

Aizu Wakamatsu City Information

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Opinions, Suggestions, Change of Address, Subscriptions
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Language Assistance
The Aizu Wakamatsu International Association
Open: 9am-5:45pm
Phone: 0242-27-3703 Fax: 0242-27-3704
E-mail: mail@awia.jp
Holidays: Every Monday, 1st and 3rd Sunday, and national holidays.

Information about After-Hours Medical Facilities during the Obon Holiday

お盆期間中も受診できる医療機関をお知らせ

Most medical facilities will be closed on August 14th (Mon) and 15th (Tue) for the Obon Holiday. You can visit these clinics during that time.

Information about After-Hours Medical Facilities during the Obon Holiday

August 14th (Mon)	General Hospital	Aizu Iryo Center (Aizu Medical Center)	Kawahigashi-machi tanisawa (☎ 75-2100)
	Internal Medicine	Clinic Araki	Kouzashi-machi Kurokawa (☎ 32-9229)
	Respiratory Medicine	Wakamatsu Infection Leading Clinic	Ikki-machi kamega (☎ 22-3381)
	Ear-Nose-Throat Clinic	Senba Ear, Nose, and Throat Clinic	Monden-machi Hiyoshi (☎ 26-4133)
August 15th (Tue)	General Hospital	Takeda Sogo Hospital	Yamaga-machi (☎ 27-5577)
		Aizu Chuo Hospital	Tsuruga-machi (☎ 25-1515)
		Aizu Iryo Center (Aizu Medical Center)	Kawahigashi-machi tanisawa (☎ 75-2100)
	Internal Medicine	Clinic Araki	Kouzashi-machi Kurokawa (☎ 32-9229)
	Respiratory Medicine	Wakamatsu Infection Leading Clinic	Ikki-machi kamega (☎ 22-3381)

Night Emergency Clinic: Holiday Hours

Usually, the Night Emergency Clinic is open from 19:00 to 23:00, however for August 14th it will be open from 10:00. Please make sure to call ahead to be seen by the doctor.

- ▶ Available Care... Internal Medicine • Pediatrics
- ▶ Consultation Hours...10:00-23:00 (Registration time from 10:00)
- ▶ Location...Kinkyo Community Centre (Yamaga-machi)
- Contact... Health Promotion Division(☎39-1245)



Watch Out for Heatstroke

熱中症に注意しましょう

Older Residents should be especially careful in the heat

If you break down the statistics of people taken to the hospital for heatstroke, people over 65 are at the highest percentage at over 50%, followed by people aged 18-65 at ~30%, and children aged 7-18 at about 10%. Compared to younger people, older people are at higher risk because they tend to retain heat and also not have enough water in their bodies. Also, their sensitivity to heat and dehydration may have lessened. So let's keep that air-conditioning or fans running, and make sure we drink water throughout the day.

Be careful indoors

Most people think you get heatstroke by being out in direct sun, but in fact around 40% of people who are taken to the hospital were indoors. Be just as careful when you're at work or at home as you would when you're outside.

Watch out for the Symptoms of Heatstroke

- Mild...dizziness, lightheadedness, cramping, numbness in arms/legs
- Moderate...headache, nausea, exhaustion, confusion
- Serious...fainting, seizures, paralysis, high body temperature

Preventing Heatstroke: Water Intake is Important

- You should be getting about 1-2L of water a day, including from the food you're eating. Even if you're not feeling thirsty, it's a good idea to drink water throughout the day.
- Drinks with alcohol or caffeine in them (coffee, tea, etc.) should be avoided as they dehydrate you, so consider them a treat, and not part of your water intake.
- If you are sweating a lot, drink not only water, but also beverages like sports drinks to replenish your salt and electrolytes.

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- Contact... Health Promotion Division(☎39-1245)

Prepare for Wind and Flood Damage

風水害に備えましょう

Be Completely Prepared for Disasters

You never know when a disaster can happen. ‘Keep yourself safe’ against disasters and make sure you’re prepared for anything.

