

# Nishinomiya City News

16th Year, No. 237 (Since August 2006)

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## February 2022

*This newsletter is a partial translation from the Jan. 25th issue of 'Nishinomiya Municipal Bulletin.'*  
*We will be glad to help you seek further information about events or notices announced here.*



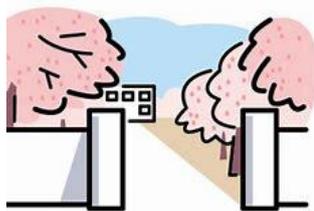
### DESIGNATED TRASH BAG

**From this April, you must use designated trash bags when throwing away your trash. If you do not use these bags, burnable trash and other plastics will not be collected.**

#### [FAQ]

- (Q) Why are designated trash bags introduced?  
 (A) Because trash separation will be thorough, leading to trash reduction, more recycling, etc., which will contribute to protect the global environment.
- (Q) What are designated trash bags?  
 (A) They are the bags designated by the City according to the trash separation classification. There are two types of bags (flat and gripping types). Each type has three sizes.
- \*For burnable trash, use the white translucent bag.  
 \*For other plastics, use the transparent bag.
- (Q) Where can we buy designated trash bags? How much are they?  
 (A) You can buy them at supermarkets, home improvement stores, convenience stores, etc. Their price is similar to the usual trash bags.
- (Q) What will happen if trash separation is inadequate when using designated trash bags?  
 (A) The trash will not be collected.
- (Q) How do we handle the trash we do not want to be seen?  
 (A) Put it in paper bags or colored small bags before using designated trash bags.

[Inquiries] Cleanup Planning Division (Tel: 0798-35-8653)



### SCHOOL ENROLLMENT NOTIFICATION

To parents with children scheduled to enroll public elementary, junior high, and compulsory education schools in 2022 School Enrollment

Notification is sent by mail

The Board of Education will send school enrollment notice to parents with infants and children who are scheduled to enter public elementary, junior high, and compulsory education schools from April 2022. This notice is prepared based on the information on basic resident registration and from the school admission application form. If you do not receive the notice by

end of January, please contact the General School Affairs Division. Also, please contact the division if you fall under one of the following cases and have not yet submitted an application form.

#### ◎School enrollment to a private school, etc.

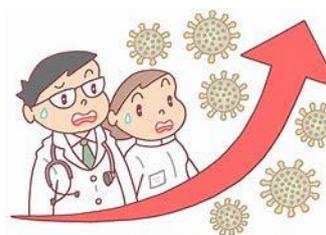
Hand in or send the letter of school admission to the division. (If you are graduating from a public elementary school or completing the first semester from a compulsory education school and entering a private junior high school, submit the letter to currently enrolled school.)

#### ◎Resident registration address and current address is not the same.

(Include anyone registered as a resident of the City but lives outside the City and is scheduled to enter elementary or junior high school outside of the City.)

#### ◎A foreign national living in the City who wishes to newly enroll to a public elementary, junior high, or compulsory education school.

For inquiries, please call General School Affairs Division (0798-35-3850)



### INFECTION CASES ARE SURGING!

**KEEP THOROUGH COVID MEASURES** **TAKING ANTI-**

The number of daily new infection cases in Nishinomiya stood at a

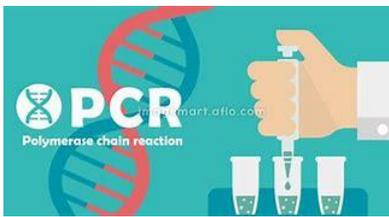
single digit in early January. But it was over 300 on January 19 due to the rapid spreading of infection. Further spreading is a concern with the more contagious omicron variant prevailing. To prevent the spreading and the medical strain, the City is asking for your cooperation by taking thorough prevention measures.

What should you do 'when a family member is infected' or 'if infected and asked to recuperate at home'?

→Visit the City's website to see the prevention measures at home and how to confirm your condition while isolating yourself.

The website gives you information about 'The flow after testing COVID,' 'Prevention measures at home,' 'How to detect close contacts,' and so on. You can also find a way to observe your health during the self-isolation and ask for a house visit if your condition deteriorates. See the page for 'Measures you can take against COVID' and 'The list of consultation desks.' as well. ▶At the City's website, go to 'COVID-related information' and 'Notice from the public health center.'





