

Official Request from Tsukuba City

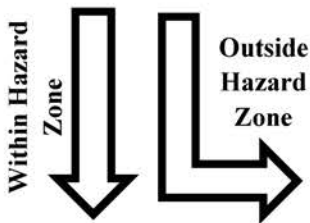
- Please avoid nonessential travel to or stay in the Tokyo Metropolitan Area.
- Residents of Tokyo Metropolitan Area should avoid nonessential travel to or stay in Ibaraki Prefecture.

COVID-19 and Disasters

The typhoon season is drawing closer. In the event of a natural disaster followed by the opening of evacuation shelters, which become a gathering place for a large number of people, it may become very difficult to completely prevent the risk of infection amid the COVID-19 pandemic. Now is the perfect time to discuss with your family how to evacuate in the time of a disaster (When, Where, How).

Confirm the natural disaster risks using the Tsukuba Hazard Map

Confirm whether your home, workplace and commuting route as well as route to school is **within the hazard zone** (colored zone) or **outside the hazard zone** (not colored zone).



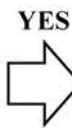
People who are **outside of the hazard zone**:

Persons, whose house is not in danger of collapsing due to an earthquake.

- Evacuation means **avoiding danger**.
- Persons who are in a safe place do not need to go to an evacuation shelter.
- As long as your house is not in danger of collapsing, please **take refuge at home**.

People who are **within the hazard zone**: People whose house is in danger of collapsing due to an earthquake.

- There are relatives or acquaintances outside of the hazard zone that you could go to for refuge.
- The area has a meeting place in a safe location and a community that acts autonomously.



**Home of relatives or acquaintances**

During normal times, discuss with your relatives and acquaintances whether they could receive you for refuge in the time of a disaster.

**Meeting place in the area**

During normal times, discuss with the residents of the area whether the meeting place can be used as the evacuation site in a disaster.



**Designated Evacuation Shelter**

In the case of evacuation to the evacuation shelter, please bring not only everyday items, but also masks, medical thermometer and alcohol antiseptic solution, etc. In addition, discuss with your family how the time will be spent at the evacuation shelter in advance.

**CHECK LIST!** Prepare the below for the time of evacuation!

- Enough masks for the whole family
- Alcohol antiseptic solution

- Hand soap
- Wet tissues and towel
- Medical thermometer
- Handheld fan

\*To avoid the “Three Cs” (Closed spaces, crowded places, and close-contact settings) that may occur at the evacuation site, one alternative is to take **refuge in a car**. However, please consider such health aspects as the occurrence of Economy Class Syndrome, etc. Also, it is very important to confirm the evacuation route as well as available parking lots.



## A request to everyone at the Evacuation Shelter

To avoid the “Three Cs”, the evacuation shelters will be operating under reduced accommodation capacity. Due to this reason, even if there is an evacuation shelter nearby, in the case the shelter has reached its capacity, evacuees may be guided to a different evacuation shelter. We kindly ask for your understanding.

### ① Before entering the evacuation shelter

Persons who have such symptoms as difficulty breathing, lethargy, or high fever, also persons with symptoms of relatively light cold as well as elderly, persons with underlying conditions, and people with high risk of serious illness should contact a health care center to confirm whether there is a necessity for medical examination. The method of admission to the evacuation shelter may need to be discussed depending on the situation.

**Tsukuba Health Care Center:** 029-851-9287    **Returnees and Contact Consultation Center:** 029-301-3200  
**Consultation in English:** yobo@pref.ibaraki.lg.jp

### ② Procedures at the evacuation shelter

After taking your temperature, please write down your name, address and contact information in a list. Persons who show symptoms such as fever and cough, along with people that do not feel well will be examined in a separate room.

### ③ Wearing a face mask at all times and checking your physical condition every day

To curb the risk of infection due to the droplets of cough and sneeze, please wear a face mask at all times.

While at the evacuation shelter, monitor your daily physical condition by taking your temperature.

### ④ Wash and disinfect your hands before and after touching communal items

Because things of communal usage at the evacuation shelter (doorknobs, light switches, handrails, etc.) are being touched by a lot of people, they may become a place for easy spread of the infection. Therefore, before and after touching places of communal use, please always wash and disinfect your hands and fingers. Especially, it is crucial to wash and disinfect your hands before touching places of communal use as there is always a possibility that you yourself have the virus, therefore it is very important to be aware of not transmitting the infection to other people.

### ⑤ Avoid the Three Cs

While at the evacuation shelter, be sure to avoid the Three Cs (Closed spaces, Crowded places, and Close-contact settings). It might be useful to keep in mind that in Japanese Three Cs are called *sanmitsu* (3密). For this reason, we ask for your cooperation in infection prevention measures at the evacuation shelter by ventilating the spaces, keeping 2 meters distance from other people, and not conversing while being too close to others.

