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Seika Town Mascot  
Kyōmachi Seika

"Drink plenty of water and take it easy during these hot summer days!"

## Preventing Heat Stroke and the Spread of the Coronavirus

Effects of Mask Wearing During Summer

Heat stroke, also known as sun stroke, is a type of heat illness that occurs when one's physical condition worsens in a place with high heat or humidity.

Mask wearing has been requested of everyone as a preventative measure against the coronavirus and as part of a "new lifestyle" with coronavirus. As the temperature continues to rise this summer, you'll hear many people commenting on how hard it is to breathe when wearing a mask or how stuffy it is. Mask wearing, particularly during a hot and humid summer, will increase one's risk of getting heat stroke. Also, as people have been practicing restraint in their daily lives, they have had less chances to go outdoors or get exercise, and their bodies may not be used to the summer heat.

If you feel ill out in the sun, assume it's heat stroke and make an effort to find a cool place to take a breather.

Heat Stroke Prevention Tips**① Drink water and take breaks!**

Drink plenty of water even if you don't feel thirsty, and be sure to take breaks in cool areas. Try to drink at least 1.2 ml of water a day.

**② Be cautious when exercising with a mask!**

Wearing a mask while during hot or humid weather should be done so with caution. If you are able to socially distance yourself from others when outdoors, removing your mask when appropriate can help prevent heat stroke. Don't overexert yourself during hot days or during daytime hours, and try to exercise when it's cooler, such as during early morning or evening hours.

**③ Practice good health habits on a daily basis!**

Make a habit of taking your temperature often and giving yourself health checks.

Eating a proper diet and getting enough sleep are equally important and can help prevent heat stroke. If you are feeling unwell, take time to relax at home.

Children and the elderly, while they have an especially hard time detecting heat stroke on their own, are highly susceptible to catching it. Be aware of others around you who may be exhibiting signs and make an effort to ask if they need assistance.





## Coronavirus Vaccine Information

Eligible Persons	May	June	July	August	September	October
65 years and older	From 5/11 on - Vaccinations of elderly in care homes and care home staff From 5/23 on - Group vaccinations for persons 65 years or older					
Persons with a primary illness			From 7/4 on - Group vaccinations for 60-64 yr. olds with illness			
Persons 60-64 years old			From 7/4 on - Group vaccinations for persons 60-64 yrs.			
Other residents				From August on - Group vaccinations for other residents		

**Information regarding vaccination for residents of Seika aged 12 - 64 years old is scheduled to be mailed out on 2021 July 9. Visit the Seika Town homepage for an English explanation of the documents contained in the mailed information packet. (To be posted after vaccination packets are mailed out.)**

### Vaccine Distribution Progress in Seika Town

At this time, Seika Town is prioritizing the distribution of vaccines to two specific groups: elderly persons with primary illnesses over 65 years of age, and elderly persons 60-64 years of age (those born 1957 April 2 - 1962 April 1) with a primary illness.

Vaccination of elderly in care homes and group vaccination drives for the elderly are expected to be largely complete by the nationally mandated end-of-July deadline. For open appointments during the elderly group vaccination stage, priority will be given in the order of persons aged 60-64 years with primary illnesses, then persons aged 60-64 without a primary illness who would like to get the vaccine.

Group vaccination dates will for residents who could not get an appointment, are 60-64 years of age but do not have a primary illness, or are under 60 will be planned for dates after the start of August. Information about future group vaccination dates is currently being organized and will be sent out in order of eligibility. Seika Town's **vaccination schedule can be viewed on the table above.**



### Vaccination is optional

Getting the coronavirus vaccine is not mandatory. Schedule an appointment for vaccination only after understanding the effects and potential risks of receiving the vaccine. If you have a primary illness or allergies, and are unsure if you should get vaccinated, consult with your doctor before making an appointment.



