

Annaka City MONTHLY BULLETIN

September 2026

Issued by: Community Development Division, Citizen Exchange Section

TEL: 027-382-1111 (Ext. 1138)



Useful information for Foreigners living in Gunma.

Prepare for Natural Disasters in Japan

Helpful Apps and Websites in the Event of Disaster

Disaster Information

Weather Information

Evacuation Information

Annaka City has launched the official disaster prevention application "Annaka City Bousai App" to deliver disaster prevention information to foreigners quickly and accurately. Currently available in Japanese, English, Traditional Chinese, Simplified Chinese, Vietnamese, Spanish and Korean.

Please use it as a means of obtaining information in the event of a disaster.

For more information, please check the website below.

<https://www.city.annaka.lg.jp/page/23293.html>

Multilingual

Gathering information on disasters ~ from websites and apps ~

Sources: Cabinet Office, Japan Tourism Agency,
Japan Meteorological Agency (JMA)

Japan Meteorological Agency ●

-Disaster information website

Contains information on weather, heavy rain, high temperatures, earthquakes, tsunamis, volcanoes, etc.

15 languages (English, Japanese, Vietnamese, Traditional Chinese, Simplified Chinese, Spanish, Portuguese, Thai, Indonesian, Tagalog, Nepali, Khmer, Burmese, Hangul, and Mongolian) are available.

<https://www.jma.go.jp/jma/kokusai/multi.html>

<https://www.data.jma.go.jp/multi/index.html?lang=en>

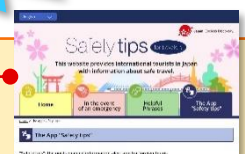


Safety tips ●

-Disaster information app

A convenient app for obtaining information on disasters in Japan. 15 languages (English, Japanese, Hangul, Traditional Chinese, Simplified Chinese, Vietnamese, Spanish, Portuguese, Thai, Indonesian, Tagalog, Nepali, Khmer, Burmese, and Mongolian) are available.

<https://www.jnto.go.jp/safety-tips/eng/app.html>



NHK WORLD-JAPAN ●

-Disaster information website

Contains multilingual news and disaster information. 21 languages are available.

For more information, Please check the website below.

https://www3.nhk.or.jp/nhkworld/en/multilingual_links/



HEALTH CHECK-UP FOR CHILDREN in September 2026

(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	May 2026	9/25 (Fri.)	☐ Maternal and Child Health Handbook ☐ Bath Towel ☐ Medical questionnaires ☐ Child Rearing Support Sheet ☐ Health Check Sheet ☐ Healthy Parents and Children 21 (for 4 months, 18 months, 3 years old children) ☐ Toothbrush (for 1 year, 18 months, 2 years, 3 years old children) ☐ 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	Dec. 2025	9/18 (Fri.)	
1 Year Old Child-rearing Consultation	Aug. 2025	9/28 (Mon.)	
18 Months Old Health Checkup	Jan. & Feb. 2025	9/9 (Wed.)	
2 Years Old Dental Checkup	Jul. 2024	9/30 (Wed.)	
30 Months Old Dental Checkup	Jan. 2024	9/17 (Thu.)	
3 Years Old Health Checkup	Jul. 2023	9/3 (Thu.)	



Holiday duty doctor (September 10 to October 15, 2026)

Date	Internal medicine		General surgery	
9/13 (Sun)	▼9:00 am-6:00 pm Arisaka Clinic, Tel: 027-381-0485	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
9/20 (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	
9/21 (Mon) *holiday	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131
9/22 (Tsu) *holiday	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
9/23 (Wed) *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	
9/27 (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	
10/4 (Sun)	Matsuida Hospital, Tel: 027-393-1301		Matsuida Hospital, Tel: 027-393-1301	
10/11 (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	
10/12 (Mon) *holiday	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131