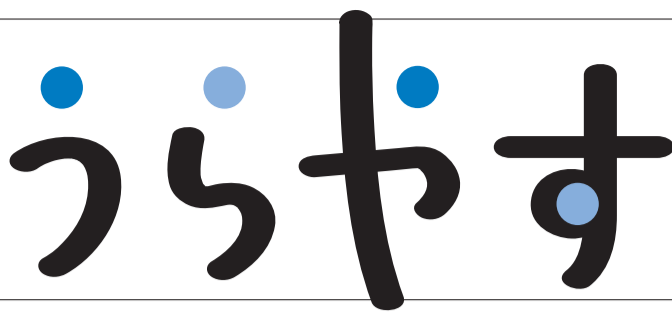




City News



U R A Y A S U

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Population and No. of Households in Urayasu

Population: 171,606  
Male: 83,097  
Female: 88,509  
Households: 86,429  
Foreign Residents: 4,853  
(As of May 31, 2024)

Tips to Prevent Heat Illnesses

Let your body acclimate to the heat!

Regular exercise of about 30 minutes a day in a moderately warm environment will help your body become accustomed to the heat and make you less susceptible to heat illnesses. Do not overexert yourself and keep your activities within a reasonable range, such as walking or taking half-body baths.

Use air conditioning and fans appropriately

Approximately 40 percent of people who went to the emergency room for heat illnesses between May and September 2023 became ill at home. Use air conditioners and fans appropriately, as heat illnesses can also occur indoors.

Lower your body temperature

When going outside, wear cool clothing and try avoiding direct sunlight by using hats and parasols. Staying in the shade is also effective.

Stay hydrated and consume salt frequently, even if you are not thirsty

By the time you get thirsty, you may already be dehydrated. Be sure to drink water before you get thirsty. Also, sodium and potassium are lost along with water when you sweat. Replenish salt by drinking sports drinks or eating salt candies.

It is also important to note that elderly people and infants are especially vulnerable to heat illnesses, so please be extra careful and remind those around you of the dangers of heat illnesses. If you are holding events, exercising, or conducting other activities, use the heat illness prevention guidelines as a reference.

This summer is also forecast to be hotter than average. Within Chiba Prefecture, 1,604 people were transported to emergency rooms due to heat illnesses last July. Learn how to prevent heat illnesses as well as first aid treatment to get through the summer heat in good health.

Inquiries: Health Promotion Section, Tel: 381-9001

# How to Survive the Hot Summer!

Treatments



Move to a cooler location

An airy shade or an air-conditioned room is suitable.

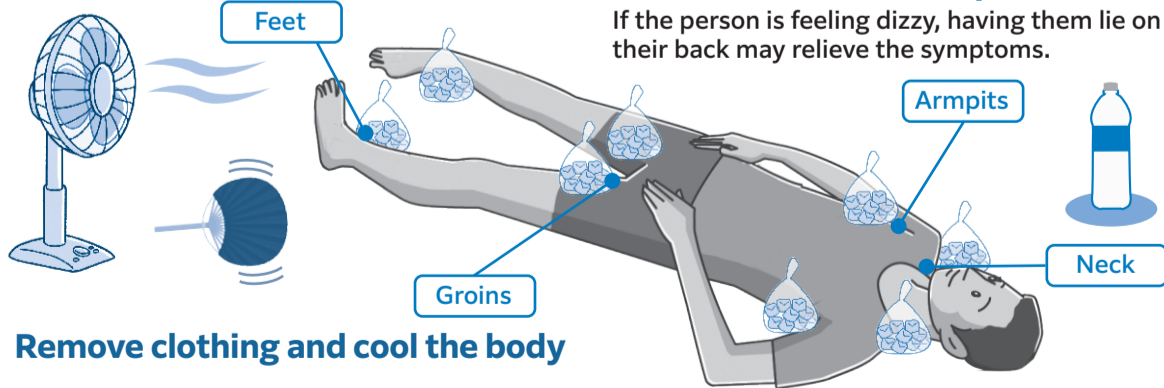
Replenish water, salt, and sugar

Have the person drink plenty of water with a small amount of salt added, oral rehydration solution or sports drinks.

However, do not try to force someone who is woozy and cannot drink on their own to drink since there is a risk of the fluid entering the lungs. In such cases, call 119 immediately while cooling the person's body and call an ambulance. The person will need to receive IV fluids at a hospital.

Get into a comfortable position

If the person is feeling dizzy, having them lie on their back may relieve the symptoms.



Remove clothing and cool the body

Remove clothing to expose the body, and if the person does not appear to be sweating much, apply water to the body while blowing air with a hand fan, electric fan, etc.

If ice packs or cool packs are available, apply them to the neck, armpits, thighs, cheeks, palms, or soles of the feet to aid in cooling.

Receive treatment at a hospital/ call 119

If the person is experiencing a headache, nausea, dizziness, or are losing consciousness, do not hesitate to visit a hospital or call 119.