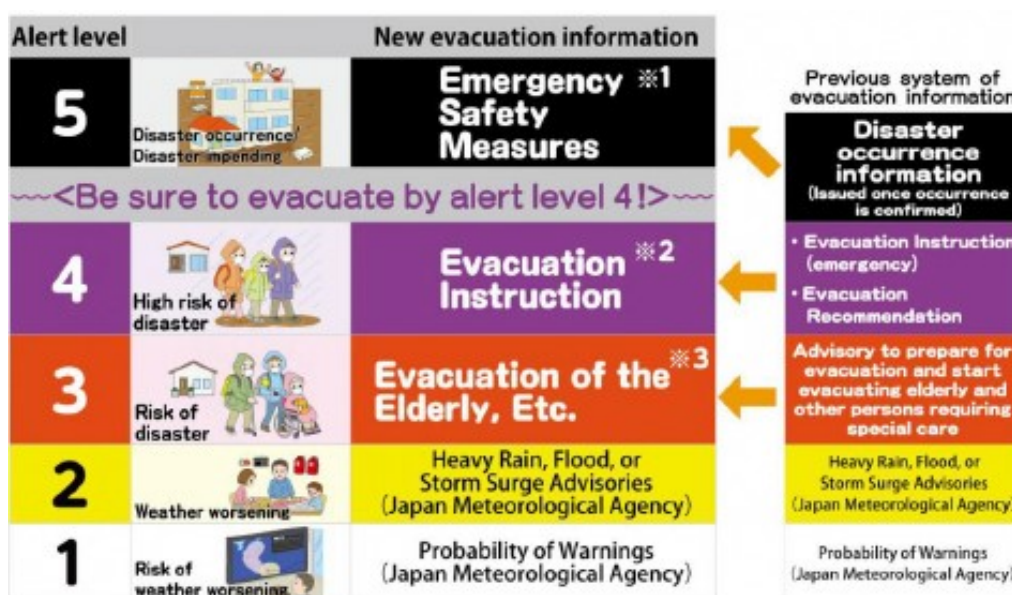


## Town News

### Updated Evacuation Information Terms

Evacuation terms used nationally have been updated as of May 20. The term “Evacuation Recommendation” will no longer be used, and is replaced with “Evacuation Instruction.” If rivers are in danger of overflowing or a sediment disaster is imminent, Seika Town will issue level 3 or level 4 orders. When these orders are issued, be sure to evacuate to a safe place away from the danger.

けいかい 警戒 レベル	あたらしい ひなんじょうほう ひょうげん 新しい避難情報の表現	New term (EN)	ひなんじょうほう これまでの避難情報に つかひようげん 使った表現	Previous term (EN)
5	きんきゅうあんぜん か く ほ 緊急安全確保	Emergency Safety Measures	さいがいはいっせいじょうほう 災害発生情報	Disaster Occurrence Information
4	ひなん し じ 避難指示	Evacuation Instruction (i.e. Order)	ひなん し じ きんきゅう 避難指示(緊急) ひなん かんこく 避難勧告	Evacuation Order (Emergency) Evacuation recommendation
3	こうれいしゃとう ひなん 高齢者等避難	Evacuate Elderly and Others	ひなんじゅんび こうれいしゃとう 避難準備・高齢者等 ひなん かいし 避難開始	Prepare for evacuation – Start Evacuation for elderly and others



### International Playgroup “Ichigo Ichie” Foreign Resident Support Chat

Do you live in Southern Kyoto or Northern Nara and have questions about life in Japan or raising children? International Playgroup Ichigo Ichie has set up a LINE OPENCHAT group to answer all your questions! Feel free to contact the group through LINE or email if you have any questions.

Scan the QR code on the right to join the LINE OPENCHAT group.

Feel free to check out Ichigo Ichie’s activities on Facebook, Instagram, and their homepage as well!

Facebook: <https://www.facebook.com/sgnhiroba>

Instagram: [https://www.instagram.com/ichigo\\_ichie\\_sgn/](https://www.instagram.com/ichigo_ichie_sgn/)

Homepage: <http://www.sgnhiroba.blogspot.com>





## Town News

### Communicate with Japanese Sign Language

Since the passing of the Eliminating Discrimination Against People with Disabilities Act on April 1, 2016, the entire country has been taking steps to better accommodate persons with disabilities in all settings. One way to communicate with people that have hearing disabilities in Japan is through Japanese Sign Language (JSL). Here is how to say “*juusho wa doko desu ka* (what is your address)” in JSL in the event you would like to communicate through writing.

じゅうしょ  
住所



Touch finger tips together and position hands diagonally. Bend fingertips on right hand while lightly lowering it. This is JSL for “address.”

どこ



Point pointer finger on right hand up, and wave sideways. This is JSL for “what.”

ですか?



Face right palm upward and lower it away in front of you. This is a question marker in JSL.

