



## TABLE OF CONTENTS

HEALTH AND CORONAVIRUS PREVENTION	1
LESSONS IN TRAFFIC SAFETY	2
PREPARING FOR NATURAL DISASTERS	3
TOWN NEWS	4-6
FACILITY SCHEDULES	6
ASUNARO COOKING+QUICK LIST	7
SISTER CITY NEWS	8
CONTACT INFO	8
WORD OF THE MONTH	8

## Maintaining Your Health While Fighting the Coronavirus

We face again this year a summer hotter than summers past. This time, with the heat, we have the coronavirus to deal with as well, forcing us to fight on two fronts! Be careful this summer and continue to protect yourself from the coronavirus by incorporating everyday precautions while also maintaining your physical health.

Let the Air In!

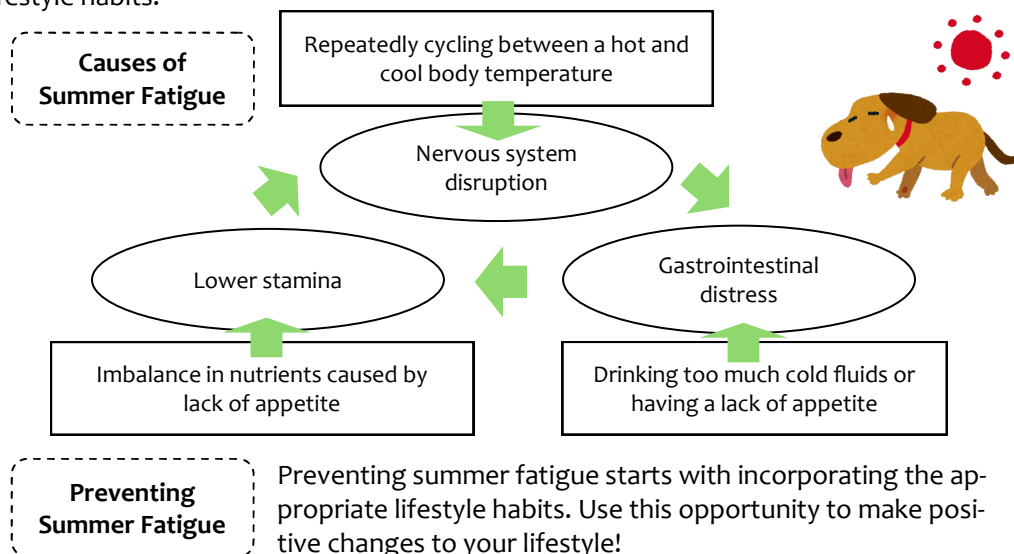
It is said that encouraging ventilation in rooms is effective in lowering your coronavirus risk. However, just turning on the air conditioner is not enough to ensure good ventilation. Most at-home air conditioners only circulate air within a room and do not ventilate.

How to Ensure Good Ventilation by Opening Windows

1. Fully open your windows two times or more for a few minutes every hour.
2. To ensure good circulation through your home, open multiple windows from two different directions. If you only have one window, try opening your door.

Be Careful of "Natsubate"

Have you recently been experiencing a loss in appetite or find yourself more tired than usual? You could be suffering from *natsubate*, or summer fatigue, a condition where you feel unwell despite being in good health. Keep natsubate at bay by rethinking your lifestyle habits!

Seika Town Mascot  
Kyōmachi Seika

"Keeping your health and staying virus-free may sound difficult, but you can do it! Let's all be careful this summer!"

Are you eating too many cold foods?  
→ Be sure to eat a balanced diet of meat, eggs, vegetables, and other nutritious foods.



Has your sleep time been affected by the heat?  
→ Use your air conditioner to cool the room down and get a better night's sleep.





## Lessons in Traffic Safety ~ To Whom Does the Road Belong? ~

Recently, Seika Town has fielded concerned comments from residents about traffic accidents and building damage caused by children running around and playing ball in the street. Let's take a moment to think about actions prohibited on streets and their respective risks.

### What not to do on the street...

There are instances in which playing on the street can be considered an unlawful activity.

For example, the following actions are prohibited by traffic law.

- Sitting or standing in the street in a way that obstructs traffic
- Playing ball, roller skating, skateboarding, or doing other activities in a busy street

### What could happen if you play in the street...

Think about the hidden dangers and inconveniences of playing in the street:

#### • **Traffic Accidents**

Cars are not always able to come to a complete and sudden stop.