Major symptoms of heat illnesses

The initial treatment is critical when heat illnesses occur. Keep the following in mind so you can act quickly if you or someone around you experience these symptoms.

**Heat syncope** Drop in blood pressure, dizziness, fainting, pallor, etc.

**Heat exhaustion** Dizziness, headache, nausea, etc. due to dehydration

**Heat cramps** Numbness and cramps in arms and legs, muscle pain-like symptoms, muscle cramps, etc.

**Heat stroke** Hyperthermia and impaired consciousness (may lead to death)



## Notification about National Health Insurance, etc.

### ●Mailing of Tax Notice for National Health Insurance of FY2024

The Tax Notice for National Health Insurance of FY2024 will be sent to the head of household on Friday, July 12. National Health Insurance taxes are an important source of revenue to cover medical expenses in the event of illness or injury to members. Make sure to pay the premium by the due date. Please note that the National Health Insurance tax rates have been revised this fiscal year. Check your tax notice or visit the city website for more information.

### ●Renewal of health insurance cards

New insurance cards for those enrolled in National Health Insurance will be mailed to the head of household by registered mail by Wednesday, July 31. If you have not received your insurance card by August, please contact us.

Those who currently have an Eligibility Certificate for Ceiling-Amount and wish to renew it must also re-apply. Once you receive your new health insurance card, please visit the

National Health Insurance & Pension Section (City Hall 2F) with your card.

### ●Renewal of Latter-Stage Elderly Healthcare Insurance Cards

#### Renewal of insurance cards

New insurance cards for those enrolled in Latter-Stage Elderly Healthcare Insurance will be mailed by registered mail by Wednesday, July 31.

In addition, for those who already have an Eligibility Certificate for Ceiling-Amount /Standard Copayment Reduction and will be eligible on and after Thursday, August 1, a new certificate will be enclosed with their insurance card.

### Mailing of Insurance Premium Decision Notice and Payment Notice

The Insurance Premium Decision Notice and Payment Notice for Latter-Stage Elderly Healthcare Insurance of FY2024 will be mailed on Friday, July 12.

**Inquiries:** National Health Insurance & Pension Section, **Tel:** 712-6280

Chuo-ku, Chiba City, 260-0016). For more information, please refer to the Chiba Prefecture Public Housing Corporation website: <https://www.chiba-kousya.or.jp>  
**Inquiries:** Chiba Prefecture Public Housing Corporation Recruiting Section, **Tel:** 043-222-9200 (Housing Affairs Section)

## Use of Municipal Swimming Pools

### ●Higashino Swimming Pool

**Date and time:** July 6 (Sat.) to September 1 (Sun.), 9 a.m. to 4:30 p.m. (one entry per person, for up to two hours)  
**Fees:** ¥390 (¥130 for junior high school students and under. Third graders and younger must be accompanied by a parent/guardian.)

**Note:** For more information about usage and the like, visit the Higashino Swimming Pool website (<https://www.urayasu-zaidan.or.jp/higashino/>)

**Inquiries:** During the above period: Higashino Swimming Pool, **Tel:** 352-6891; all other times: Indoor Swimming Pool, **Tel:** 304-0030



### ●Outdoor Pool Opening at Indoor Swimming Pool Facility

**Date and time:** July 1 (Mon.) to September 15 (Sun.), 9 a.m. to 6 p.m.  
**Fees:** ¥600 (¥300 for high school students and younger and 65 years of age and older)

**Note:** The fee is for two hours. For every additional 30 minutes, adults will be charged ¥160, and high school students or younger/65 years of age or older will be charged ¥80. Third graders or younger must be accompanied by a parent/guardian who is 18 years of age or older (up to two children per guardian).

**Inquiries:** Indoor Swimming Pool (Sports Section)

## Orientations for Foreigners

**Date and time:** Second Tuesday and Sunday of the month, 2 to 3:30 p.m.

**Location:** International Center

**Eligibility:** Foreigners who live in the city

**Application:** Apply on the International Center website (<https://urayasu-ic.jp>)

**Inquiries:** International Center, **Tel:** 306-5181

11 a.m. to 5 p.m., cancelled in case of inclement weather

**Location:** Around Urayasu Station, Seseragi Plaza

**Details:** Food stands, parades, stage performances, etc.

**Note:** Traffic will be regulated around Urayasu Station.

**Inquiries:** Urayasu Shopping Street Association, **Tel:** 353-6088

## Recruiting Host Families

**Period:** November 22 (Fri.) to 30 (Sat.)

**Eligibility:** Households that can act as host families; 30 households on a first-come, first-served basis

**Application:** Apply on the Urayasu International Friendship Association (UIFA) website (<http://www.uifa-urayasu.jp>) from 10 a.m. on Monday, June 17

**Inquiries:** UIFA Office, **Tel:** 381-5931 (Local Activities Promotion Section)

## Recruiting Tenants for Chiba Prefectural Housing

**Application:** Apply by July 15 (Mon., national holiday) (must be postmarked by this date) by sending an application form [available at the Housing Affairs Section (City Hall 6F), General Information Desk (City Hall 1F), Station City Service Centers, or on Saturdays, Sundays and national holidays, at the Central Management Office (City Hall 1F)] to the Chiba Prefecture Public Housing Corporation (1-16 Sakaecho,