## FREE PCR TEST

**Free PCR test and qualitative test for antigens for asymptomatic people**  
**Tel: 078-845-9011**

(Reception hours: 9:00-17:00, excluding weekends and holidays)

The prefecture offers the tests free of charge. Depending on the inspection location, the opening time and the tests that can be conducted will vary. For details, please check the prefectural website.

	General testing projects at the time of the spread of infection	Promotion projects to establish vaccines and testing
<b>Outline</b>	Service that Hyogo residents who feel anxious about infection can take the PCR test for free	Service for persons who can't be vaccinated because of health reasons and so on can take the test at the inspection place, and can get the notification of their test results
<b>Implementation</b>	For the time being (as of January 19)	Until March 31
<b>Objects (asymptomatic people)</b>	Hyogo residents who feel anxious about infection (regardless of whether they were vaccinated or not)	<ul style="list-style-type: none"> <li>People who can't be vaccinated because of health reasons, such as underlying medical conditions or concerns about adverse reactions</li> <li>Children under 12 years old</li> </ul>
	* People with the symptoms of a cold, such as fever or cough and so on, or has been in close contact, who wish to take the test by the direction of their company, etc. are not allowed to take the test.	



## INFORMATION FROM THE POLICE

If someone calls you by pretending to be a bank clerk or a police officer and tries to get your cash card, it's a scam.

Never tell them your PIN or account number! If someone you don't know

talks about money or cash card over the phone, hang up and talk to the police or your family!

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



## Health Column (January)

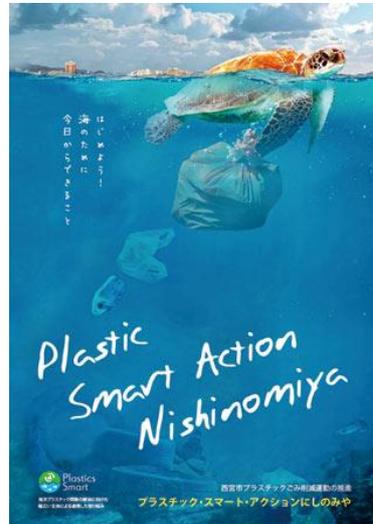
### Notice Early Symptoms of Myocardial Infarction to Avoid It

A myocardial infarction ("MI") happens when blood flow decreases or stops to the coronary artery of the heart, causing

damage to the heart muscle. After the occurrence of MI, 40% of people die, and, out of those people, 80% of them die before they reach hospitals. Nevertheless, in-time arrival at hospitals is said to be able to save the lives of 90% or more.

It has been found that about half of people experience early symptoms (unstable angina) before the occurrence of MI. If you experience pain or pressure in your chest, or ache in your arms, shoulders, teeth, or jaws for several minutes or a while, it is recommended to see a cardiovascular doctor. However, if your conditions are caused by pressure or deep breath, or they disappear after a moment or several seconds, they are less likely to be the early symptoms of MI.

For inquiries, contact Health Promotion Division at 0798-26-3667.



## REDUCE PLASTIC WASTE

Let's begin to reduce plastic waste in our everyday life!

Plastic Smart Action Nishinomiya designed.

As the ocean pollution by plastic waste is becoming a known recent global issue,

Nishinomiya City formulated its plastic waste reduction project through cooperation

with citizens, businesses and administration. For creating our sustainable society, let's get started with what we can do, such as not buying or receiving disposable plastic goods.

For inquiries of Plastic Smart Action Nishinomiya, access Nishinomiya City H.P. HPNo. 49841428



## Basic principles

### Reduce

Use a reusable bottle(dubbed My Bottle) , a reusable bag( My Bag) and a reusable cup ( My Cup) to reduce disposable plastic waste.

### Reuse

Reuse used stuff by giving and taking them .

### Recycle

Sort out and dispose plastic goods , following Nishinomiya City's rules for promoting recycling process.

### No littering

Don't dump away plastic goods for keeping our city clean.

For inquiries: contact Environmental Learning City Promotion Division  
 Tel : 0798-35-3479