

MONTHLY BULLETIN

Issued by: Citizen Division, Citizen Cooperation Section

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



Useful information for Foreigners living in Gunma.

Five rules for safe bicycle riding !

Sources: Cabinet Office, National Police Agency, Metropolitan Police Department

Bicycles are classified under the Road Traffic Act as "light road vehicles" and are a type of vehicle. There are traffic rules that riders must obey just like vehicle users. There are five rules for safe bicycle riding as follows, have decided upon by the Traffic Safety Measures Headquarters of the National Council for Traffic Safety Measures on November 1, 2022. Please follow the five rules for your safety.



1 In principle use roadways and ride on the left; only in exceptional cases may sidewalks be used, but give pedestrians right-of-way.

Bicycles must in principle use roadways where there is a distinction between sidewalks and roadways. Riders must keep to the left when riding along roadways.

Penal Provisions: Imprisonment for not more than three months or a fine of not more than 50,000 yen.



2 At intersections, obey traffic signals, be sure to come to a stop, and check safety.

In places where road signs or markings indicate that you must come to a stop, be sure to do so, and check safety.

Penal Provisions: Imprisonment for not more than three months or a fine of not more than 50,000 yen, etc.



3 Use your bicycle front light at night.

In order to check safety in the front direction and make your presence known to pedestrians and vehicles, do not fail to put on your front light at night.

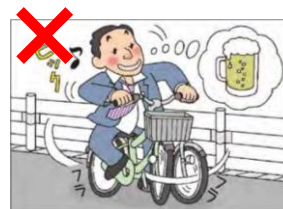
Penal Provisions: A fine of not more than 50,000 yen.



4 Do not ride under the influence of alcohol!

As bicycles are a type of vehicle, riding under the influence of alcohol is prohibited. You must not ride a bicycle if you have been drinking alcohol.

Penal Provisions: Imprisonment for not more than five years or a fine of not more than 1,000,000 yen.



5 Wear a bicycle helmet.

All bicycle users should wear a bicycle helmet in order to reduce the damage caused by bicycle accidents. People responsible for the protection of infants and small children should make them wear bicycle helmets when carrying them on their bicycles.



HEALTH CHECK-UP FOR CHILDREN in December 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	Aug. 2023	12/26 (Tue.)	<input type="checkbox"/> Maternal and Child Health Handbook <input type="checkbox"/> Bath Towel
8 Months Old Health Checkup	Mar. 2023	12/19 (Tue.)	<input type="checkbox"/> Medical questionnaires <input type="checkbox"/> Child Rearing Support Sheet
1 Year Old Child-rearing Consultation	Nov. 2022	12/25 (Mon.)	<input type="checkbox"/> Health Check Sheet <input type="checkbox"/> Healthy Parents and Children 21 (for 4 months, 18 months, 3 years old children)
18 Months Old Health Checkup	May 2022	12/13 (Wed.)	<input type="checkbox"/> Toothbrush (for 1 year, 18 months, 2 years, 3 years old children)
2 Years Old Dental Checkup	Oct. 2021	12/27 (Wed.)	<input type="checkbox"/> Urine sample (for 3 years old children)
30 Months Old Dental Checkup	Apr. 2021	12/21 (Thu.)	♡♡♡For inquiries:♡♡♡
3 Years Old Health Checkup	Oct. 2020	12/7 (Thu.)	Annaka City Health Center Tel: 027 382 1111 (Ext. 1174) Matsuida Health Center Tel: 027 382 1111 (Ext. 2151)



Service

Citizen's Division holiday counter (Dec. 10, 2023 to Jan. 15, 2024)

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)

Dec. 17, 2023 (Sun)
8:30 -12:00**Jan. 7, 2024 (Sun)**
8:30 -12:00**Holiday duty doctor** (Dec. 10, 2023 to Jan. 15, 2024)

Date	Internal medicine	General surgery
12/10 (Sun)	Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123
12/17 (Sun)	▼9:00 am-6:00 pm Saruya Clinic, Tel: 027-384-3681	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131
12/24 (Sun)	Usui Public Hospital, Tel: 027-385-8221	Usui Public Hospital, Tel: 027-385-8221
12/30 (Sat) *holiday	Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123
12/31 (Sun)	Matsuida Hospital, Tel: 027-393-1301	Matsuida Hospital, Tel: 027-393-1301
1/1 (Mon) *holiday	Usui Public Hospital, Tel: 027-385-8221	Usui Public Hospital, Tel: 027-385-8221
1/2 (Tue) *holiday	Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131
1/3 (Wed) *holiday	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123
1/7 (Sun)	▼9:00 am-6:00 pm Ayakomagokoro Clinic, Tel: 027-388-1180	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123
1/8 (Mon) *holiday	Usui Public Hospital, Tel: 027-385-8221	Usui Public Hospital, Tel: 027-385-8221
1/14 (Sun)	▼9:00 am-6:00 pm Iwai Central Clinic, Tel: 027-381-2201	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131

