

# Nishinomiya City News

## November (2) 2022

17th Year, No. 256 (Since August 2006)

NIA Volunteer Translators Group

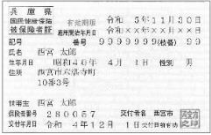
TEL: 0798-32-8680/8676

Email: nia@nishi.or.jp

*This newsletter is a partial translation from the November 10th issue of 'Nishinomiya Municipal Bulletin.'  
We will be glad to help you seek further information about events or notices announced here.*

### <Notice from National Health Insurance>

#### INSURANCE CARD TO BE UPDATED ON DEC 1.



The National Health Insurance (hereinafter NHI) is a public medical insurance for people who do not belong to health insurance provided by their employers.

#### NEW INSURANCE CARDS WILL BE SENT BY MID NOV.

Paper cards for all insured persons in your family will be sent to your home by a registered mail. Each person is given his / her own card. Current cards will be valid until Nov. 30.

New cards are in mauve color and effective upon your receipt.

**Attention!** You need to peel off the cards from sticker mount.

#### HOW TO JOIN / WITHDRAW FROM NHI

In Japan everyone except those who are members of health insurance plans by their employers needs to join the NHI of your municipality. At the following events, you need to take procedures to join or withdraw from the NHI within 14 days from their occurrence (no prior application is accepted).

For details of the procedures, contact the City's NHI Division (0798-35-3117) or its website (No.57256198).

[You need to join when]

- \*You moved into Nishinomiya from other municipality.
  - \*You withdrew from the health insurance by your employer.
  - \*You are no more dependent.
  - \*A baby (babies) was (were) born.
- [You need to withdraw when]
- \*You moved out of Nishinomiya to other municipality.
  - \*You joined the health insurance plan by your employer.
  - \*You became a dependent.
  - \*The insured person died.

[Inquiries] National Health Insurance Division (Tel: 0798-35-3117)

#### GET YOUR INDIVIDUAL NUMBER CARD



From the middle of November to the beginning of December 2022, the Japan Agency for Local Authority Information Systems (J-LIS) will start sending out application form of Individual

Number Card, or "My Number Card" in Japanese. Those who do not yet have an Individual Number Card will receive the application form with QR code by postal mail.

[Notes] Residents who fall under the categories are not included.

\*Those who are 75 years of age or older and have received an Individual Number Card application form from the Association of Medical Care System for Older Senior Citizens in the prefecture of residence in the fiscal year of 2020 or 2021.

\*Those who were born or moved to Japan from overseas after January 1, 2022.

\*Foreign residents with a specified period of stay.

#### My Number points campaign has begun!



You can get up to ¥20,000 points by getting the Individual Number Card and applying for the points. Please note the deadline below.

<1st step> Applying for the Individual Number Card by the end of December 2022

<2nd step> Applying for the My Number points by the end of February 2023



We recommend you to apply for the card ASAP because the application system is expected to be busy right before the deadline and you might not be able to receive the card by the end of February 2023.

[Inquiries] Nishinomiya My Number Call Center (Tel: 0798-30-6001)

#### INDIVIDUAL NUMBER CARD CAN BE USED AS A HEALTH INSURANCE CERTIFICATE



Some medical institutions and pharmacies accept Individual Number Card as a Health Insurance Certificate. In order to use the service, you need to register at the website, "Mynportal" (only in JPN).

#### <Caution from Police>

##### WATCH OUT INTERNET SCAMS!



Be alert for pop-up warning messages on your PC saying that your PC is infected!

When you get a fake warning message suddenly popped up on your web browser,

\*NEVER call the number indicated on your PC screen because you will be calling into a scammer.

\*In case you already called, never follow the instruction to buy any electric money.

\*Keep calm and close your web browser.

1) Press the Delete key while holding the Ctrl and Alt keys.

2) Select a task manager on your screen.

3) Choose your web browser and terminate it.

[Inquiries] Nishinomiya Police Station (Tel: 0798-33-0110)  
Koshien Police Station (Tel: 0798-41-0110)

## BEWARE OF FOOD POISONING CAUSED BY NOROVIRUS



Norovirus is highly contagious, and even a small amount of the virus can cause food poisoning (symptoms: nausea, vomiting, diarrhea, abdominal pain, etc.). The following can help prevent the spread of the infection.

[Cause of infection]

- \*Eating raw or undercooked bivalves contaminated with norovirus
- \*Eating food contaminated by food prepared by an infected person

[Preventive measures]

- \*Hand washing  
Wash hands frequently and thoroughly with soap.  
Double washing is effective.
- \*Heating  
Heat food thoroughly to the center.
- \*Cleaning / Disinfection  
Wash used cooking utensils thoroughly and sterilize / disinfect them with bleach, etc.

[Inquiries] Food Hygiene Division (Tel: 0798-26-3776)

## CASHLESS PAYMENT IS AVAILABLE



At main City Hall, cashless payment is available for certificate issuance fees such as copy of certificate of residence, taxation certificate and so on.

[Available Cashless Payment]

- \*Credit card: VISA, Master Card, Union Pay
- \*Electronic money: iD

\*Barcode payment: D-Barai (NTT docomo), PayPay, auPay, Merpay, Yucho Pay (Japan post), Alipay, WeChat Pay

[Available Certificates]

\*Copy of Certificate of Residence, Certificate of Family Register, Seal Registration Certificate, etc.

At the Civic Affairs Division (1F, Main City Hall; Tel: 0798-35-311)

\*Taxation Certificate, Certificate of Fixed Assets Evaluation, Temporary Car Operation Permission (Temporary Car License Plate), etc.

At the Taxation Management Division (2F, Main City Hall; Tel: 0798-35-3251)

## Get ready for a simultaneous flu and COVID pandemic!



### Thorough infectious disease control

1) Vaccinations

\*In addition to the effects in reducing the likelihood of developing the disease after infection, it would be effective in preventing serious illness even though you contract.

\*Flu shots and COVID-19 shots can be

given at the same visit. If you get other shots, 2 weeks interval is needed before and after.

- 2) Hand washing after coming home
- 3) Keeping adequate humidity (50-60%)
- 4) Ensuring enough rest and a nutritionally well-balanced diet
- 5) Frequent ventilation
- 6) Avoid going to crowded and downtown areas
- 7) Keeping in mind to take precautions against droplet infection such as cough-etiquette

### Ready for preparations for a simultaneous outbreak

In case medical institutions are unable to receive patients promptly due to tight situations caused by a simultaneous outbreak of COVID and flu, prepare the following items in advance.

- 1) Food and fever medicines necessary for home treatment
- 2) Test kits necessary to confirm infection of COVID

[Notes]

\*If citizens at risk of serious illness like seniors or pregnant women are likely positive, go to a medical institution.

\*In the case where you find that you are positive with a test kit, visit the City's website first.

[Inquiries] Health Care and Disease Prevention Division (Tel: 0798-26-3675)

<Relevant Information>



Health Center



Vaccination