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公益財団法人
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Fukuoka City International Foundation



Information Regarding the Novel Coronavirus

https://www.city.fukuoka.lg.jp/shicho/koho/health/covid19_fo.html

<https://www.pref.fukuoka.lg.jp/site/english/en-coronavirus.html>



Children's Day (May 5)

Children's Day was established in 1948; until then, the holiday had been known as Boys' Day, a day of prayer for the growth of boys. Today, the day has been designated a time for "respecting children's personalities, working to facilitate the happiness of children, and expressing gratitude to mothers."

Carp streamers

As Children's Day approaches, you'll notice carp streamers hung in places like verandas and gardens. Displayed by households with boys, these decorations symbolize hope for the children's growth and future success. The streamers typically consist of a series of three carp, which are said to represent the father, mother, and children.



Samurai helmets

These helmets signify protection of the body, and they symbolize households' hope that their children will experience health and vigor. The first Children's Day following the birth of a boy is known as *hatsusekku* in Japanese, and grandparents mark the occasion by giving their new grandson a samurai helmet or traditional doll. Sometimes origami helmets are made from newspaper or other large pieces of paper.



Calamus leaf baths

Calamus leaves, which have a strong fragrance, were traditionally used to ward off evil at the changing of the seasons, when people were more likely to become ill. You'll find them for sale at supermarkets and other stores as Children's Day approaches.

Chimaki (rice dumplings wrapped in bamboo leaves)

Japanese confectioners and supermarkets sell *chimaki*, steamed mochi rice cakes wrapped in bamboo leaves, around the time of Children's Day, when this traditional Japanese sweet, which has the faint aroma of bamboo, is enjoyed in western Japan.



Kashiwamochi (rice cakes wrapped in oak leaves)

Mochi rice cakes wrapped in oak leaves celebrate the prosperity of one's descendants. These traditional Japanese sweets, which consist of mochi rice cakes filled with sweet bean paste, are enjoyed on Children's Day in eastern Japan.



Special National Pension Premium Exemption for Students

All residents of Japan are enrolled in the National Pension scheme when they turn 20, obligating them to pay monthly premiums. Did you know there's a special exemption for students? This article explains that system for students who are planning to continue their studies at a university this spring and for students who have not yet applied for the exemption. International students who are attending an institution that meets the program's requirements are also eligible for the exemption.

Eligibility

Students who are enrolled at a university (graduate school), junior college, high school, vocational high school, special training school, or other educational institution and whose income for the previous year does not exceed a certain level are eligible.

*To be eligible, a school must have a minimum enrollment of at least one year as defined under the School Education Act.

List of eligible schools

<https://www.nenkin.go.jp/service/kokunen/menjo/gakutokutaisyouko.html>

Annual income guidelines

Income of less than or equal to ¥1.18 million + (number of dependents × ¥380,000)



How to apply

1. Obtain the application form.

The application can be obtained from the National Pension counter at your local ward office, National Pension Offices, and the Japan Pension Service website.

2. Fill in the application form and submit it at the National Pension counter at the city (ward) office where you're registered as a resident. You'll need to bring a form of picture ID such as your resident card as well as proof of your student status.

3. After you apply, the Japan Pension Service will notify you that your application was approved or denied. If approved, you'll be exempt from paying National Pension premiums for the one-year period from April through the following March. If denied, you'll need to pay National Pension premiums.

Notes

What happens if you fail to apply

Pension benefits aren't just for old age. If you suffer an illness or injury that leaves you disabled and you haven't paid your premiums, you may not be able to receive basic disability benefits.

Future pension benefits

The period of time during which you make use of the special student exemption will count toward the number of months you must pay into the program to receive future benefits; however, it will not affect the amount of your future pension.

Preventing Food Poisoning

The rainy season is almost here. It brings with it conditions that are more conducive to food poisoning. Help prevent both viral infections and food poisoning by washing your hands thoroughly.

How to wash your hands properly

- (1) Remove any rings.
- (2) First, wet your hands thoroughly under running water.
- (3) Apply soap to your hands and work up a good lather.
- (4) Wash your palms and the backs of your hands.
- (5) Wash between your fingers.
- (6) Make one hand into a fist and wash the backs of your fingers and your fingernails. Repeat for the other hand.
- (7) Wash one thumb by twisting your other hand around it. Repeat for the other hand.
- (8) Wash one wrist by twisting your other hand around it. Repeat for the other hand.
- (9) Rinse off the soap with water.
- (10) Dry your hands with a paper towel or clean towel.



