

## Towards a Shining Future for Yokohama



Shimizugaoka Park  
Photo: M. Chiba

## Message upon inauguration as the 32nd Mayor of Yokohama



Fumiko Hayashi  
Mayor of Yokohama

As a result of my re-election, I shall continue to bear the heavy responsibilities that come with the office of Mayor of Yokohama. Once again, I feel I must brace myself under the weight of my duty to protect the lives of our 3.73 million citizens and help our city to grow into the future. I shall do my utmost for Yokohama through activities grounded in the ties of trust with our citizens built over the last eight years and my achievements thus far.

In this last election, I visited various locations in the city and spoke directly with many citizens. I noticed the keen interest among them especially in the areas of childraising, education, and care for the elderly. Some citizens also voiced desires to see Yokohama transformed into a city filled with flowers and greenery. I also heard earnest hopes for a strengthening of measures to eliminate waiting lists for nursery schools, support for women's empowerment, and anti-disaster initiatives, as well as for stimulation of the Yokohama economy as the foundation for all other action. The policies being deployed by our city are all interconnected. With trends such as the progress of population aging and approach of population decrease, the situation surrounding Yokohama is becoming harsher by the year. While we consequently face a mass of issues, I am determined to surely implement each and every policy, and link them to growth and advancement for Yokohama.

In the years ahead, Yokohama is going to make some big leaps. It is going to host some of the Rugby World Cup matches and the Tokyo International Conference on African Development, the latter for the third time, in 2019, and some of the events in the Tokyo Olympic and Paralympic Games in 2020. I want to make full use of these opportunities to spur the further development of Yokohama as an international city and enhancement of its appeal.

I stand committed to continue taking up challenges through "all-Yokohama" efforts aimed at making Yokohama a city that gives all citizens a genuine feeling of happiness and is brimming with cheer and hope.



# When emergencies strike, we have to protect our own lives.

**What would you do if an earthquake struck right now? There are definitely things we can do to help those around us.**  
**Prepare for disasters and pass the importance of self-help and mutual help on to the next generation.**

Contact: Crisis Management Division, General Affairs Bureau  
 Tel: 045-671-4351 Fax: 045-641-1677

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While no one can prevent the outbreak of disasters, it is possible to mitigate the damage they cause. For damage mitigation, it is essential for there to be both routine preparations by each and every citizen (self-help) and a spirit of helping each other in the neighborhood (mutual help). The Yokohama Citizen's Charter on Earthquake Disaster Reduction was formulated so that citizens would have a shared recognition of the importance of both self-help and mutual help. This page introduces things we must aim for in the event of disaster along with routine preparations, based on the Charter.

**When you feel strong tremors, protect your safety as well as you can on the spot.**



Get under a desk or table and grab the legs.

If there is nothing to get under, kneel down, bend over, and put your hands over your head.



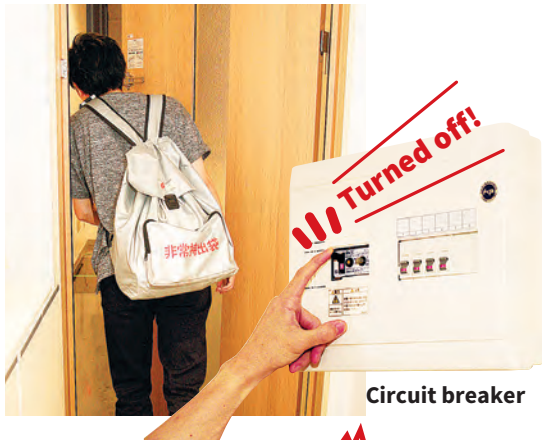
**When the tremors subside, immediately turn off burners.**



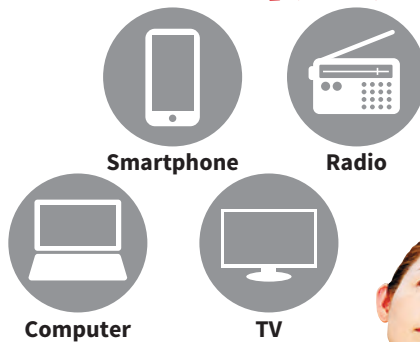
**Confirm the safety of elderly and disabled persons in the neighborhood, and then move to a safe place.**

