



Useful information for Foreigners living in Gunma.

Strengthening penalties for using cellular phones while riding bicycles and driving under the influence of alcohol



Source: Gunma Prefectural Police

Due to the increasing number of traffic accidents caused by using cellular phones while riding a bicycle, and the high incidence of fatal and serious injury accidents caused by riding a bicycle while under the influence of alcohol, "using cellular phones, etc." while riding a bicycle and "driving under the influence of alcohol" have been prohibited and penalties have been established.

The Road Traffic Act has been revised and penalties will be strengthened from November 1, 2024. The violation of "using a cellular phone while riding a bicycle" is punishable by imprisonment of up to six months

or a fine of up to 100,000 yen. If an accident occurs, the penalties will be increased to up to one year in prison or a fine of up to 300,000 yen. As well as, Violations of the law, such as "driving under the influence of alcohol" and bicycle or liquor supply violations, etc. are punishable by imprisonment of up to three years or a fine of up to 500,000 yen. For details, please check the flyer or the website below.

<https://www.police.pref.gunma.jp/667059.html>

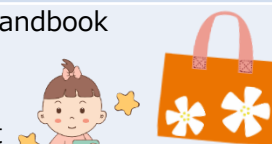


HEALTH CHECK-UP FOR CHILDREN in December 2024





(Place: Annaka Health Center Time: 13:00-14:00)



Category	Birthday (Month/Year)	Date & Time (Month/Day)	Things to Bring
4 Months Old Health Checkup	Aug. 2024	12/20 (Fri.)	<input type="checkbox"/> Maternal and Child Health Handbook <input type="checkbox"/> Bath Towel <input type="checkbox"/> Medical questionnaires <input type="checkbox"/> Child Rearing Support Sheet <input type="checkbox"/> Health Check Sheet <input type="checkbox"/> Healthy Parents and Children 21 (for 4 months, 18 months, 3 years old children) <input type="checkbox"/> Toothbrush (for 1 year, 18 months, 2 years, 3 years old children) <input type="checkbox"/> Urine sample (for 3 years old children) ♡♡♡For inquiries: ♡♡♡ Annaka City Health Center Tel: 027 382 1111 (Ext. 1174) Matsuida Health Center Tel: 027 382 1111 (Ext. 2151)
8 Months Old Health Checkup	Mar. 2024	12/13 (Fri.)	
1 Year Old Child-rearing Consultation	Nov. 2023	12/23 (Mon.)	
18 Months Old Health Checkup	May 2023	12/11 (Wed.)	
2 Years Old Dental Checkup	Oct. 2022	12/25 (Wed.)	
30 Months Old Dental Checkup	Apr. 2022	12/19 (Thu.)	
3 Years Old Health Checkup	Oct. 2021	12/5 (Thu.)	



Holiday duty doctor (December 10, 2024 to January 15, 2025)

Date	Internal medicine		General surgery	
12/15 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
12/22 (Sun)	▼9:00 am-6:00 pm Ayakomagokoro Clinic, Tel: 027-388-1180	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
12/29 (Sun)	▼9:00 am-6:00 pm Amiya Clinic, Tel: 027-385-1511	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
12/30 (Mon)	Matsuida Hospital, Tel: 027-393-1301		Matsuida Hospital, Tel: 027-393-1301	
12/31 (Tue)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
1/1 (Wed) *holiday	Suto Hospital, Tel: 027-382-3131		Suto Hospital, Tel: 027-382-3131	
1/2 (Thu)	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123
1/3 (Fri)	Shoda Hospital, Tel: 027-382-1123		Shoda Hospital, Tel: 027-382-1123	
1/5 (Sun)	▼9:00 am-6:00 pm Sakurai Clinic, Tel: 027-385-8551	▼From 6:00 pm Matsuida Hospital, Tel: 027-393-1301	Matsuida Hospital, Tel: 027-393-1301	
1/12 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
1/13 (Mon) *holiday	▼9:00 am-6:00 pm Iwai Central Clinic, Tel: 027-381-2201	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	