Three principles of preventing food poisoning

- (1) Keep bacteria off food.
Wash your hands carefully and work to keep cooking utensils and tableware bacteria-free.
- (2) Keep bacteria from multiplying.
Store food at low temperatures. Most bacteria reproduce at temperatures of 10°C to 60°C.
- (3) Kill bacteria.
It's recommended to heat food since most bacteria and viruses are extremely susceptible to high temperatures. Try to heat food at high temperature for at least 1 minute and remember

to use hot water to sterilize knives and cutting boards used in cooking.

Microbe that causes food poisoning

Center temperature and cooking time guide

Norovirus Cook at 85°C to 90°C for at least 90 seconds.

Enterohemorrhagic E. coli Cook at 75°C for at least 60 seconds.

Camphylobacter Cook at 75°C for at least 60 seconds.

Salmonella bacteria Cook at 75°C for at least 60 seconds.

Lysteria Cook at 65°C for several minutes.

Preparing boxed lunches that won't cause food poisoning

Limit use of succulent juices. Bacteria reproduce more readily in moist environments.

Allow rice and other items to cool before placing them in a container. Steam trapped in containers condenses into moisture, which can cause food to spoil.



When preparing a boxed lunch the day before it will be consumed, heat food adequately and allow it to cool before placing in a container.

Bacteria will multiply in a container that is left in a warm place. Keep contents cool by using a cold pack or placing the lunch box in an insulated bag.

Dr. Nishiyama's Column Outbreak of New Type of Pneumonia

Pneumonia of unknown origin first emerged in China at the end of 2019. The pathogen was soon identified to be some type of Corona virus. With the turn of the year, the number of cases of this viral infection increased not only in China, but also in other countries. At mid-February, WHO warned of a possible pandemic of Corona virus pneumonia named COVID-19.

The group of Corona virus includes the pathogens of ordinary flu, and those of SARS or MERS, which shook the whole world in early 2000s. The viruses of seasonal influenza or bird flu are different ones from Corona viruses.

Today, the world faces a never-experienced the outbreak of new Corona virus pneumonia, COVID-19. Everything has still been unclear about this virus. We have neither specific remedies nor effective vaccines, and that amplifies our fear. In the mean time, the number of infected people is continuously increasing, and so the death toll.

The natural host of new Corona virus is suspected to be bats or other wild animals. The virus was somehow transmitted to humans. Once human to human infection has been established, and the spread of the virus readily takes place via droplets or aerosol from the patients.

The only tip to prevent a pandemic has long been the isolation of infected people. Today, however, everybody can freely enjoy long-haul travel in a short time. In civilized countries where human rights are fully respected, the containment of suspicious infected people is difficult. Thus, the counter action against pandemic seems to be hardly executable.

In the past, when SARS hit Vietnam, the government resolutely implemented the isolation of suspicious infected people despite all the difficulties. This bold action effectively expedited the end of the outbreak, and was applauded by the international society.

On the contrary, in Japan, the management of a huge cruiser and the passengers on board has been criticized to have broadened the infections. Japan always respects human rights and a variety of laws, and falls behind to

counteract a crisis. As a result, the infection spread in the huge, but closed ship as a surrogate asylum during a "quarantine" period. Should Japan should have refused the cruise ship entering into a Japanese port? At what point should the government decide to take drastic action? Where can we find a sufficient space elsewhere to house thousands of infected passengers? Is there any distinct international agreement on how to treat a foreign ship with foreign passengers ?



No one can easily answer these questions. As it was stated before, no one knows about this virus well enough about the pneumonia, the length of incubation period, the incidence or severity of pneumonia, and mortality etc. Sufficient volume of diagnostic kits had not then been available at the early stage of turmoil.

What puzzles us is that even an asymptomatic person shows positive result for virus, that negative virus turns positive after several days, and that not a few patients emerged without histories of contact with travelers to China.

Nevertheless, a glimmer of hope somehow appeared over the deluge of information. Despite the rapid spread of infection, its mortality seems to be relatively low. This is contrary to the case of SARS or MERS in early 2000s. The examination of the virus infection in a mass population has not yet been realistic, and so the number of hidden infection may possibly be enormous. If so, the total number of patients are much larger than the officially reported ones, and the mortality rate can be estimated even lower.

This year in Japan, the cases of seasonal influenza are much smaller than in usual years. Basic personal hygiene such as hand-washing, gurgle, or wearing a surgical mask seems to have suppressed the prevalence of influenza. Similar custom may possibly prevent the catastrophic outbreak of COVID-19 .



Written in March 2020.