Double-check Your Evacuation Station Early and Evacuate Early!

Periodically go over your evacuation route and double check your closest evacuation station with your family in case disasters like flooding, typhoon etc. It’s also important to be able to evacuate quickly. You should make no hesitation to evacuate if you feel at risk, even without an evacuation order.

Prepare Your Evacuation Kit

Prepare important items like the local hazard map, map to your evacuation station, and an evacuation go-bag (flashlight, portable radio, first-aid kit, non-perishable food, important documents etc.) If you feel in danger, change into easy to move in clothes, grab your evacuation go-bag and evacuate.

Check the Weather Information

Checking the Weather Forecast to inform yourself about potential disasters is important. Double-check resources like the hazard map, and make sure you’re familiar with high-risk areas.

Inspect and Maintain Areas Around Your Home

When gutters and drains get clogged with fallen leaves, it can lead to roads overflowing, and flooding. Before heavy rains and strong winds come, double-check and clear out gutters and drains. Additionally, if anything is loose around your home, secure it, or bring it inside.

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 ● **Contact...** Aizuwakamatsu Fire Department(☎25-1200), Crisis Management Division(☎39-1227)

Let’s put out our garbage and recycling properly

tadashiku dasou gomi to sigenbutsu
 正しく出そう ごみと資源物

Please put separated garbage and recycling at the designated location by 8:30a.m. on the correct day according your local collection schedule.

Holiday Garbage Collection

Garbage Collection on August 11th (Fri • Holiday): Only burnable garbage will be picked up in areas with a Friday collection date.

O-bon Holiday Garbage Collection

Garbage will be collected as normal during the O-bon holiday.

Please Wash Dirty Plastic before Recycling It

Plastic packaging is a valuable recycling resource. Please wash any dirty plastic before you recycle it. You can even rinse them by using your dishwashing run off, or leftover bathtub water to save water.

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 ● **Contact...** Waste Management Division(☎27-3961)

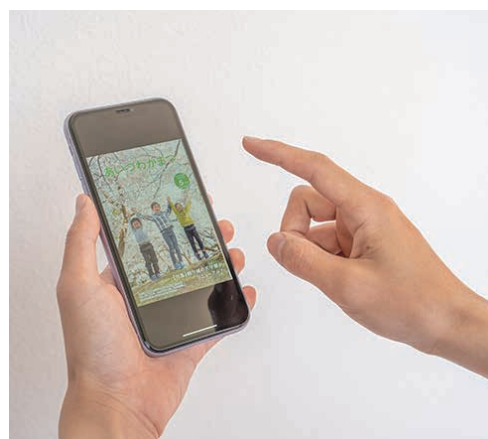


You can freely browse information from the city government at any time!

いつでも気軽に市政だよりを見ることができます！

Feel free to try out “Catalog Pocket,” an electronic web browsing service from any smartphone or computer. This service offers multiple languages and is free to use. ※ The user is responsible for personal communication fees

● **Contact...**Public Relations Division (☎ 39-1206)



Aizu Shoku no Jin - Summer

あいつ食の陣・夏



We would like to announce a restaurant participating in this year's Aizu Shoku no Jin. Summer's theme ingredient is "Aizu Tomato."

【 Tomato Curry Set 】

“ Khan Nawab ”

Authentic Indian Curry Restaurant 'Khan Nawab' presents their 'tomato curry set' ! Tomato and onion based curry piled with fresh Aizu tomatoes is very refreshing and perfect for summer. You can choose from 4 different types of curry, including the vegetable curry heaping with Aizu vegies, or the chicken curry. The set is quite a good portion, as it comes with their signature naan and salad, saffron rice, and lassi. You'll be able to enjoy the collaboration of Aizu tomato with whatever curry you choose. "Because tomatoes are already used in the curry sauce, it's the perfect match with the fresh tomatoes. Enjoy the flavourful curry with the sweetness and acidity of Aizu tomatoes" Chef Khan Nawab told us with a smile.