## The 42nd Urayasu City Fireworks Festival

**Date and time:** October 19 (Sat.), 6 to 7 p.m. (cancelled in case of inclement weather)

**Viewing locations:** Sogo Park, etc. (Hinode, Akemi, Takasu areas)

**Launching spot:** The sea by Sogo Park

**Inquiries:** Local Activities Promotion Section, **Tel:** 712-6246

## Urayasu 100 En (Bond) Shopping Area

**Date and time:** September 7 (Sat.), 11 a.m. to 6 p.m., and September 8 (Sun.),

## Nihongo Café

**Date and time:** July 21 (Sun.), 1:30 to 3:30 p.m.

**Location:** International Center

**Capacity:** 30 people on a first-come, first-served basis

**Application:** Apply with the International Center in person, by telephone or email (state the event name, your name, age and telephone number) from 9 a.m. on Monday, July 1 (**Tel:** 306-5181, **email:** [uketsuke@urayasu-ic.jp](mailto:uketsuke@urayasu-ic.jp)). You can also apply on the International Center website.

**Inquiries:** International Center, **Tel:** 306-5181 (Local Activities Promotion Section)

# A Stroll with the Mayor

Etsushi Uchida, Mayor of Urayasu City

## Passing On Traditional Cultures

The Urayasu Sanja Festival will be held for the first time in eight years. Although this three-shrine festival is normally held every four years, it was cancelled in 2020 due to the COVID-19 pandemic. The *mikoshi* (portable shrine) parade is said to have started 100 years ago, and is a cultural heritage that conveys Urayasu's history as a fishing town.

Urayasu is located at the mouth of the Edo River and faces Tokyo Bay, making it susceptible to storm surges and other disasters. It has been devastated many times by such disasters, and as a result, there are few cultural assets or historical materials remaining.

There are no nationally designated cultural properties in Urayasu, but there are three Chiba Prefecture-designated Tangible Cultural Properties: Hojoin Koshinto tower, Former Otsuka Family Residence, and the Sangen Nagaya; a Tangible Folk Cultural Property: Shipbuilder's Tools; and an Intangible Folk Cultural Property: Osharaku Dance.

While tangible cultural properties can be passed on to future generations through proper preservation, there are many challenges in passing on intangible cultural properties.

Osharaku is a group dance that was popular from the end of the Edo period through the Meiji and Taisho Eras. Until the early Showa Era, it was performed at events and on days when people could not go fishing. The kanji characters for *osharaku* are also read as *oshare*, which means fashionable, and it was named so because dancers competed with each other to dress up and dance in style.

The dance was almost lost after World War II, but a preservation society was formed in 1972 and the dance has been passed down to the present. However, the dance is generally passed on orally, which is a problem in training successors. The preservation society has



been promoting the dance and training successors by giving lectures at elementary schools and holding open practice sessions at the Folk Museum. The results of these efforts are beginning to show, albeit slowly.

Traditional culture is not only of historical value, but also a valuable asset for the future. It is very difficult to revive such cultures once they are lost. Therefore, I believe that those of us who live in the present must pass it on to future generations.

## Recyclable Waste Disposal Schedule

Collection Area	Bottles/Cans/ PET plastic bottles	Newspapers/ Magazines
Nekozane, Kitazakae, Todaijima	Every Tue.	Every Mon.
Horie, Higashino, Fujimi, Maihama, Tekkadori 3-chome	Every Wed.	Every Sat.
Kairaku, Mihama, Irifune, Hinode, Akemi	Every Thu.	Every Mon.
Tomioka, Imagawa, Benten, Takasu, Minato, Tekkadori 1- and 2-chome, Chidori	Every Fri.	Every Sat.

\* Please put out your garbage between 7 a.m. and 8 a.m. It is against the rules to put it out earlier or later than this designated time as it could become a nuisance in your neighborhood.

\* Bulky items will be collected separately on request by phone. Call the Bulky Items Reception Center ☎ 305-4000. For inquiries, contact the Garbage-Free Section ☎ 712-6467.

## FOREIGN RESIDENTS' ASSISTANCE DESK

Urayasu City provides consultation services concerning daily life such as medical, educational or job-related matters.

**HOURS:** 10 a.m. - 12 noon, 1 - 4 p.m. weekdays

**LANGUAGES:** English, French, Chinese, Polish, Russian and Japanese

**PHONE NUMBER & LOCATION:** 712-6910

Urayasu City Hall Local Activities Promotion Section

## Foreign Residents Advisory Corner

**Hours:** Every Monday to Friday, 9 a.m. to 9 p.m., every Saturday and Sunday, 9 a.m. to 5 p.m.

**Languages:** English and Japanese

**Phone Number & Location:** 306-5181, International Center