Specialized Counseling

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
Dates	May 2nd, 20th	May 10th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
	June 6th, 17th	June 14th	
Time	Saturday 10:30~13:30 Wednesday 13:00~16:00	13:00~16:00	
Appointment	Required	Not Required (Reception until 15:30)	Required
Language	An interpreter is available upon request.	English & Chinese interpreters are available.	An English speaking professional is available.

Seasonal Flowers

*Due to the spread of novel corona virus, events are cancelled. Please confirm the opening status of the following places.

Fukuoka Botanical Garden

5-1-1 Ozasa, Chuo-ku, Fukuoka

Spring Rose Festival

Hours: 9:00 am to 5:00 pm (last entry at 4:30 pm)

Closed: Mondays (when Monday is a public holiday, closed the following day) and New Year's

Admission: Adults, ¥600; high-school students, ¥300 (middle-school students and younger guests, free)

Fukuoka Botanical Garden, which celebrates the 40th anniversary of its founding this year, is home to 1,100 spring roses representing 250 species that flower during this time of year.

**The Hakozaki Hachiman Shrine**

1-22-1 Hakozaki, Higashi-ku, Fukuoka

Hydrangea Garden

9:30 am to 5:00 pm June 1 to 30

Admission: ¥300 *Middle-school students and younger guests enter free when accompanied by an adult.

Some 3,500 hydrangea plants representing about 100 varieties bloom on the grounds of this shrine. You can also enjoy around 5,000 lilies this time of year.

Maizuru Park

1-4 Jonai, Chuo-ku, Fukuoka

9:00 am to 7:00 pm April through September

Enjoy Chinese peonies and peonies in May and hydrangea and Japanese irises

in June. The park is also home to the Midori-no-Machi Market, where you can find fresh, environmentally friendly products in a pleasant social setting on the fourth Saturday of every month until November.

Uminonakamichi Seaside Park

18-25 Saitozaki, Higashi-ku, Fukuoka

Hours: 9:30 am to 5:30 pm (March 1 to October 31)

Admission: Adults (age 15 and over), ¥450; age 65 and over, ¥210; middle-school students and younger guests, free
The Uminaka Rose Festival offers the chance to view 1,800 roses representing some 220 varieties from mid-May to June as the fragrance of roses mingles with a pleasant sea breeze.

Staying Prepared with Essentials

If you're like a lot of people, you've probably experienced difficulty finding face masks (due to the spread of novel coronavirus) or paper products like toilet paper (due to false rumors about the outbreak). Just like natural disasters, infectious disease outbreaks can make it difficult to obtain daily necessities as people opt to stay indoors. It's a good idea to keep a supply of such items on hand so that you don't have to rush around looking for them in the event of an emergency.

Try to keep a certain amount of food and daily necessities on hand and replenish supplies as you use them up. The focus to date has been on maintaining such a supply of food, but the current outbreak highlights the need to maintain a similar supply of daily necessities.

*Please do not buy over supplies.

**Items to keep on hand**

Water Food Butane burner

Butane canisters

Toilet paper (The average person uses about 56 meters of toilet paper per week.)

Hand sanitizer (Use when there's a virus outbreak or when you can't use water to wash your hands due to a disruption in the water supply.)

Antibacterial wipes, Plastic bags and garbage bags

Face masks, Household medicines, over-the-counter medicines, etc.

*Face masks are not considered an effective way to prevent viral infection, but in Japan, it's good etiquette to wear a mask when you're coughing or sneezing to avoid infecting others. Many people also wear masks to ease allergy symptoms from conditions such as hay fever.



My Number Points

MyNumber Points

Have you heard of the MyNumber Points program, which will begin this September? Once you've received your MyNumber card and applied for the program, you can earn points when you use participating cashless payment services.

To take advantage of the MyNumber Points program, just complete these three steps:

- (1) Get your MyNumber card.
 - (2) Create a MyKey ID.
 - (3) Apply to the cashless payment service of your choice.
- Applications for cashless payment will start in July, and MyNumber Points will be awarded starting in September.

What are MyNumber Points?

See the following link for more information about the cashless payment services that are available:

https://mynumbercard.point.soumu.go.jp/about/payment_service/

Dates September 2020 to March 31, 2021

How can I earn MyNumber Points?

You earn points based on the amount of purchases made using the MyNumber Points payment service you applied for. You can earn 25% of the amount you charge or purchase, up to a maximum of ¥5,000.

You can only link one cashless payment service to your MyNumber Points account.

You'll need to use your MyKey ID, not your MyNumber. An online registration process is required in order to obtain a MyKey ID. Applying for your MyNumber card

If you don't already have your MyNumber card, you'll need to apply for it. See the following link for more information about how to apply for your MyNumber card:

<https://www.kojinbango-card.go.jp/en/>