#### Safety tip



Android



iPhone

#### NHK WORLD-JAPAN



Android



iPhone

**Website of Immigration Office** provides plenty of information concerning COVID-19 as well as matters of emigration and immigration. Please check it on regular basis.

<http://www.immi-moj.go.jp/index.html>

## To Foreign Residents (Information in concern to COVID-19 infection)

This is an URL for information published by the Ministry of Health, Labor and Welfare. The information on the website supports people having difficulties in everyday life as well as foreign residents employed by companies in Japan. The information is provided in 14 languages: simple Japanese, English, Chinese (simplified and traditional), Korean, Portuguese, Spanish, Tagalog, Thai, Vietnamese, Nepalese, Indonesian, Khmer (Cambodian), Mongolian, and Burmese.

Covid19



## Guidebook on Living and Working

Under the supervision of the Immigration Services Agency, a “Guidebook on Living and Working” has been published in 14 languages including simple Japanese, English, Chinese, Korean, Portuguese, Spanish, Tagalog, Thai, Vietnamese, Nepalese, Indonesian, Khmer (Cambodian), Mongolian, Burmese and Filipino.

Guide Book



## Tsukuba City Consultation Counter for Foreign Residents now available in more languages!

The number of available languages has increased at the Tsukuba City Consultation Counter for Foreign Residents provided by the International Exchange Office on the 5<sup>th</sup> floor of Tsukuba City Hall. In addition to English, Chinese, Korean, Thai, Russian, Vietnamese, Portuguese, Spanish, French, and Tagalog, now consultations are also available in Hindi, Nepalese, and Indonesian. When coming to the City Hall, please make sure to wear a face mask. For details, please see the enclosed leaflet.

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou\\_roudou/koyou/jigyounushi/page11\\_00001.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/koyou/jigyounushi/page11_00001.html)



## Free Holiday Legal Consultation for Foreigners via Telephone and Video Call

**When:** Sunday, October 4<sup>th</sup> and 11<sup>th</sup>, 2020, from 10 AM to 3 PM (Registration ends at 2:30 PM)

**How to Consult:** By telephone: 029-244-3811, by video call: LINE, Skype, or Messenger (\*If you would like to use these tools, please let us know by email 1) your name, 2) language, and 3) which platform you would like to use. Email address: [iia\\_consul@ia.ibaraki.or.jp](mailto:iia_consul@ia.ibaraki.or.jp)

**Description:** Legal consultations cover issues related to work, visa, marriage, taxes, and insurance along with other concerns related to daily life. (All consultations are free, confidential, and with interpretation.)

**Available languages:** Japanese, English, Chinese, Thai, Tagalog, Portuguese, Korean, Spanish, Indonesian, and Vietnamese.

**Sponsors:** Ibaraki International Association, Ibaraki Bar Association, Kanto Federation of Bar Associations

**Inquiries:** Consultation Center for Foreigners of the Ibaraki International Association

**Tel:** 029-244-3811 **Fax:** 029-241-7611 **Email:** [iia\\_consul@ia.ibaraki.or.jp](mailto:iia_consul@ia.ibaraki.or.jp)

## Ministry of Justice: Human Rights Consultations Hotline in Foreign Languages

Have you ever felt that you are facing a human rights issue when you are discriminated for being a foreigner or when you experience bullying at school? Please, do not suffer in silence, but consult Legal Affairs Bureau or Regional Affairs Bureau. Personnel and human rights protection committee members will provide a consultation, so the very best way of solving your concerns could be found.

An exclusive consultation hotline (Navi Dial) has been set up to accommodate those who cannot freely use Japanese language. Consultation can be received from any place in Japan by calling this **phone number: 0570-090911**.

**Consulting time:** From Monday to Friday, 9:00 – 17:00.

**Available Languages:** English, Chinese, Korean, Filipino, Portuguese, Vietnamese, Nepalese, Spanish, Indonesian, and Thai.

MOJ



## The extension of period for vaccinations and medical examinations for infants due to the COVID-19 infection

Persons that for the period of March 2020 – June 2020 (in the case of vaccinations March 19<sup>th</sup> – June 7<sup>th</sup>) could not complete medical examination for infants - 1 year 6 months old medical examination, 3 years old medical examination, and consultation as well as vaccination due to the COVID-19 infection should consult Health Promotion Division or Sakura Health Center, because the period for consultation and vaccination has been extended.

## Reception of National Health Insurance Certificate for FY 2020

National Health Insurance Certificate has been mailed as simplified registered mail in mid-July. For persons who could not receive the certificate, it will be safekept at the City Hall. Therefore, please come to collect it at the National Health Insurance Division Counter. From Monday to Friday, 8:30 – 17:15. Please bring residence card or other identity verification document. When coming to the City Hall, please make sure to wear a face mask. Power of attorney is necessary if a person from a different household comes to collect the certificate.

