

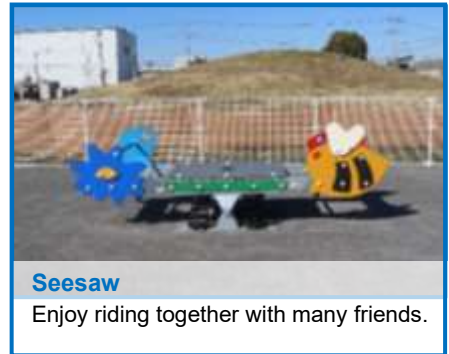
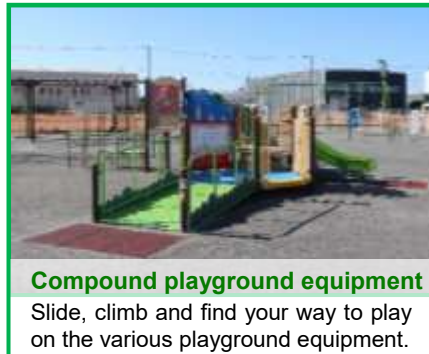
# MISATO VIEW

Issued Quarterly

No.120 May - July 2023

## Inter-minami Chuo Park **Nakayoshi Hiroba**

~Let us create an inclusive and co-existing society from the park. ~



### About 'Nakayoshi Hiroba'

'Nakayoshi Hiroba' is an inclusive\* playground located in the Inter-minami Chuo Park that can be enjoyed by everyone, children with and without disabilities. The playground was named in the hope that children play together here and become "good friends".

\*Inclusive means 'all-in', which is an idea for a society where nobody is left behind.

**Address:** 2-5-1 Inter-minami, Misato City

\*Parking available (See the map for the location.)

**Access by bus:** Take a bus of Tobu Bus Central bound for 'RYUTSUDANCHI' from Misato Sta. South Exit or Misato-chuo Sta. and get off at 'RYUTSUDANCHI-CHUO' bus stop and walk approx. 1 min.

**Inquiries:** Flowers and Greenery Section,  
Parks and Greenery Division

**Phone:** 048-930-7745

**URL:** <https://www.city.misato.lg.jp/11087.htm>



### Inter-minami Chuo Park Map



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Issued by: Assistance for Citizens' Activity Division, Misato City Hall, 648-1 Hanawada, Misato City, Saitama Pref., 341-8501  
☎ 048-953-1111 (ext. 2265)

## Disaster Preventive Measures for Families with Pregnant Women and Infants

Are you prepared to protect yourself and your loved ones in the event of a disaster?

For example, when an earthquake strikes, is your home safe?

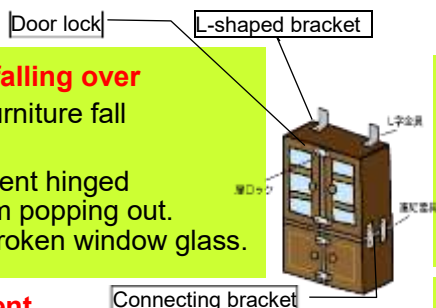
Are you prepared in case electricity, gas, water, telephone, etc. are not available?

Are you sharing a method of communication with your family members?

We have compiled useful information in the event of a disaster for families with pregnant women and small children.

### Prevent furniture from falling over

- ☐ Secure furniture with furniture fall prevention devices.
- ☐ Take measures to prevent hinged doors and drawers from popping out.
- ☐ Prevent scattering of broken window glass.



### Water, food, daily supply

- ☐ Stockpile water, food, and daily necessities for three to seven days.
- ☐ Utilize canned foods, ready-to-eat meals, dried foods, and dried noodles.
- ☐ Prepare 10 to 12 diapers for infants, 7 to 8 for toddlers per day.

### Disaster message service

- ☐ Keep a note of contact information for yourself and your family.
- ☐ Make sure how to use the disaster message service.
- ☐ Decide where your family must evacuate and meet.



### ●For health management

- ☐ Prepare foods which provide the necessary nutrition for a pregnant woman (skimmed milk, soy bean flour, hijiki (seaweed), canned fish, dried fruits, vegetable juice, canned vegetables, etc.).

### ●About milk

- ☐ Stockpile at least a seven-day supply of milk.
  - ☐ Consider for example disposable feeding bottles.
- You can use a paper cup for feeding. Good to stock.**
- ☐ Disposable heat pad is convenient to warm up milk.