### International Cooking at Home!

Stuck at home with nothing to do? Get into cooking with the International Cooking at Home series! Started in February, Seika's Coordinator for International Relations has been posting recipes of popular foods not typically found in Japan in English and Japanese. Visit the URL below or scan the QR code to view the homepage and get to cooking!

July's recipe is Easy French Toast. (To be posted mid-July)

URL: <https://www.town.seika.kyoto.jp/kakuka/kikaku/1/1/5/intcooking/index.html>



The Town Events section will be excluded 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		







## Town News

### Healthy Diet, Healthy You Project

#### **What is a “Healthy Diet, Healthy You Participating Store?”**

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 sign posted somewhere in their establishment.



#### Participating Restaurant

##### **Kansai-kan of the National Diet Library Cafeteria**

Located on the 4th floor of the Kansai-kan of the National Diet Library, this cafeteria displays caloric information for all of the items on their menu.

Address: Seikadai 8-1-3

Hours: 11:00 a.m. ~ 1:30 p.m.

Closed days: Same as library

Tel: 0774-95-2833

Note: Cafeteria goers must complete library entrance procedures to gain access to the cafeteria. Persons under 18 years of age may not enter the library.

Due to the coronavirus pandemic, some restaurants may have different operating hours than normal or may be closed. Please contact the restaurant for more information regarding their hours and open dates.



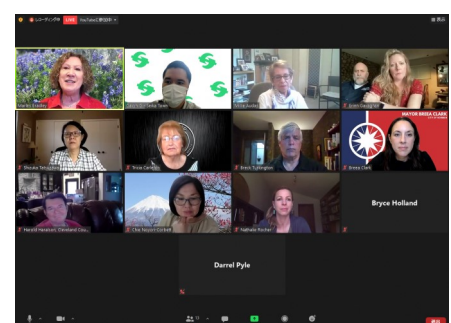
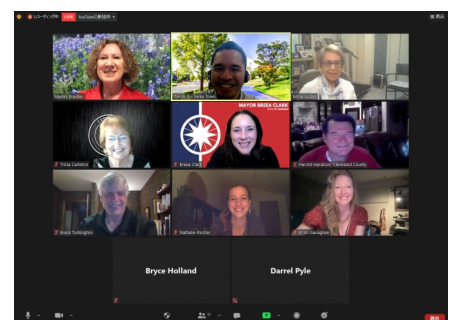
### Virtual Tour of Seika with Sister City Norman

On May 25 (Tues.), the Seika Town Coordinator for International Relations, Gavyn Guigui, conducted a virtual tour of Seika for the town's American sister city Norman in the state of Oklahoma. In attendance were Norman City Mayor Breea Clark, the president of Norman's sister cities association, and others involved with international projects in Norman.

In addition to introducing well-known Seika landmarks, such as the Keihanna Commemorative Park and local strawberry farms, he also taught them about Seika Town's mascot character, Kyomachi Seika. Participants in Norman greatly enjoyed the presentation, mentioning it made them feel like they had a part of Seika right in their rooms.

If you would like to watch the presentation in full, visit the URL or scan the QR code below. Presentation is done entirely in English.

<https://www.youtube.com/watch?v=gwiCCPNnIOU>





## Preventing the Spread of COVID-19

If you go out, avoid the three 「密」!

① 密閉空間: Avoid small enclosed spaces with bad



② 密集場所: Avoid places with lots of people in one area.



③ 密接場面: Avoid close quarter situations.



Preventing the cluster-spreading of the virus is important in stopping the spread of COVID-19

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
7/11 (Sun.)	Internal Medicine	8/1 (Sun.)	Internal Medicine
7/18 (Sun.)	Pediatrics	8/8 (Hol./Sun.)	Internal Medicine
7/22 (Hol./Thur.)	Internal Medicine ・ Pediatrics	8/9 (Hol./Mon.)	Internal Medicine ・ Pediatrics
7/23 (Hol. /Fri.)	Internal Medicine	8/15 (Sun.)	Internal Medicine
7/25 (Sun.)	Internal Medicine ・ Pediatrics	※Please call before visiting Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)	

### Health Center

Date	Time	Details
7/14 (Wed.)	12:30 p.m. ~	3-yr. 6-mon. old Health Check (born Dec. 2017)
7/20 (Tues.)	12:30 p.m. ~	2-yr. 4-mon. Oral Health Check (born Feb. 2019 )
7/27 (Tues.)	12:30 p.m. ~	9-10-mon. old Health Check (born Sept. 2020)
7/28 (Wed.)	12:30 p.m. ~	3-4-mon. old Health Check (born Mar. 2021)
8/3 (Tues.)	12:30 p.m. ~	2-yr. 4-mon. Oral Health Check (born Mar. 2019 )
8/4 (Wed.)	12:30 p.m. ~	3-yr. 6-mon. old Health Check (born Jan. 2018)