【Khan Nawab】

▶ **Address:** Sakaemachi 1-41

▶ **Hours:** 11:30-15:00 (Last Order: 14:00), 17:30-21:00

▶ **Closed:** Mondays.

◎ **Contact...** (☎050-1133-5636)



Autumn Japanese Classes

秋の日本語会話教室

Why not enjoy a nice morning at the Noguchi Hideo Childhood Square? More information will be posted on Instagram.

▶ **Course Dates/Times...**

① (Morning Course) Friday mornings, September 1st to November 24th, 10:00am - 11:30am.

② (Evening Course) Thursday evenings, September 7th to November 30th, 6:30pm - 8:00pm.

▶ **Place...** Aizuwakamatsu City Learning Center (Aizu Keikodo)

▶ **Fee...** ¥6000 ※ Association Members ¥4000 (for a total of 12 classes)

▶ **Deadline...** August 24th (Thurs)

◎ **Contact...** the Aizuwakamatsu International Association (☎27-3703 E-mail : mail@awia.jp)

Comprehensive Disaster Drills Held

総合防災訓練を実施

There will also be stalls and experience booths related to disaster prevention. Also, evacuation information will be sent out through the "Aibea" disaster prevention information service and the Disaster Telephone Messaging Service. Public information drills will be practiced around the venue using public announcement vehicles and other equipment. Please be careful not to mistake this event for a real disaster!

▶ **Time...** August 27 (Sun) 9:00-12:00

▶ **Place...** Gyonin Elementary School

◎ **Contact...** Crisis Management Division (☎39-1227)

Aizu Morning Market in Noguchi Hideo's Childhood Square

あいつ朝市ひろば in 野口英世青春広場

Why not enjoy a nice morning at the Noguchi Hideo Childhood Square? More information will be posted on Instagram.

▶ **Time...** The 3rd Sunday of every month until October, from 07:30-10:00

▶ **Place...** Noguchi Hideo's Childhood Square (Nakamachi)

◎ **Contact...** Co.Ltd machidukuri Aizu (☎38-2822), Commercial Division (☎39-1252)

Radiation Doses as of July 15th

housyasenryou jouhou 7gatu 15 niti
放射線量情報 (7/15)

Measurement Location	Measured Value	Measurement Location	Measured Value
Aizu Wakamatsu CityHall	0.06	Kita Public Hall	0.07
Aizu Wakamatsu Station	0.08	Kozashi-machi Takaku	0.07
Higashiyama Elementary School	0.08	Kozashi-machi Kitashigo	0.05
Iimoriyama Mountain Tourist Information Center	0.08	Kawahigashi-machi Takatsuka	0.07
Ikki-machi Tsuruga	0.09	Kawahigashi-machi Kumanodo	0.06
Matsunaga Danchi	0.05	Kawahigashi-machi Hirota	0.04
Yanagiwara-machi	0.05	Kitaaizu-machi Shimoarai	0.09
Monden-machi Niidera	0.06	Kawanami Elementary School	0.08
Minami Public Hall	0.08	Oto Public Hall	0.05
Aizu General Athletic Park	0.07	Minato Citizen's Center	0.04

※ Measured in microsieverts / hour



After-Hours Pharmacies

Kyuuujitsu touban Yakkyoku
休日当番薬局

August.6th (Sun)	● Tsuruga pharmacy Matsunaga ten (Matsunaga 1 chome ☎23-9488)
August.11th (Fri)	● Apple pharmacy (Kachino-machi ☎29-4193) ● Sebunsu pharmacy Aizuwakamatsu ten (Nishinanoka-machi ☎39-6988)
August.13th (Sun)	● Zene Fa-mu Tateumaten (Tateuma-machi ☎85-8568) ● Sekura pharmacy (Chuo 2 chome ☎39-3123)
August.20th (Sun)	● Aiai pharmacy Johoku ten (Johoku-machi ☎37-7701) ● Keyaki Yakkyoku (Oo-machi ☎29-5252)
August.27th (Sun)	● Kabotya pharmacy (Monden-machi Niidera ☎29-1214) ● Mizuki pharmacy (Ikki-machi Kamega ☎37-3088)
September.3rd (Sun)	● Nanukamachi Yakkyoku (Omachi 1 - chome ☎85-8328) ● Suzuran pharmacy (Miya-machi ☎38-2303)

Emergency medical care at night

Yakan Kyuubyo center
夜間急病センター

To prevent the spread of the novel coronavirus, the Night Emergency Clinic adopted a reservation-only policy. If you need a medical examination, please call ahead to make a reservation in advance.

