from China, Philippines, Vietnam, etc... (as at 31st March 2020)

Coronavirus COVID-19 Information

What is the Coronavirus?

COVID-19 is an infectious virus that affects the respiratory system. It causes coughing, fevers and pneumonia. It is transmitted through coughing/sneezing and direct contact with contaminated surfaces.

Common Symptoms

Cold symptoms and/or a fever above 37.5°C which lasts for 4 days or more (2 days or more for the elderly or those with preexisting health conditions)

Heavy physical fatigue or trouble breathing

If you have these symptoms...

If you suspect you have coronavirus, especially if you have recently returned from overseas or been in contact with someone who has, please call one of the consultation centers below for information about medical facilities that can treat you. Do not go directly to a clinic or hospital without calling first! Once told to do so, wear a mask and make your way to the medical facility using private transport.

Preventing the Spread of COVID-19

- Don't go to work or school if you have a cold or fever
- Wear a mask, especially if you have a cough or sneezing, and maintain good hygiene when disposing of it
- Cough or sneeze into a tissue or the crook of your arm, and throw it away immediately
- Wash hands thoroughly and regularly, especially before and after eating, using the bathroom and coming in from outside
- Use an alcohol-based disinfectant to wipe down surfaces like benches, door knobs, etc.
- Avoid visiting crowded areas and maintain a distance of 1.5m from people around you as much as possible
- Keep rooms well ventilated and maintain a healthy lifestyle

Consultation Centers

Japan Visitor Hotline (website has info in English)

Provides assistance in case of accidents and emergencies, including about COVID-19. Support is available in English, Chinese, and Korean.

TEL: 050-3816-2787 (24hrs/day, 365 days/year)

AMDA Medical Information Center Coronavirus Multilingual Consultation

Period: April 10 through May 20

TEL① 03-6233-9266

Consultation in English

On weekdays during the period: 10:00 to 17:00

On Saturdays, Sundays, and public holidays during the period: 10:00 to 15:00

TEL② 090-3359-8324

Consultation in English and Chinese

On weekdays during the period: 10:00 to 17:00

Takasaki City Public Health Center (Japanese only)

Information in Japanese only about the virus and relevant medical institutions.

TEL: 027-381-6112 (Mon-Fri, 8:30am-5:15pm)

More Information related to Coronavirus from official sources (Easy Japanese, English & other languages)

- Ministry of Health, Labour & Welfare
www.mhlw.go.jp
- CLAIR www.clair.or.jp
- NHK World www3.nhk.or.jp/nhkworld
- Gunma Prefecture www.pref.gunma.jp

Temporary Loan & Emergency Funds

The Social Welfare Council is providing a welfare fund loan system to lend necessary funds for living and other expenses to low-income households and households that have felt the economic impact of COVID-19. There are two types below.

1. Emergency Small Amount Fund 緊急小口資金

Mainly for people who are facing a temporary reduction of work hours and require once-off support

TIRS Takasaki International Relations Society

(International Relations Corner, 2nd Floor Takasaki City Hall)

TEL: 027-321-1201 (in English OK), FAX: 027-330-1819, Email: office@takasaki-irs.org

Website: www.glocalfive.net/tirs/ (Japanese, English, Chinese & Portuguese versions)

Facebook: takasaki.international





Applicable Households

Those facing a decrease in income due to temporary stoppage of work, etc. as a result of COVID-19, and who require an urgent and once-off payment loan to maintain their livelihood.

Loan Limit

- 200,000 yen = for households where income has decreased due to working less to take care of children while schools are closed, or households running small businesses that are feeling the economic effects of the downturn.
- 100,000 yen = for other households

Conditions

- Repayment of the loan begins within one year of receiving it
- Repayment of the entire loan must be finalized within 2 years
- Interest free & no guarantor needed

2 General Support 総合支援資金

Mainly for people who have lost their jobs, etc and require ongoing support

Applicable Households

Those facing a decrease in income or unemployment due to COVID-19 that is causing economic hardship that directly affects ability to maintain daily life.

