

## **i** Examples of citizen's consultation at the consumer service center

Citizen's consultation to the city's consumer service center teaches us how important it is to have good knowledge so as not to get into trouble of any kind.

Let's see what is going on in our daily life.

(1) Ignore any offer or request of unknown or unjustifiable claim, or on whatever you don't remember, quickly refuse these.

(2) When troubles are foreseen concerning the issues of deposit, financing, and insurance, etc., you will need to consult with the center. You can also receive free consultations of lawyers, or other professionals.

(3) In case of contracts made by door-to-door sales, there is a cooling off system and you can unconditionally cancel the contract within 8 days after being made.

(4) A lot of vicious fraud by telephone calls and malignant swindles are occurring targeting elderly people and their assets. If you feel it doubtful, definitely consult with somebody who is close to you.

(5) It is illegal to buy a lottery ticket from overseas. If there is any approach offering lotteries, you need to disregard the offers instantly.

Chigasaki city Consumer Service Center Tel: 82-1111  
Monday through Friday at 9:30~16:00 excepting holidays

## ADMINISTRATION INFORMATION MOTHER AND CHILD HEALTH MAINTENANCE (I) 母子保健

### ●Pregnancy Registration 妊婦の届出

If you are pregnant, you should see a doctor as early as possible, register your pregnancy at the Health Section (kenkozukuri-ka) or Koide Branch Office, and receive a Mother and Child Health Handbook (Boshi Kenko Techo). This handbook keeps a record of the health of both mother and child, and is required when your child receive immunizations and periodic checkups.

### ●Infant/Toddler Health Checkups 乳幼児期の健康診査 (無料) (Free of charge)

Health checkups are conducted for children who are 4-months, 10~11-months, 18-months and 3 years of age. Notices are sent individually to those who are eligible. The checkup includes height and weight measurements, a physical examination, dental checkup and child-raising/nutrition consultation services.

{Inquiry: Health Section (Kenkozukuri-ka)}

### ●Health Education 健康教育

Various classes on pregnancy, childbirth and child rearing are provided.

### ●Health Consultation 健康相談

Various health consultation services on pregnancy, childbirth and child rearing are provided.

### ●Child Medical Treatment Subsidy Program 小児医療費助成制度

This subsidy covers the personally borne expenses paid when a child receives a medical checkup or treatment at a hospital using health insurance. The subsidy requirements vary depending on the child's age.

{Inquiry: Health Section (Kenkozukuri-ka)}

### ●Immunizations (Periodic Immunizations) 予防接種 (定期の予防接種)

In Japan, the following immunizations are offered free of charge for infants, toddlers and school children: Group Immunizations (Immunizations administered for groups of eligible children): Polio

Individual Immunizations (children who are eligible to receive immunizations individually at medical facilities): Tuberculosis (BCG), DTP (Diphtheria, Tetanus and Pertussis combination), DT (Diphtheria and tetanus combination), MR (Measles and Rubella combination vaccine) and Japanese encephalitis.

\*Please inquire for information on the applicable ages for the above immunizations.

{Inquiry: Health Section (Kenkozukuri-ka)}

From THE GUIDEBOOK FOR FOREIGN RESIDENTS

## FROM "HELLO KANAGAWA"

### The Prefectural Counseling Services for Foreign Residents

People of foreign nationalities!  
Don't suffer alone. Contact a counselor at the Kanagawa  
Prefecture!

Tel: 045-324-2299 (Yokohama)

(Yokohama)

1st, 3rd, and 5th Tuesday  
9:00~17:15 (Call or visit by 16:00)

(Legal counseling)

3rd Tuesday 13:30~16:00 (Call or visit by 16:00)

## WELCOME FUROSHIKI

A community service provided by Oak Associates

Are you a new foreign resident in Japan?  
Would you like to know more about a wealth of  
services available in Japan?

Welcome Furoshiki is a free, nonprofit welcoming service.  
One of our trained representatives will visit you, providing a  
wide range of useful information for foreigners new to life in  
Japan.

To arrange a visit for more information call:  
(03) 5472-7074 (Tokyo, Yokohama and Shonan areas)

Homepage: <http://www.welcomefuroshiki.org>

## JAPANESE PROVERBS AND THE ENGLISH EQUIVALENTS

●明日の百より今日の五十  
ASU NO HYAKU YORI KYO NO GOJU  
A bird in the hand is worth two in the bush.  
(You should value today's fifty over tomorrow's hundred.)

●水に流す  
MIZU NI NAGASU  
Forgive and forget.  
(Throw your troubles into the water.)

●梃子でも動かぬ  
TEKO DEMO UGOKANU  
All the levers you can lay will not do it.  
(Do not budge an inch.)

●論より証拠  
RON YORI SHOKO  
All the proof of the pudding is in the eating.  
(Proof is better than argument.)

●備えあれば患いなし  
SONAE AREBA UREI NASHI  
Providing is preventing.  
(To prepare makes no trouble.)

## IAC Mission Statement

We will contribute to the peace in the world community through mutual understanding, friendship, cooperativeness, solidarity and human dignity so all people, as earth citizens, respect and live together beyond the borders of nationality.

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