▶ **Reservations...** Night Emergency Clinic (Yakan Kyubyo Center) (☎28-1199)

▼ Attention:

Aizu Wakamatsu Area Code=0242 *Please dial the area code first.

After-Hours Medical Facilities

Kyuujitsu touban Iin
休日当番医院

August.6th (Sun)	Internal medicine・Pediatrics	Watanabe clinic わたなベクリニック	24-0506	Matsunaga 1 chome
	Surgery	Ishida Ophthalmology clinic 石田眼科医院	27-0858	Nisshin-machi
	Dentistry	Kamio Dental clinic かみお歯科医院	24-9273	Chuo 1 chome
August.11th (Fri)	Internal medicine	Saitou Pediatrics・Gastroenterology さいとう内科胃腸科クリニック	38-3717	Miya-machi
	Surgery	Nanokamachi clinic 七日町クリニック	32-2411	Nishinanoka-machi
	Dentistry	Saito dental clinic さいとう歯科医院	29-4618	Monden-machi hiyoshi
August.13th (Sun)	Internal medicine	Tateuma Clinic たてうまクリニック	29-2112	Tateuma-machi
	Surgery	Anazawa Ear,nose,and throat clinic 穴沢耳鼻咽喉科医院	29-0033	Tenjin-machi
	Dentistry	Miyuki Dental clinic みゆき歯科クリニック	22-0220	Chuou 2 chome
August.20th (Sun)	Internal medicine	Toyama Gastroenterology,Internalmedicine 遠山胃腸科内科医院	24-8911	Johoku-machi
	Surgery	Maeda Ophthalmology 前田眼科医院	27-0707	Naka-machi
	Dentistry	Sato Shika Clinic さとう歯科クリニック	22-8148	Kozashi-machi Kurokawa
August.27th (Sun)	Internal medicine・Pediatrics	Niidera clinic にいでら診療所	38-3676	Monden-machi Niidera
	Surgery	Endo clinic えんどうクリニック	33-0700	Ikki-machi kamega
	Dentistry	Takashima Dental Clinic 高島歯科医院	22-2539	Omachi 2 chome
September.3rd (Sun)	Internal medicine	Koshiishi clinic こしいしクリニック	33-6100	O-machi 1 chome
	Surgery	Kobari Ear,nose,and throat clinic こばり耳鼻咽喉科クリニック	29-0800	Miya-machi
	Dentistry	Sano Dental Clinic 佐野歯科医院	22-1726	Omachi 1chome

● Consultation Hours… ◎ Internal Medicine・External Medicine・Pediatrician = 9:00 ~ 17:00 © Dentist = 10:00 ~ 16:00

● Caution… You can check the doctor-on-duty for holidays on the City Homepage.

If you are receiving this newsletter and plan to change your address or leave Japan, please make sure to tell us of your new address or your departure date so that we may forward or cancel this newsletter.

Please contact us by phone, fax, or e-mail as soon as possible. Public information and Public Hearing Section (Kouhou Koucho group), Aizu Wakamatsu City Hall 3-46 Higashi Sakae-machi, Aizu Wakamatsu City, Fukushima 965-8601

• TEL: 0242-39-1206 FAX: 0242-39-1402

• Email: hisho@tw.city.aizuwakamatsu.fukushima.jp

★ Visit our home page! <http://www.city.aizuwakamatsu.fukushima.jp>

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City Public
Homepage



Living
Information