

MONTHLY BULLETIN

Issued by: Citizen Division, Citizen Life Section

TEL: 027-382-1111 (Ext. 1139)



Useful information for Foreigners living in Gunma.

Preventing Heatstroke

When a "Heatstroke Alert" has been issued,
please refrain from going outside and
avoid the heat as much as possible.

Sources: Ministry of Health, Labour and Welfare of Japan

"Heat stroke" refers to a condition in which the body's ability to regulate body temperature through sweating fails in a hot and humid environment, causing heat to build up inside the body. It can occur not only when you are outdoors, but also when you are indoors not exercising or working, and in some cases it can be fatal. In order to prevent health problems caused by heatstroke, it is important for each individual to have a correct understanding of heatstroke, be aware of changes in their own physical condition, and be considerate of those around them. Whether you're indoors or outdoors, drink fluids regularly, even if you're not thirsty. For more information, please see the flyer or website below.

https://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou_iryuu/kenkou/nettyuu/nettyuu_taisaku/prevent.html

<p>Adjust the temperature frequently with an air conditioner, etc.</p>	<p>Use of shading curtains, bamboo screens, and sprinkling water.</p>	<p>When outdoors, use a parasol and wear a hat.</p>	<p>On sunny days, stay in the shade and take a break frequently.</p>	<p>Wear clothes that breathe well, absorb moisture and dry quickly.</p>	<p>Use ice packs, ice, cold towels, etc. to cool your body.</p>
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15 languages

HEALTH CHECK-UP FOR CHILDREN in June 2025

(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	Feb. 2025	6/27 (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	Sep. 2024	6/20 (Fri.)	
1 Year Old Child-rearing Consultation	May 2024	6/30 (Mon.)	
18 Months Old Health Checkup	Nov. 2023	6/11 (Wed.)	
2 Years Old Dental Checkup	Apr. 2023	6/25 (Wed.)	
30 Months Old Dental Checkup	Oct. 2022	6/19 (Thu.)	
3 Years Old Health Checkup	Apr. 2022	6/5 (Thu.)	



Service

Citizen's Division holiday counter

(June 10 to July 15, 2025)

◆Service content:

Issuance of various certificates handled by the Citizen's Division.

◆Inquiries:

Annaka City Hall, Citizen's Division Tel: 027-382-1111 (Ext. 1104)

June 15, 2025 (Sun)

8:30 -12:00

July 6, 2025 (Sun)

8:30 -12:00



Holiday duty doctor (June 10, 2025 to July 15, 2025)

Date	Internal medicine		General surgery	
6/8 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
6/15 (Sun)	▼9:00 am-6:00 pm Amiya Clinic, Tel: 027-385-1511	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
6/22 (Sun)	▼9:00 am-6:00 pm Sakurai Clinic, Tel: 027-385-8551	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼9:00 am-6:00 pm Inoue Clinic, Tel: 027-380-1717	
6/29 (Sun)	Suto Hospital, Tel: 027-382-3131		Suto Hospital, Tel: 027-382-3131	
7/6 (Sun)	Matsuida Hospital, Tel: 027-393-1301		Matsuida Hospital, Tel: 027-393-1301	
7/13 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	