**Bottled formula is drawing attention for its use in times of disaster, get used to using it for everyday use, such as when going out.**

### ●About weaning food

- ☐ Prepare baby food for a few months ahead.
- ☐ Utilize foods which can be stored for a long-time. (canned and dried foods) (canned foods such as tuna, tomatoes or corn, powdered cheese, katsuobushi bonito flakes, torokomubu and nori seaweeds, soy bean flour, etc.)
- ☐ Sealed plastic bags are useful. (You can make weaning food only by mixing ingredients in a sealed bag.)
- ☐ If you are using allergy free foods or if your baby eats only specific foods, have extra stock.
- ☐ Discard leftover weaning food without storing it. ☐ Do not forget to brush your baby's teeth.

**When you don't have a toothbrush, rinse the mouth of your baby with water. If you do not have enough water, care for the baby's teeth with clean wet gauze or an interdental brush.**

### ●Stress Management for Children

**Fear of disaster and sudden environmental changes, such as the start of life in an evacuation center, can cause stress reactions in children. Various behavioral changes may be manifested, including temper tantrums, changes in the child's feelings such as lack of facial expression, poor tone, nighttime crying, baby habits, and snuggling with adults. Be prepared to see changes in your child's behavior when a disaster strikes.**

- ☐ Prepare snacks which your baby is used to eating. ☐ Listen carefully to your child.
- ☐ Prepare toys or picture books that your baby is fond of.
- ☐ Try to keep the rhythm of your baby's meal, sleep and other aspects of life.
- ☐ Increase communication between parents and children through physical contact etc.



### ●Stress Management for Parents and Guardians

**Although parents or guardians tend to hold themselves back when they have children, adults also experience mental and physical changes due to stress reactions. Most will return to normal with time, but the speed of recovery varies from person to person. Don't keep it to yourself, talk to each other!**

- ☐ Do not take too much caffeine, alcohol, and cigarettes.
- ☐ When frustrated, take a deep breath and relax. ☐ Try some light exercises.

**Inquiries:** Regional Disaster Prevention Section, Crisis Management and Disaster Prevention Division  
**Phone:** 048-952-1294

# Evacuation Site Sign of Universal Design

## Promotion of SDGs

In order to promote SDGs (Sustainable Development Goals), Misato City implemented the universal design on ten 'Evacuation Site Signs' in the fiscal year 2022.

## Multi-languages and addition of universal design fonts

English, Chinese, and Vietnamese indications are added to the existing Japanese signboard. Also, the **Universal Design Font\*** was introduced to make the indications easier to read for all kinds of people, including the elderly and those with visual impairments. This project of implementing universal design on the evacuations site sign and other improvements will be continued.



**\*What is Universal Design Font? ----** It is a typeface designed to be easy-

to-read and difficult to misread by many people including the elderly and persons visually impaired.

**Inquiries:** Regional Disaster Prevention Section, Crisis Management and Disaster Prevention Division

**Phone:** 048-952-1294

# Precautions against Heatstroke!

**Please be careful of these symptoms:**

**Mild** . . . . . dizziness, lightheaded, numbness in the limbs, endless sweating

**Moderate** . . . . . headache, nausea, sluggishness (despondency)

**Severe** . . . . . unconsciousness, convulsions, high body temperature, strange response to calls, inability to walk straight

**Tips for actions to prevent heatstroke:**

## Get accustomed to the heat

Before it gets too hot, start light exercises such as walking, jogging, or working out and take a bath, to get your body accustomed to the heat by sweating.



## Avoid the heat

- Use a parasol or wear a hat/ cap.
- Carry a cold bottled beverage (against your neck or side to help cool your entire body.)
- Avoid hard exercises when wearing a mask.



## Be careful even indoors

- Ventilate the room once every 30 minutes even while using an air conditioner.
- Re-adjust the temperature of the air conditioner frequently after the ventilation.
- Use a fan or a ventilation fan to generate air flow, which is effective for cooling.
- Hydrate 1.2 liters of water a day.

*\*Almost 40 percent of heatstroke cases occur at home and more than a half of the patients are elderlies.*



## Keep yourself in good shape on a daily basis

Symptoms of a heatstroke and an infectious disease are often difficult to differentiate. Keep a record of your health conditions regularly.

If you feel strange, see your family doctor or a medical institution posted on the search system, 'Saitama-ken shitei shinsatsu/ kensa iryokikan kensaku system'.



■ About 'Saitama-ken shitei shinsatsu/ kensa iryokikan kensaku system':

URL: <https://www.pref.saitama.lg.jp/a0710/hpsearch.html>

**Please use corporative stores and facilities for heatstroke prevention in the city.**

Those corporative stores and facilities are open for public as a place to rest in a cool air-conditioned room to prevent heatstroke when you are out in Misato City. Please use the space temporarily to protect yourself from the heat and sun.

**Available period for the space:** Thursday, June 1 to Saturday, September 30.

**Inquiries:** Health Promotion Section, Health Promotion Division

**Phone:** 048-930-7771



This poster and banner-flag are the landmarks.