## When the big earthquake comes!

**When evacuating, turn off the main gas tap and the electricity circuit breaker, and take along stocked food products and medicine of daily use.**



Circuit breaker



**Stay calm and composed when taking action, and don't let yourself be swayed by rumors and hearsay.**

In an emergency  
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**If you feel strong tremors with a long duration, a tsunami could be coming... Take refuge on high ground while telling all around in a loud voice to do the same.**

**Take refuge!**



## Routine preparations of value in the event of disaster

- Quake-proof your home and take steps to prevent furniture from toppling.
- Get advance knowledge of your neighborhood and the dangers in it (routinely check to see where safe places are in your neighborhood)
- Store at least three days' worth of drinking water, food, and toilet packs, and install fire extinguishers.
- Determine methods of contact with family and loved ones
- Check the locations of first-stop evacuation sites, local disaster-prevention centers, wide-area evacuation sites, and sites for refuge from tsunami
- Participate in disaster-prevention drills with your family in the neighborhood and at the company

### Steps to prevent furniture from toppling

In the event of a major earthquake, furniture that topples over or moves out of place can cause injury and delay evacuation. To protect your life and those of your family, make sure to take steps to prevent furniture from toppling.

#### Free attachment of fixtures to prevent toppling

The city will attach fixtures to prevent furniture from toppling for households in which all members meet at least one of the three following conditions. (The households must bear the burden of the cost of the fixtures).

- ① Aged 75 or over
- ② Received a disability certificate
- ③ Certified as requiring long-term care or assistance under the Long-Term Care Insurance Act

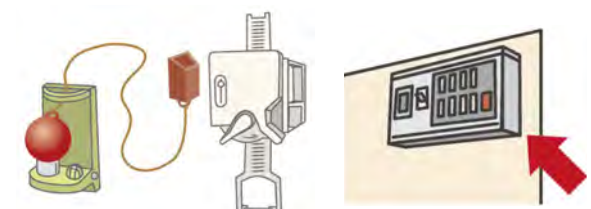
Application: from September 1 (Fri.) to November 30 (Thurs.)

Application: Yokohama Town Development Center  
 Tel: 045-262-0666 (Monday – Friday: 10:00 a.m. – 4:00 p.m.)  
 Fax: 045-315-4099 (only for persons with hearing or speech impediments)

First 200 applicants

### Preparations to prevent fires in the event of a major earthquake – install a quake-sensitive circuit breaker

More than 60 percent of the fires breaking out after a major earthquake are reportedly caused by electricity. The installation of a quake-sensitive circuit breaker, which automatically turns off the flow of power when a big tremor is detected, can be expected to be effective for greatly reducing the outbreak of fires caused by earthquakes.



Simple type Available for purchase at DIY stores, consumer electronics stores, and other stores  
 Distribution board type Installation work performed by electrical contractors etc.

Contact: Crisis Management Division, General Affairs Bureau  
 Tel: 045-671-3456 Fax: 045-641-1677



## Heart-to-heart communication

# To protect you and your loved ones

### September is Anti-Suicide Measure Reinforcement Month.

September brings World Suicide Prevention Day (on the 10th) and Suicide Prevention Week (from the 10th to the 16th). In the same spirit, Yokohama has designated September as Anti-Suicide Measure Reinforcement Month.

Are you or any people around you suffering with mental or emotional troubles? In keeping with World Suicide Prevention Day on September 10, let's think about mental health and measures to prevent suicide.

### Suicide is a problem that is very close to all of us.

Contact: Mental Health Counseling Center  
Tel: 045-671-4455 Fax: 045-662-3525

When problems pile up and become more serious, people without any support may be driven to suicide in the belief that it is the only the solution. Suicide is something that can happen to anybody.