## Application period for admission/enrolment to nursery school from April 2021

We will be accepting applications from persons who wish to newly enrol or to change their current nursery school from April 2021.

1<sup>st</sup> application period – from mid-November, 2<sup>nd</sup> application period – from December.

This year applications will be also accepted via internet, however, as the application process is in Japanese only, please apply together with a person proficient in the language.

Firstly, upon the review of the applications, admittees from the 1<sup>st</sup> reception period will be determined. If there are any vacancies left after completing the review of 1<sup>st</sup> reception applications, we will review the admission applications made during the 2<sup>nd</sup> period.

If you wish to apply for April 2021 admission, please complete the application within the period indicated above.

N.B. The details will be posted around October on multilingual version (English, Chinese, Korean and simple Japanese) of Tsukuba City website's news section: <http://www.tsukubainfo.jp>

## Tsukuba World Futsal 2020: Notice of Cancellation

Tsukuba World Futsal, held annually, this year to be cancelled due to the COVID-19 infection. Those who were looking forward to this event, in order to be able to meet everyone next year, be sure to thoroughly follow infection prevention measures now.





## The National Census 2020 is under way!

National Census - the most important statistical survey, carried out in Japan once in 5 years, is now under way. The National Census, a statistical survey implemented in accordance with the law, is intended for everyone residing in Japan, no matter their nationality. It is residents' duty to respond.

A census worker will start visits from the beginning of September. The person will visit your home to distribute the survey. As a COVID-19 countermeasure, it will mainly be a contactless survey. Internet is a convenient way to provide answers. Answers are accepted in English, Chinese, Korean, Vietnamese, Spanish, and Portuguese and can be submitted 24/7 via smartphone, tablet, or PC.

National Census Workers are part-time government officials appointed by the Minister of Internal Affairs and Communications under the recommendation of the local government. The census worker conducting the National Census has a National Census Certificate with a photograph and an armband. Please be aware of persons pretending to conduct National Census, suspicious phone calls and home visits. No money is requested for the National Census. Also, census workers never ask for PINs of bank accounts or credit card numbers.

The answers are used for statistical purposes only, it is not being used for border control, police investigations, or any other purpose.

For details please check the questionnaires distributed nearby and the URL: <https://www.kokusei2020.go.jp/>



## How about trying out garbage separation app “threeR”?

On this smartphone application you can get the notifications about what garbage to be collected on that day as well as to check how to separate the garbage and the garbage collection schedule.

**N.B.** The use is free, but normal communication charges apply.

Available in Japanese and English.

**Main functions are as follows:**

**Garbage Separation Dictionary:** item-by-item search for how to separate and what to be aware of.

**Garbage Calendar:** confirmation of garbage collection schedule in a style of a calendar.

**Notification Function:** notice of garbage collection day on time designated by you.



## Studying on Zoom! Japanese language course intended for Foreigners from October to March

A course intended for adults who want to learn Japanese language useful in everyday life. We will be studying online (ZOOM) with the help of smartphones, tablets or PCs. If you are new to Japanese language, or if you have studied it before, or if you are new to using ZOOM – just take upon a new challenge!

**Course and time:** day course 10:00-11:00, evening course 18:30-19:30 (each course has 4 classes of different level. In total there are 20 classes.) For details, please see the website of Tsukuba International Association.

**Intended for:** foreign residents currently living or/and working in Tsukuba as well as their families.

**Quota:** 10 persons in every class (first come, first served basis). **Fee:** Free.

**Application:** please send the application form posted on the TIA website via email. The form will be available from September 1<sup>st</sup>. **Inquiries:** Tsukuba International Association **Tel:** 029-869-7675 **Email:** [info@inter.or.jp](mailto:info@inter.or.jp)

### “Ibaraki Amabie-chan”

As a countermeasure to COVID-19 “Ibaraki Amabie-chan” has been introduced in Ibaraki prefecture. This system has the following initiatives as its goals. We ask both persons in business and prefecture residents to register.

- To promote operation of shops and events in accordance with the guidelines of infection countermeasures policy.

- If there was a new case of infection, to alert the persons who might have had close contact with the infected.

**N.B. Available in Japanese only.**

### Please use “Ibaraki Amabie-chan” and “COCOA” to prevent the spread of COVID-19 infection!

COCOA (COVID-19 COntact COntirmation Application) is a smartphone app that provides nationwide notifications about the possibility of having had close contact with a person infected with COVID-19. Available in Japanese, English, and Chinese.

This app provides notifications about the possibility of having been in close contact with a COVID-19 positive person, by using Bluetooth of the smartphone in a privacy secure manner. The user, after being notified about this kind of possibility, can promptly seek for medical examination or support from Health Care Center. We hope that an increasing number of users will help to prevent the spread of the infection. Q&A intended for users is announced in English.