# Ride a Bicycle Safely

■Five safety rules to follow when you ride a bicycle (Effective from November 1, 2022)

- 1. Ride a bicycle on the roadway in principle; keep to the left.**  
Riding on the sidewalks may be exceptionally permitted; give priority to pedestrians.



A sign indicates  
"Permits regular  
bicycle to pass  
on the sidewalk"

## «Exceptional cases when a regular bicycle is permitted to pass on the sidewalk»

- On roads where traffic signs or road markings indicate that a regular bicycle is permitted to pass on the sidewalk.
- Bicycle rider under 13 years old, senior aged 70 and over, and those with disabilities to ride on the roadway.
- Occasions when it is deemed unavoidable for bicycles to pass on the sidewalk to ensure their safety in light of the roadway or traffic conditions.

Cyclists must ride slowly on the roadway side of sidewalks. Cyclists must stop if they hinder pedestrians from passing.

- 2. At intersections, obey traffic signals and stop signs and make sure you are safe.**



Be sure to  
observe the  
stop signs.

- 3. A bicycle light must be turned on at night.**

Attach a headlight  
or a taillight (or a  
reflector plate).



- 4. Drinking and riding is prohibited.**



- 5. Cyclists must wear helmets.**

■Mandatory efforts required for Cyclists to wear helmet when riding a bicycle  
(Enforced from April 1, 2023)

In accordance with the 'Partial revision of the Road Traffic Act', cyclists of all ages have obligation to make the best efforts to wear helmets when riding a bicycle.  
More than half of the death casualties of bicycle accidents have fatal injuries on the head.

**Both adults and children should wear helmets to protect their lives.**



KOBATON

Source: 「自転車に乗るときの基本ルール『自転車安全利用五則』を守りましょう / Follow basic rules for cyclists 'Five safety rules when you ride a bicycle」 (Saitama Prefectural Government) (<https://www.pref.saitama.lg.jp/a0311/jitensya/jitensyagosoku.html>) arrange for this article.  
「交通安全 / Traffic safety」 (Saitama Prefectural Police) (<https://www.police.pref.saitama.lg.jp/kotsu/index.html>) arrange for this article.

■Saitama Prefectural Police website posts 'Traffic Safety Textbook' written in multiple languages to help prevent traffic accidents. Please read it.

(The textbook is written in English, Chinese, Korean, Persian, Portuguese, Tagalog, Spanish, Vietnamese, and Japanese.)

Source: Saitama Prefectural Police website: <https://www.police.pref.saitama.lg.jp/documents/19124/gaikokuzinntext.pdf>



## Do You Know about Municipal Mutual Aid Traffic Accident Insurance Plan?

It is a system that provides a solatium when an enrollee is injured or dead due to a traffic accident.

**Eligibility of Enrollment:** One who is registered in Misato City

**Coverage Period of Mutual Aid:** From April 1, 2023 (or the day following the date of enrollment in the case of mid-course enrollment) to March 31, 2024

**Insurance Premium:** 500 yen (annually) \*One subscription per person.

**Traffic Accidents eligible for payment of solatium:** Accidents that occur while driving or riding in a car, motorcycle bicycle or other vehicle on a road in Japan; and accidents with such vehicles that occur while walking.

\*This plan does not compensate the enrollee (the insured person) for the other party's damage in an accident [such as bicycle insurance].

**Claim Period for Solatium:** Within 2 years from the day following the date of the accident.

**Where to Apply:** Community Safety Division, municipal branch office, Japan Post Bank (post office)

**Inquiries:** Traffic Safety Section, Community Safety Division **Phone:** 048-930-7720



KOBATON

## Administrative Information (From May to July 2023)

### **FY 2023 Municipal/ Prefectural Resident Tax Notice will be sent** <on June 8>

The tax notice will be sent to those who need to pay the Municipal/ Prefectural Resident Tax (hereinafter resident tax) individually or to those whose tax is deducted from such as public pension at source on June 8, 2023.

For those whose resident tax is withheld from your salary, the notice of tax determination will be dispatched to your employer on May 17, 2023.

#### **Issue of Certificate of Taxation [Income]/ Non-taxation**

If you pay your resident tax in person, a Certificate of Taxation [Income]/ Non-taxation for FY 2023 [Reiwa 5] (a proof of your income during the calendar year 2022 [Reiwa 4]) will be available from June 8, 2023, date of FY2023 tax notice issue. If your resident tax is withheld exclusively from your salary, your tax certificate will be available from May 17, 2023, date of notice of tax determination issue. Certificate issue at convenience stores will start from June 8, date of FY2023 tax notice issue, for both cases.

When you request a certificate issue, make sure in advance what year's certificate (based on what year's income) is required by the institution where you will submit it.