In 2016, there were a total of 21,897 suicides in Japan nationwide and 507 in Yokohama (according to police statistics for 2016). Japan has the highest rate of death due to suicide\* of all the seven major developed countries.

\*The number of suicide deaths per 100,000 of population

### Survey of citizen awareness related to mental health (Implemented in October 2016)

I have seriously thought of committing suicide.	<b>1</b> out of <b>6</b> or <b>7</b> people
Someone I knew committed suicide.	<b>2</b> out of <b>5</b> people
Reasons for deciding not to commit suicide	<b>30%</b> chose "the existence of family, loved ones, friends, etc." or "the passage of time."
The person consulted by people who consulted someone who convinced them not to commit suicide	Over <b>60%</b> chose "friend" or "member of the family living with you"

**Many people decide not to commit suicide because of the existence of people close to them.**

**It is important for friends, family, and other people close to the person to provide support.**



People lead their lives through connections with other people. Don't anguish all by yourself! Instead, consult a friend, family member, or other person close to you, or institutions offering counseling and support services in this field.

There are many things that people around a person in anguish can do for him or her —speaking to him or her out of concern, offering psychological support, and connecting him or her to needed support.

### Counseling institutions

Providing counseling services not only for the person in question but also for his or her relatives and friends.



#### Mental disease and mental health

##### Mental health and welfare counseling services at each ward office

Monday – Friday (excluding holidays), 8:45 a.m. – 5:00 p.m.

For details, contact the Elderly and Disabled Support Division of the ward office in the ward where you live (appointment system)

##### Mental health counseling by telephone

Tel: 045-662-3522, Monday – Friday, 5:00 p.m. – 9:30 p.m.

Saturday, Sunday, and holidays, 8:45 a.m. – 9:30 p.m.

#### For persons with a dependency problem

##### Dependency counseling

< face-to-face counseling (by appointment) & telephone counseling >

Within the Mental Health Counseling Center

Tel: 045-671-4408, Monday – Friday (excluding holidays), 8:45 a.m. – 5:00 p.m.

#### For people who lost loved ones due to suicide

##### Hot line for the bereaved of suicide victims

Tel: 045-226-5151, first and third Wednesdays of each month (excluding holidays), 10:00 a.m. – 3:00 p.m.

##### Soyo-Kaze, a circle for the bereaved of suicide victims A group for sharing thoughts with peace of mind.

The third Friday of every month, 10:00 a.m. – 12:30 p.m.

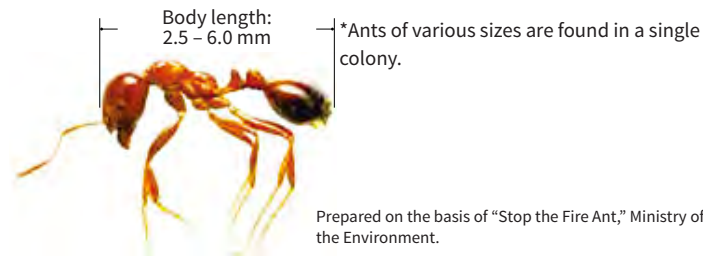
Venue: Mental Health Counseling Center  
(KRC Building, 18 Nihon-odori, Naka Ward)

Tel: 045-671-4455 Fax: 045-662-3525



## Beware of fire ants

In July, fire ants, a poisonous invasive alien species, were discovered in the port of Yokohama area. If you find an ant that you think is a fire ant, make absolutely sure not to touch it with your bare hands.



\*Although fire ants were previously not found in Japan, they have been discovered in different parts of the country since June. In many cases, they have been found in containers transported from other countries and in container yards where such containers are placed after being unloaded.

Contact: Policy Division, Environmental Planning Bureau

Tel: 045-671-2478 Fax: 045-641-3490, or the Health Sanitation Division in your ward office.

On Saturdays, Sundays, and holidays, contact the City Call Center. Tel: 045-664-2525 Fax: 045-664-2828

### Characteristics of fire ants

- A reddish-brown, shiny body. The abdomen has a darker color.
- Highly aggressive, and stings with a poison needle.

