



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!

COVID-19 Vaccine (4th Dose) コロナワクチンの4^{かいめ}回目

The booster shot is now available for those who are 60 and older. You can receive the 4th dose if 5 months have passed since receiving your 3rd dose. If you are eligible, the City Hall will send vaccination coupons through the mail. You can request to receive the 4th shot if you are between ages 18-59 and have underlying medical conditions. The 4th shot is free; as for the previous shots. If you haven't received your 1st, 2nd or 3rd dose, you can still register to receive them.



Throwing out paper 古紙^{こし}について

Paper is collected every month even on rainy days. Every district has a different collection day, so confirm which day it is on the Annaka homepage. When recycling paper, put it in a paper bag and wrap it tightly with a string to avoid spillage of paper. Shredded paper cannot be recycled. Place shredded paper in tightly tied plastic bags and bring it directly to the Usui Clean Center. Do not put paper in plastic bags on recycle days as they will not be collected.



My Number Card マイナンバー^{マイナンバー}について

This card can be used as an identification card as well as for receiving a wide range of services. You can use it to apply for a variety of governmental procedures, including municipality services. You can apply at the City Hall if you do not have the application form or online if you know your application ID. It will take around a month for the card to be issued.



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) JULY 2022

	Date (Month/Day)	Birthday (Month/Year)	Time	Place	Things to Bring
4 Months Old Health Checkup	7/26 (Tues)	(3/2022)	13:00-14:00	Annaka Health Center	<ul style="list-style-type: none"> - Maternal Handbook - Bath Towel - Medical questionnaires - Child Rearing Support Sheet - Health Check Sheet - <i>Healthy Parents and Children 21</i> (for 4 months, 18 months, 3 years old children) - Urine sample (for 3 years old children)
8 Months Old Health Checkup	7/19 (Tues)	(10/2021)			
1 Year Old Child-rearing Consultation	7/25 (Mon)	(6/2021)			
18 Months Old Health Checkup	7/13 (Weds)	(12/2020)			
2 Years Old Dental Checkup	7/27 (Weds)	(5/2020)			
28 Months Old Dental Checkup	7/21 (Thurs)	(11/2019)			
3 Years Old Health Checkup	7/7 (Thurs)	(5/2019)			

- 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)