#### **Who can obtain a certificate?**

- 1) One who submitted a resident tax declaration form or filed a final tax return for your income tax
- 2) One whose employer or public pension office submitted your payroll statement to Misato City
- 3) One whose name is stated as a spouse living in the same household or a dependent family member of above 1) or 2) person's tax declaration form etc.

\*As to the Certificate of Non-taxation issued for a person under the clause 3), no information regarding income etc. will be stated.

**Inquiries:** Municipal Tax Section, Municipal Tax Division    **Phone:** 048-930-7706

### **Medical Expense Subsidy for Children will be covered until 18 years old**

Previously, the Medical Expense Subsidy for Children was eligible for children until the first March 31 after they turn 15 years old (until the end of junior high school program). However, the eligible age will be **extended until the first March 31 (the end of fiscal year) after they turn 18 years old with the consultation received on and after April 1, 2023.**

★To those children who has an eligibility certificate of Misato City Medical Expense Subsidy for Children with a validity date until the end of fiscal year after you turn 15 years old, we sent a renewed certificate with the extended validity date in mid-March.

★To those parents who has a child born between April 2, 2005 and April 1, 2007, you need to submit documents regarding application for registration of Misato City Medical Expense Subsidy for Children to receive the subsidy. To parents of a child who will be newly eligible for the subsidy, the notice of application has been subsequently sent out from late January. Please apply by electronic application or by post with an application form downloaded from Misato City official website.



**Inquiries:** Benefits Section, Child Support Division    **Phone:** 048-930-7781

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### **FY 2023 National Health Insurance Card and National Health Insurance Tax Notice will be sent** <in mid-July>

#### **National Health Insurance (NHI) card**

The current NHI card is valid until July 31; please be sure to use the new card from August 1.

\*Validity period of NHI card may change depending on your period of stay. If you wish to make an application for extension of period of stay, please do it earlier. As soon as we confirm it, we will send you a renewed NHI card.

#### **National Health Insurance (NHI) tax notice**

As the NHI tax is assessed per household, the NHI tax notice will be sent to the head of household. Even if he/she does not enroll in the NHI plan, but other family member does, the tax notice will be sent to the head of household. Those under special collection (withheld from pension at source) will receive the 'Notice of initiation of Special Collection'.

\*NHI tax is assessed based on the total annual incomes (from January 1 to December 31 in 2022) of your family member(s) who enrolled in the NHI. Therefore, it may be necessary for your dependent family member(s) to declare his/her/their income to make your NHI tax levy lower.

**Inquiries:** Insurance Premium Section, National Health Insurance and National Pension Division  
**Phone:** 048-930-7703

# BULLETIN BOARD

From May 2023 to July 2023

## International Sports Meet

This Sports Meet offers an opportunity for non-Japanese residents to become friends with Japanese residents through enjoying sports together. Why don't you join us with your family members and friends?

**Date and Time:** Sunday, June 18, 1:30 p.m. - 3:00 p.m.

**Venue:** Mizunuma Shimin Center (Civic Center)  
(Gymnasium)

**Contents:** Light sports that anyone can enjoy

**What to bring:** Casual wear for sports, indoor shoes

**Application:** Please come to the venue by the time.  
(Free of charge)

**Inquiries:** Sports Promotion Section, Sports Promotion Division

**Phone:** 048-930-7770



## Misato City Athletic Field was Certified as a Class 3 Facility by JAAF

On February 1, 2023, SCENARIOHOUSE FIELD・MISATO (Misato City Athletic Field) was accredited as a class 3 athletic field by the Japan Association of Athletics Federations.

Therefore, high schools and universities can hold official competitions as well as record meets there.

In addition, you will have an opportunity to watch high-level techniques and various athletics events such as throwing (javelin, hammer, discus) events.

The field can be used for football and rugby besides track and field events. As fun sports events and classes will also be held, don't hesitate to come and use the Athletic Field.



**Inquiries:** Sports Facilities Management Section, Sports Promotion Division

**Phone:** 048-930-7760

### ● Bulletin board for all readers ●

This is a place for you to post your messages. However, we will not place any commercial, political, religious or job-seeking matters. Please send your comments to us:

**Assistance for Citizens' Activity Division**

**Address:** Misato City Hall, 648-1 Hanawada, Misato City,  
341-8501.

**Email address:** shien@city.misato.lg.jp

### ● MISATO VIEW Distribution ●

If you would like to receive this publication periodically for free, please call us at **048-953-1111 (ext. 2265)**.

English-speaking staff can help you between 9:00 a.m. to noon and 1:00 p.m. to 4:00 p.m. from Monday through Friday.

Misato City has official website in English.

Please check the latest information through the website. Access the URL or scan the 2D Barcode:  
<http://www.city.misato.lg.jp/English/>