Loan Limit

- Up to 200,000 yen/month = for households of 2 or more
- Up to 150,000 yen/month = for single persons
- Up to 3 months of continuous support

Conditions

- Repayment of the loan begins within 1 year of receiving it
- Repayment of the entire loan must be finalized within 10 years
- Interest free & no guarantor needed
- Under these special measures, households that are exempt from municipal tax and whose income continues to be reduced may be not required to repay

Applications & More Information:

Takasaki City Council of Social Welfare
3rd Floor, Takasaki General Welfare Center
115-1 Suehiro-cho, Takasaki City 370-0065
TEL: 027-370-8855 FAX: 027-370-8856
Email: takasaki-shakyo@bd.wakwak.com

Receive this Newsletter by Email

Send an email to: office@takasaki-irs.org

Subject="Request for Newsletter Notification"

Date	Sun 3rd May	Mon 4th May Pub. Hol.
Internal Medicine (Naika)	Michimata Naika Higashiguchi Shin- ryosho (Sakae-cho) ☎027-395-6356	Sakurai lin (Shibasaki-machi) ☎027-352-1270
	Yoshihama Naika lin (Aioi-cho) ☎027-322-2226	Nishimura lin (Showa-machi) ☎027-388-1811
Pediat- rics (Shonika)	Oyama Shonika lin (Kuragano-machi) ☎027-346-0880	Kaizawa Chuo lin (Higashi Kaizawa- machi 3) ☎027-363-7001

きゅうじつとうばんい

休日当番医



'Kyujitsu toban i' are the medical clinics on duty on weekends and national holidays. Surgery hours are 9am to 6pm. Be sure to take along your health insurance card.
※Schedule changes monthly, see 15th-of-the-month Takasaki Koho for full list. For other cities, see your local city magazine.

Night Clinic: (1F Public Health Center Takamatsu-cho)

Mon-Fri=7:30pm-10pm; Sat, Sun, pub. hol=7pm-10pm

Children's Emergency Health Consultations:

Dial #8000 to speak with a health professional for advice on whether to go to the hospital (Mon-Fri=6pm-8am next day; Sat, Sun, pub. hol=9am-8am next day).

Date	Tues 5th May Pub. Hol.	Wed 6th May Pub. Hol.	Sun 10th May	Sun 17th May	Sun 24th May	Sun 31st May
Internal Medicine (Naika)	Yamana Clinic (Yamana-machi) ☎027-350-5777	Aihara lin (Shimotaki-machi) ☎027-352-1272	Yoshida Naika (Egi-machi) ☎027-326-6210	Yoshida Shokaki Naika Clinic (Oyagi-machi) ☎027-388-1079	Iwata Badizu Clinic (Yanaka-machi) ☎027-347-4560	Okamoto Naika Clinic (Kaminakai- machi) ☎027-325-5050
	Shimizu Naika (Iizuka-machi) ☎027-362-2838	Uehara Naika lin (Nakatoyooka- machi) ☎027-327-6955	Namie Clinic (Kaminamie- machi) ☎027-362-5808	Kiryama Clinic (Suehiro-cho) ☎027-310-1234	Katsuta Naika Shokaki Clinic (Yachiyo-machi) ☎027-327-5556	Sato Kokyukika lin (Iizuka-machi) ☎027-362-5122
Pediat- rics (Shonika)	Miyashita Clinic (Shinbo-machi) ☎027-360-5577	Terao Kodomo Clinic (Terao-machi) ☎027-324-7788	Hiura lin (Kenzaki-machi) ☎027-344-1175	Shonika Himawari Clinic (Minamiorui- machi) ☎027-352-9552	Matsushima Shoni- ka lin (Kaizawa-machi) ☎027-361-5823	Kaminakai Family Clinic (Kaminakai- machi) ☎027-326-4155