By playing on the street, you not only obstruct traffic, but you can also make it difficult for a driver to predict a dangerous situation, which could easily lead to an accident.

#### • **Damaging Buildings, Cars, or Other Property**

There are no fences between roads and houses like there are at parks and other recreation areas.

By playing ball in the street, you run the risk of breaking window glass or damaging a car, which could end with you footing the bill for repairs.

#### • **Noise Complaints**

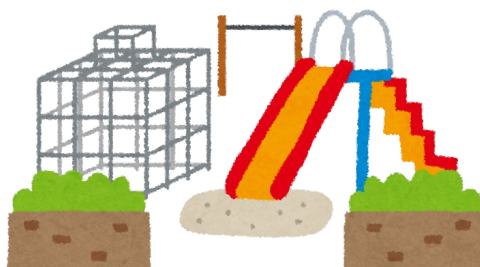
Bouncing a ball loudly on the ground or against a wall may not bother the person playing, but it could be causing distress to someone else. This could lead to unwanted trouble in the neighborhood.

### The Road Belongs to Everyone

Playing in the street can not only be considered against the law, it can also be a nuisance to people in the area.

Please help keep the roads and yourself safe and easy to use by playing at a nearby park or recreation area instead.

※Be aware that some parks and recreation areas prohibit playing with a ball on their grounds. Please enjoy each park while abiding by their individual rules.





## Save Lives By Being Prepared



### **Typhoon Storm and Flood Damage**

Different from an earthquake, damage from typhoon winds and flooding can take time to occur. Using that time effectively to gather and communicate information, evacuating, and taking other actions quickly can help reduce the scale of the damage. To keep damage down to a minimum, check your hazard map before hand and be aware of areas that have a high chance of flooding. Making sure you're prepared for a disaster on a daily basis can help you make the right decisions in the event one happens.

### **Act Quickly and Make Preemptive Judgements**

Overestimating your safety in a particular area during an emergency can lead to a late initial crisis response. Your evacuation risk could heighten if the roads are blocked by storm and flood damage, which could cause a loss of life. Stay up to date on information through TV news, the Japan Meteorological Agency, or the Seika Town disaster prevention announcements, and make an effort to evacuate in a timely manner.



### **Where is your nearest evacuation shelter?**

In the event of a disaster, an evacuation shelter will open up in your region to accept evacuees. The shelter location may change depending on the type of disaster that occurs or your region. Be sure to check what evacuation shelters open where for every disaster type.

Evacuation shelters can be breeding grounds for the coronavirus as it is difficult to avoid close quarter contact in them. This could lead to a cluster spread event. To avoid this, consider asking friends who live in high area if you can evacuate to their house instead of going to a shelter. Try to prepare plans that accommodate both evacuation and coronavirus prevention measures.

### **Stocking Up For Natural Disasters**

Prepare a stock of items that you can take with you immediately in the event of an emergency. In this stock, include at least 3-days worth of emergency water and food, and include other items you think you may need. It's important to have these items ready so you can evacuate at a moment's notice.



### **Help Your Neighbors**

In the event of a large-scale disaster, fire fighters and other public services may have difficulty responding to all emergencies in a timely manner. A disaster is not something you can handle all by yourself. This is why it is important to assist your family members and your neighbors should a disaster happen.

Think about the necessary preparations you need to take to protect yourself and others in the event of a region-wide, large-scale disaster such as heavy rains, a typhoon, or an earthquake. Make an effort to communicate regularly with your neighbors, share information with them, and check on their evacuation status. Let's work together to realize a community where everyone is disaster ready!



## Town News

### Healthy Diet, Healthy You Projects

#### **What are “Healthy Diet, Healthy You Participating Stores?”**

Restaurants participating in the Healthy Diet, Healthy You project serve dishes that use plenty of vegetables and are low in sodium, provide caloric values and food allergy information for their entrees, and actively participate in improving the health of people living in Kyoto Prefecture.

Participating restaurants have this purple sticker posted somewhere in their restaurant.



### Participating Restaurant Introduction

#### **Japanese Confectionery Futaba**

This store displays caloric values and allergens for all of their products.

Address: Hosononishi 1-40-4

Hours: 9:00 a.m. ~ 7:00 p.m.

Closed days: Mondays (Wednesday should that Monday count as a national holiday)

Tel: 0774-29-4529



### Don't Toss Your Cigarettes!

After the passing of the “Seika Town Town Beautification Ordinances” in 2011 March, Seika Town has spread awareness regarding the prohibition of thoughtlessly tossing out cigarettes and other trash. However, since then, cigarette tossing continues to this day.