### What should I do if I find ants I think are fire ants?

- Do not step on the ants or irritate them by actions such as destroying their anthill.
- Individual ants can be exterminated with insecticides that are effective for ants and are available in stores.

### What if I am stung by a fire ant?

When stung by a fire ant, people feel an intense pain with a burning sensation.

- 20 - 30 minutes after being stung  
Rest, and watch for changes in your physical condition.
- In the event of symptoms such as shortness of breath, intense palpitation, and dizziness  
There is a strong possibility of anaphylaxis, a serious allergic reaction. Immediately see a doctor, by calling an ambulance if necessary. When you see the doctor, tell him or her that you were stung by a fire ant and you may have anaphylaxis.

横浜市 ヒアリ Search

## Distribution of My Number notification cards held at ward offices will end on October 31 (Tues.).



The distribution of notification cards that were posted in November or December 2015 and sent back to ward offices due to non-delivery because the addressee was absent etc. will end on October 31, 2017.

### If you still have not picked up your My Number notification card

Pick it up at the Family Registry Division of the ward office in the ward where you live.

Items to bring along: one official identification document with a photo (two official identification documents if none has a photo). A separate document is required if someone else is picking up the card for the addressee.

### To pick up the notification card in November or succeeding months

A fee will be charged for reissuance (500 yen).

Distribution of the My Number card is free only for the first time.

### Note

- A fee will be charged for reissuance of the notification card in the event of loss etc.
- You may be unable to pick up your card at the ward office in the ward where you now live if you have moved etc.



**A sample notification card**  
The card to notify the addressee of his or her My Number (personal number)

Contact: City Call Center

Tel: 045-664-2525 Fax: 045-664-2828

You may also contact the Family Registry Division in your ward office.

横浜市 通知カード 受取 Search

## Checklist for cognitive faculties when driving

- You increasingly have to search for car keys, driver's license, and other items.
- You increasingly forget to turn on directional signals when making a turn.
- You increasingly fail to immediately remember the way to destinations you have often driven to.
- You increasingly scrape the body against walls and fences when pulling into the garage.
- You find it more difficult to stop the car on lines or park it within lines in parking lots.
- Your driving has become rougher (or so passengers say), as evidenced by abrupt starts and stops, and sudden turns.
- You care less about car cleanliness and wash the car less frequently.
- You no longer neatly store car-washing equipment.
- You go for a drive, which you used to like to do, less frequently.
- It has become difficult for you to drive while conversing with a passenger.

Presentation: The Elderly Safe Driving Support Research Group, an NPO  
Editorial supervisor: Katsuya Urakami, President, Japan Society for Dementia Prevention

## People who check three or more of these items have to be particularly careful!



Contact: Traffic Safety and Bicycle Policy Division, Road and Highway Bureau  
Tel: 045-671-2323 Fax: 045-663-6868

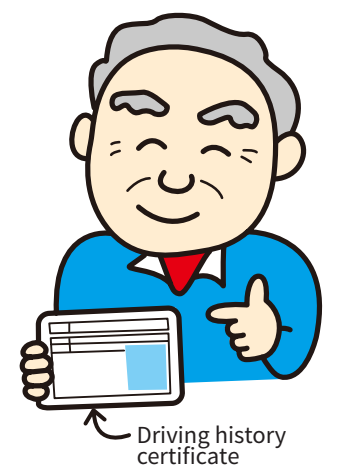
For voluntary return of your driver's license

Contact: Driver's License Headquarters, Kanagawa Prefectural Police Department  
Tel: 045-365-3111

## Accidents involving aged drivers — are you sure of your driving?

The decline in physical functions and cognitive faculties with age raises the possibility that even aged drivers who have many years of driving experience and have never had a serious accident will cause an accident. If you checked three or more items on the checklist and notice a decline, please get a check-up at a specialized institution.

If you feel even a little uneasy about driving, why not just return your driver's license? If you return your license, you may also receive a driving history certificate that can be used as an official certificate in place of a driving license. The procedures for voluntary return can be performed at the Driver's License Headquarters or the nearest police station.



Driving history certificate