

Annaka City MONTHLY BULLETIN

August 2023

Issued by: Citizen Division, Citizen Cooperation Section

TEL: 027-382-1111 (Ext. 1027)



Useful information for Foreigners living in Gunma.



Do you know the "Heat Stroke Alert"?

From April 2021, the operation of information on heat stroke prevention "Heat Stroke Alert" has been deployed nationwide. "Heat Stroke Alert" is information that calls attention to dangerous heat and encourages people to take actions to prevent heat illness. The Heat Stroke Alert is issued by the Ministry of the Environment (MoE) and the Japan Meteorological Agency (JMA) when the risk of heat illness is predicted to be extremely high based on the WBGT heat stress index forecast. It will be announced for each prefecture in the evening (around 17:00) the day before the day or in the early morning (around 5:00) on the day when it is expected to become a hot environment with an extremely high risk of heat stroke. If the heat stress index (WBGT) value is predicted to be 33 or higher, a "Heat Stroke Alert" will be issued. Gunma Prefecture's heat stress index (WBGT) can be confirmed on the following "Ministry of the Environment heat stroke prevention information website". https://www.wbgt.env.go.jp/en/alert.php#alert_map



What to do?

◆ When the Heat Stroke Alert is issued:

- * Avoid going out as much as possible and keep the room cool with an air conditioner and the like.
- * Avoid exercising outside as a general rule.
- * Check the heat stress index (WBGT) in your immediate surroundings and take action to prevent heat stroke.
- * Encourage the elderly around you to use air conditioners and the like, regardless of whether it is daytime or nighttime. In addition to the elderly, Children, people with chronic illnesses, obese people, and people with disabilities are more susceptible to heat stroke.
- * Before you get thirsty, be proactive and set fixed times for taking frequent breaks and stay hydrated (1.2L per day).

Precautions in line with WBGT risk ranks

WBGT	Risk of Heat illness	Activity guide in daily life	Guide to how much exercise can be safely performed
≥ 31 °C		Risk of occurrence is high in elderly people even at rest. Avoid staying outdoors as much as possible, and move to a cool place.	Danger (exercise should be avoided). The environmental temperature is higher than the skin temperature, so the body heat cannot escape. Except in special cases, all exercises should be avoided.
28 - 31 °C	May occur during any daily activities	Avoid staying under the sun. Keep an eye on the rise of indoor temperature.	Severe warning (heavy exercise should be avoided) Activities that require heavy exercise should be avoided. When exercising, frequent breaks and plenty of fluids should be provided. People who are at high risk should avoid exercise.

Source: "Heat Illness Measures Guideline Cards," leaflet from the Ministry of the Environment

HEALTH CHECK-UP FOR CHILDREN in August 2023

(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	Apr. 2023	8/29 (Tue.)	<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:♡♡♡
8 Months Old Health Checkup	Nov. 2022	8/22 (Tue.)	
1 Year Old Child-rearing Consultation	Jul. 2022	8/28 (Mon.)	
18 Months Old Health Checkup	Jan. 2022	8/9 (Wed.)	
2 Years Old Dental Checkup	Jun. 2021	8/23 (Wed.)	
30 Months Old Dental Checkup	Dec. 2020	8/17 (Thu.)	
3 Years Old Health Checkup	Jun. 2020	8/3 (Thu.)	
			Annaka City Health Center Tel: 027 382 1111 (Ext. 1174) Matsuida Health Center Tel: 027 382 1111 (Ext. 2151)



Citizen's Division holiday counter (August 10 to September 15)

Service

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)

August 20 (Sun)
 8:30 -12:00

September 3 (Sun)
 8:30 -12:00


Holiday duty doctor (August 10 to September 15)

Date	Internal medicine	General surgery
8/11 (Fri) *holiday	Usui Hospital, Tel: 027-385-8221	Usui Hospital, Tel: 027-385-8221
8/13 (Sun)	Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131
8/20 (Sun)	Usui Hospital, Tel: 027-385-8221	Usui Hospital, Tel: 027-385-8221
8/27 (Sun)	▼9:00 am-6:00 pm Ayakomagokoro Clinic, Tel: 027-388-1180	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123
9/3 (Sun)	▼9:00 am-6:00 pm Fujimaki Clinic, Tel: 027-393-1324	▼From 6:00 pm Matsuida Hospital, Tel: 027-393-1301
9/10 (Sun)	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255
	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131

