



Rainy season (tsuyu) is early this year!

June is known to be the rainiest month of the year. Also known as *tsuyu* (梅雨), it typically starts mid-June and lasts to around mid-July in the Kanto region (the area surrounding Tokyo including Gunma, Tochigi, Chiba, Saitama, Kanagawa, and Ibaraki). This year's rainy



season has started earlier than average years; so the humidity might make it feel hotter than expected this month. Wearing different light layers of clothing and carrying an umbrella can be helpful to combat the rain/changing temperatures. **What are some things to look out for in this weather?** The humidity may make the temperature feel colder or hotter than we expected. Some people may feel more tired and/or drowsy around this time due to the combination of cloudy/rainy weather and a rise in humidity.

How can we combat humidity? While layering clothing can make the humidity more bearable, ventilating your house/apartment is also important. As humidity rises, it makes it easier for mildew to form. Using a fan to circulate the air and/or the dehumidifying option on your air-conditioner can make it more bearable and prevent the buildup of moisture. Even using the air-conditioner for just a few hours a day can make a huge difference.

Health Checkup

If you are a resident of Annaka City, you should have received an orange envelope in the mail. The checkups available can depend on your gender, age, and health conditions but you can consult your family doctor if you think you want other examinations. The envelope includes dates of group examinations and a list of hospitals/clinics that offer examinations by appointment. Feel free to consult with us if you need help with understanding the forms.

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令和3年度
安中市「各種検診受診シール」在中

「検診受診時」と「大腸容器配布時」には
この受診シールを必ず持参してください。

Why does humidity feel so bad?

The higher the humidity, the more water vapor the air contains, and warm air can hold more moisture than cooler air. As humidity starts to rise, the sweat can't evaporate and provide cooling relief, because the air is already so full of water vapor, it can't take in anymore. Normally, this is the body's way of cooling itself off, but when high humidity turns that heat sticky, you can start to feel uncomfortable because the sweat has nowhere to go.

Dehumidifying the room

If you use the dehumidify function, you can save some electricity versus using the air conditioning function (although it can make the room warmer instead). However, it still does reduce moisture in the air, which can be better in some cases. You might also see this function as ドライ. Cleaning the filter every 3 months can boost its efficiency.



Hydrangeas アジサイ



Hydrangeas typically bloom during the rainy season in June and July, making them a symbol and the most popular flower of the season. There are over 100 varieties of hydrangeas of various colors in Japan today. It is relatively easy to grow and is commonly seen in parks and private gardens. Some temples are known for their hydrangea gardens and are popular places to see large numbers of flowers in a picturesque setting. Many first-time visitors to Japan are surprised at the variety of colors as hydrangeas are typically white, or only have a slight green tint to their

petals in most countries. While it depends on the species of hydrangea, the color is largely affected by the number of aluminum ions in the soil: acidic soils will produce blue to purple flowers, while alkaline soils will produce pinks and reds.