It is the duty of the smoker to practice proper smoking manners. Smokers should be considerate of those around them when smoking and use a designated smoking spot, bring a portable ash tray, and take their cigarette home with them to dispose of when finished. Fires have been caused by tossed cigarettes that a smoker thought they properly extinguished.

Consider how much trouble one tossed cigarette could cause before throwing it away carelessly, and help keep Seika Town clean by following proper smoking manners.



### August is Food Safety Month

Conducted by the Ministry of Health, Labor and Welfare, various prefectures, local health care centers, and special wards, Food Safety Month is being held for the entire month of August to promote the prevention of food poisoning accidents and proper sanitation.

During this month, participating bodies will endeavor to teach food businesses and consumers about advocating the idea of food safety, spreading food safety information, and promoting risk communication.

Starting with hand washing, rethink the basics of food safety this month and help us prevent food poisoning!







## Stay Healthy, Live Longer! ~ It All Starts With Walking ~

### ① Keep track of your daily step count...

Do you know how much you walk in any given day?

Seika Town developed a smartphone app called the Seika Pedometer (*seika hosuukei apuri*) to allow anyone and everyone to keep track of their health in an easy and enjoyable way. Feel free to use our app to help manage your personal health!



### ② Make small changes in your everyday life...

Have you ever ended up driving to locations only a 10-minute walk away? By walking to places you usually drive to, you can add approximately 2000 steps to your step count in one short 20-minute walk.

Try to make small changes in your everyday life to better your health, like using the stairs instead of riding the elevator, or walking to a further train station instead of taking the one closest to you!



### ③ Try incorporating 10-minutes of fast walking...

Upping your walking speed to a brisk, comfortable pace has been scientifically proven to be effective in preventing lifestyle diseases such as heart disease and obesity.

Consider incorporating fast walking in your daily commute to school or work, or even on a shopping trip! 10 minutes of working up a sweat a day through intense physical activity positively affects your health. Give it a try!



## Preventing the Spread of Coronavirus

The Town Events section will not be included in this month's issue of Ichigo as a measure to prevent the spread of the coronavirus. Thank you for your understanding and cooperation.

### Information on COVID-19 (Coronavirus)

**CLAIR** <http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>

**Japan Ministry of Justice** [http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10\\_00055.html](http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html)

### Coronavirus Consultation Center Contact Information

Contact	Kyoto Prefecture		
Tel	075-414-4726	Hours	24 hours
Lang.	Japanese, English, Chinese, Korean, Portuguese, Spanish		





## Preventing the Spread of Coronavirus

If you go out, avoid the three 「密」!

① 密閉空間 (みつぺいくかん) : Avoid small enclosed spaces with bad ventilation.



② 密集場所 (みつしゅうばしょ) : Avoid places with lots of people in one area.



③ 密接場面 (みつせつばめん) : Avoid close quarter situations.



Preventing the cluster-spreading of the virus is important in stopping the spread of coronavirus.

Avoid events and gatherings where any of the three 「密」 could occur!

## Seika Town Facility Schedules

### Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
8/10 (Hol./Mon.)	Internal Medicine	9/13 (Sun.)	Pediatrics
8/16 (Sun.)	Internal Medicine • Pediatrics	9/20 (Sun.)	Internal Medicine
8/23 (Sun.)	Internal Medicine • Pediatrics	9/21 (Hol./Mon.)	Internal Medicine • Pediatrics
8/30 (Sun.)	Internal Medicine	9/22 (Hol./Tues.)	Internal Medicine • Pediatrics
9/6 (Sun.)	Pediatrics	※Please call before visiting Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)	

### Mukunoki Center

Date	Time	Details
8/13 (Thur.)	—	Closed
8/19 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
8/23 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
8/26 (Wed.)	—	Closed
9/2 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
9/9 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day

### Health Center

Date	Time	Details
To prevent the spread of COVID-19 (coronavirus) all Health Center events for the month of August have been cancelled. We apologize for the inconvenience.		





## Asunaro Cooking

Looking for new recipes to incorporate into your cooking repertoire? Learn new, healthy recipes from the Seika Town Diet Improvement Association “Asunaro-kai!”

Learn how to make “Pan-fried Zucchini Salad” with this recipe:

\* Ingredients (10 squares)

Zucchini ····· 1 zucchini (150g)

Garlic sprouts · 5 sprouts

Cooking oil ··· 1/2 tbs.