### Mukunoki Center

Date	Time	Details
7/14 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
7/18 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
7/28 (Wed.)	—	Closed
8/4 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
8/11 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day



## Asunaro Cooking

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

Learn how to make refreshing **Warabi Mochi-style Tofu Mochi** with  
this recipe:

### \* Ingredients (2 servings)

Kinu (soft) tofu・・・150g    Toppings:  
Potato starch・・・・3 tbs.    Matcha powder・・・・pref. amt.  
Kinako flour・・・・1 tbs.    Kuromitsu・・・・pref. amt.

### \* Instructions

1. Place tofu in a heat-resistant bowl.
2. Add potato starch (katakuriko) and mix until tofu loses its original shape.
3. Heat in the microwave for 2.5-3 minutes unwrapped.
4. Scoop out large bite-sized pieces with a spoon and sprinkle them with kinako flour.
5. Top with matcha or kuromitsu to your liking.

### \* Nutrition information (per serving)

Calories	115kcal	Protein	5.9g
Calcium	55mg	Dietary Fiber	1.3g
Fat	3.7g	Sodium	0g



## QUICK LIST

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

This month's theme: Hot Summer

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



1. 蒸し暑い - humid, muggy  
む あつ
2. 湿気 - humidity, moisture (i.e. in the air)  
しっけ
3. 湿度 - level of humidity  
しつど
4. 日差し - sunlight, rays of the sun  
ひ がさ
5. 日傘 - parasol  
ひ や ど
6. 日焼け止め - sunscreen  
ひやけどめ
7. 冷房 - cool (air conditioner function)  
れいぼう
8. 扇風機 - electric fan  
せんふうき
9. 扇子 - folding fan  
せんす
10. かき氷 - shaved ice, snow cone  
ごおり
11. 西瓜 - watermelon  
すいか
12. 冷やし中華 - chilled noodles w/asst. toppings  
ひ ちゅうか
13. トウモロコシ - corn (usu. on the cob)

単語

## Sensational in Seika



Beautiful view of Keihanna Comm. Park through the VR tour.

### Take a Virtual Reality Tour of Seika

One of the unfortunate consequences of the coronavirus pandemic is that traveling overseas and locally has become a difficult ordeal. To provide people a way to discover Seika Town while observing pandemic related restrictions, Seika has developed a virtual reality tour of popular spots in town. The Seika VR Tour has 360 views of various locations within Seika Town, such as Keihanna Commemorative park, Keihanna Plaza, The Kansai-kan of the National Diet Library, local shrines, and other locations! Check it out through following URL or QR code ! [https://www.town.seika.kyoto.jp/section/seika\\_vr](https://www.town.seika.kyoto.jp/section/seika_vr)



### Our Town, Seika

Established in 1955, Seika Town is located in Southwestern Kyoto and neighbors Kyotanabe City and Kizugawa City in Kyoto, and Ikoma City in Nara. As one of the major constituents of the Kansai Science City from Kyoto Prefecture, Seika strives to be a town of culture creation and scientific promotion while maintaining its cultural roots.

### 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)

#### Kyoto Prefecture Multilingual Daily Life Consultation Service:

If you have any questions about housing, work, government processes, health, or any other aspects of daily life, try contacting the Kyoto Prefectural International Center (Kyoto-shi Shimogyo-ku Higashinotoin Shichijo Meruparuku Kyoto B1F). Consultations can be made in English, Japanese, Chinese, Vietnamese, Tagalog, and 15 other languages.

TEL: 075-343-9666 Homepage: <https://kpic.or.jp>

### Find us online!

#### Facebook



#### Town Website



### Word of the Month



きんぎょ  
金魚すくい  
Goldfish Scooping

Kingyo sukui, or “goldfish scooping,” is a Japanese festival game often seen at summer festivals. The goal of the game is to use scoop goldfish into a bowl using just a *poi*, a small paper net. The paper is easily torn, which makes this game much harder than it looks.

Check out the Kyoto CIR blog: <http://tabunkakkyoto.wordpress.com/>