



Welcome to the Monthly Bulletin for Annaka residents for information of events around town. Please come visit us at the City Hall if you have any questions!

## Beware of heatstroke! ねっちゅうしょう 熱中症に気をつけましょう

In the hottest month of the year, experts are urging people to stay hydrated in order to avoid heatstroke. The elderly, children and people with chronic illness and/or disabilities are especially vulnerable to heatstroke. It can be easy to overlook the early signs of dehydration, as the body doesn't show obvious dehydration symptoms even if the amount of water in the body decreases. Sometimes, people don't recognize the signs until it is too late. To prevent heatstroke, use your air-conditioner appropriately, avoid exercising when it's hotter than 33°C, drink water regularly even if you aren't thirsty. Check the daily temperature before leaving your house and wear lightweight clothing.



## My Number Points マイナポイントについて

You can get ¥20,000 worth of points if you register for the My Number Card! You will need to apply for My Number Card before September 30, 2022 to receive the points. To receive the points, you will need the card, the *Maina pointo* app (マイナポイント), and a cashless payment app that you can choose from the website. For more information, visit <https://www.kojinbango-card.go.jp/en/> for more details.



# Did you know that Annaka offers free health checkups for children every month?

## HEALTH CHECK-UP FOR CHILDREN

にゅうようじけんしん  
(乳幼児健診) AUGUST 2022

	Date (Month/Day)	Birthday (Month/Year)	Time	Place	Things to Bring
4 Months Old Health Checkup	8/30 (Tues)	(4/2022)	13:00-14:00	Annaka Health Center	<ul style="list-style-type: none"> <li>- Maternal Handbook</li> <li>- Bath Towel</li> <li>- Medical questionnaires</li> <li>- Child Rearing Support Sheet</li> <li>- Health Check Sheet</li> <li>- <i>Healthy Parents and Children 21</i> (for 4 months, 18 months, 3 years old children)</li> <li>- Urine sample (for 3 years old children)</li> </ul>
8 Months Old Health Checkup	8/23 (Tues)	(11/2021)			
1 Year Old Child-rearing Consultation	8/29 (Mon)	(7/2021)			
18 Months Old Health Checkup	8/10 (Weds)	(1/2021)			
2 Years Old Dental Checkup	8/24 (Weds)	(6/2020)			
28 Months Old Dental Checkup	8/18 (Thurs)	(12/2019)			
3 Years Old Health Checkup	8/4 (Thurs)	(6/2019)			

- Dates and details may change due to COVID-19
- Fluoride treatment may be cancelled for 1 Year old child-rearing consultations due to COVID-19
- If anyone in the family has had a fever of over 37.5°C, cough, runny nose, symptoms of chickenpox in the last 2 weeks, please change your appointment date
- If you wish to receive a checkup asides from the listed dates and/or venues, please contact us at

Annaka City Health Center  
☎ 027-382-1111 (Ext. 1174)

Matsuida Health Center  
☎ 027-382-1111 (Ext. 2151)