Salt/Pepper ··· pinch

Mini tomato ·· 2 tomatoes

\* Instructions

1. Chop zucchini into chunks.
2. Cut garlic sprouts down to 3~4 cm length.
3. Cut mini tomatoes in half.
4. Fry zucchini and sprouts in a pan with oil and season with salt and pepper.
5. Plate salad and add cut mini tomatoes.

\* Nutrition information (per square)

Calories	43kcal	Protein	4.2g
Calcium	23mg	Dietary Fiber	1.9g
Fat	0.1g	Sodium	0.4g



## QUICK LIST

Welcome to the Quick List, a short list of vocabulary words in both English and Japanese.

This month's theme: Constellations

Please send us feedback! Is this list a good level?  
If you have topic suggestions please let us know.



1. やぎ座 - Capricorn
2. みずがめ座 - Aquarius
3. ふたご座 - Gemini
4. てんびん座 - Libra
5. しし座 - Leo
6. さそり座 - Scorpius
7. かに座 - Cancer
8. おひつじ座 - Aries
9. おとめ座 - Virgo
10. おうし座 - Taurus
11. うお座 - Pisces
12. いて座 - Sagittarius
13. おおくま座 - Ursa Major
14. こぐま座 - Ursa Minor

単語

## Sister City News



Lester Wing (opened in 2005) of the Fred Jones Jr. Museum of Art

### Discovering Meaning, Pleasure, and Value in Art

Located on the University of Oklahoma campus in Norman and founded in 1936, the Fred Jones Jr. Museum of Art is home to a number of highly valued art collections of various mediums. The museum's growing collection of 20,000+ pieces boasts works by influential artists such as the impressionists Edgar Degas and Claude Monet, and large collections of Native American, Asian, European, and Contemporary art. The vast bank of pieces in the museum's possession is housed in multiple wings and the main building, for a total museum exhibition space of approximately 3,700 m<sup>2</sup>. Free admission is provided to any and all visitors to the museum, thanks to an annual monetary gift from the University of Oklahoma's Athletics Department, so be sure to visit the Fred Jones Jr. Museum of Art if you find yourself in Norman!

(Excerpt from December 2018 issue of Ichigo)

### About our Sister City - Norman, Oklahoma

Seika Town has maintained a sister city relationship with Norman, a city located in Oklahoma, USA, since 2005, and a friendly relationship through Kyoto Prefecture's sister state connection since 1985. The two municipalities work together to promote international exchange and cultural understanding to create more globally-minded communities.

### Seika Town Office

Planning and Coordination Division

Kyoto-fu, Sōraku-gun, Seika-cho

Minami-Inayazuma, Kitajiri 70

TEL: 0774-95-1900

FAX: 0774-95-3971

EMAIL [cir@town.seika.lg.jp](mailto:cir@town.seika.lg.jp)

## What to do if...

### You have a question about something in Ichigo...

Call the Coordinator for International Relations at Seika Town Office if you have a question about any of the content featured in Ichigo. Also, if you know someone in Seika that would like to receive Ichigo in the mail please contact us!

### You have a problem with life in Japan...

If you have any questions or problems concerning life in Japan not related to an article in Ichigo, please contact the Coordinator for International Relations at Seika Town Office.

TEL: 0774-95-1900 FAX: 0774-95-3971 EMAIL: [cir@town.seika.lg.jp](mailto:cir@town.seika.lg.jp) or [kikaku@town.seika.lg.jp](mailto:kikaku@town.seika.lg.jp) (Planning and Coordinating Division)

### You have an issue with your visa or other questions...

The Kyōto City International Foundation (located at 2-1 Toriichō Awataguchi, Sakyō-ku, Kyōto-shi), offers advice and consultation on visa issues and general problems. **Visa consultations are available on the 1st and 3rd Saturdays of every month (appointment required) and are held in English, Chinese, Korean, and Spanish.** General counseling is available Tuesday to Sunday from 9:00 to 21:00.

TEL: 075-752-3511 Homepage: <http://www.kcif.or.jp/en>

## Find us online!

### Facebook



### Town Website



## Word of the Month



ちゅうげん  
お中元  
Ochugen

Ochugen are gifts you give to coworkers and other people you know who have helped you in some way. Ochugen are given out during summer. While it's good to buy ochugen based on the receivers likes and dislikes, you can also give them somen noodles or seasonal fruit if you're not sure what they like. Try giving out ochugen this summer!

Check out the Kyōto CIR blog: <http://tabunkakyoto.wordpress.com/>