

Watch Out for Heatstroke When Wearing Masks

When we wear face masks it makes it harder for heat to radiate off our skin. We can get dehydrated before we even notice it, and have other trouble adjusting our body temperature.

Let's observe the "New Lifestyle" of wearing masks, keeping our rooms well ventilated, and taking other precautions while at the same time practicing good "Heatstroke Prevention" by avoiding the heat and making sure we are taking in enough fluids and salt.

What to Remember When Wearing a Mask

How to Prevent Heatstroke

Let's avoid strenuous exercise

Let's be sure to drink fluids frequently and get enough salt, even when we don't feel thirsty

Let's be especially careful when both the temperature and humidity are high

When we are outdoors and are two meters or more from the nearest person (an adequate distance), let's remove our masks to prevent getting heatstroke.



If You Get Heatstroke

- Evacuate to a cool location
- Remove your clothes and cool down your body
- Replenish your fluids and salt

If someone is unconscious or is not responding when spoken to, let's call an ambulance immediately!



When You're Not Sure If You Should Call an Ambulance

- Call the City of Yokohama Emergency Consultation Center (On call 24 hours a day every day) #7119 or Tel: 045-232-7119

- Yokohama City Emergency Services Guide

You can check the urgency of an injury or sudden illness with your personal computer or smartphone.

※Pamphlets are available at ward fire stations.



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Let's Adopt a New Lifestyle

Do your best to keep **2-meters (1-meter minimum)** between yourself and other people

Wash your hands thoroughly with soap and water for **30 seconds or more**

Avoid "**closed spaces**," "**crowded spaces**," and "**close contact**"

Toward a Vibrant Yokohama

August has arrived, and the summer vacation our children have been longing for is here at last. This year it will be a short vacation, but I hope they will still all have a rich and rewarding time. The City of Yokohama will continue to support the learning and growth of our children with all the power at our disposal. I ask the cooperation of all our households and all of you in our community in this important work.

It is now nearly half a year since new coronavirus infections were first confirmed in our city. During these months we have invested all our efforts into measures to ensure safe and secure lives for all of our citizens and to protect Yokohama's economy through the passage of a supplementary budget totaling some ¥600 billion and many other measures.

We have also put into place a robust medical system to address the epidemic, including support to medical institutions, a strengthened PCR testing system, and putting in place a newly created Yokohama Cluster Prevention and Countermeasures Team in readiness for a second or even a third wave of infections. By mid-July we had already provided some 7,600 virtually zero-interest loans to help the cash-flow of our city's business owners, while our business continuity cash distributions for shopping districts are being used by more than 250 of the approximately 300 shopping districts in the city. Thanks to the hard work and dedication of you all, today we can feel the energy and vitality returning to our city's shopping districts.



Hayashi Fumiko
Mayor of Yokohama

On July 17 Yokohama led the world in restarting major public art festivals with the opening of the Yokohama Triennale 2020. On July 23 we initiated service of our Bayside Blue articulated-bus service that can be used both for tourism and general transportation. We are pushing steadily forward with steps to restore our city's social and economic life, all of course predicated on putting in place scrupulous countermeasures to prevent further infections. We will continue to work together with you all to build a new daily life.

As these hot days of summer continue, it is also essential that we all take care to prevent heatstroke. Please monitor how you are feeling, make sure you drink plenty of fluids and, when you are in the outdoors and can ensure that there is adequate space between yourselves and other people, consider removing your facemask. Please enjoy a safe and peaceful summer.

What We Can Do for the Environment

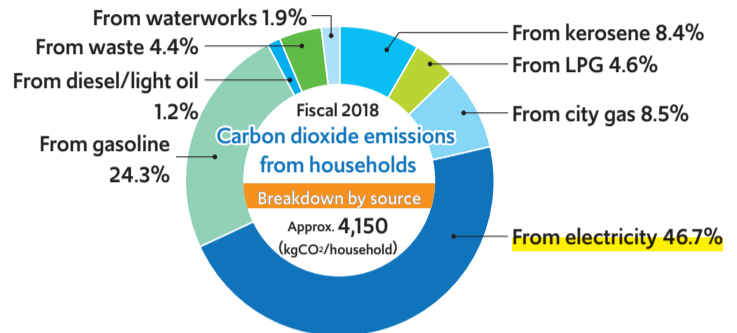
Heat waves, powerful typhoons, hurricanes, torrential rains and other climate and unusual weather phenomena are occurring around the world, and there are reports in the news of immense damage and loss of life. Global warming is said to be the cause of many of these events, and there is no time to lose in putting measures in place to address climate change. Let us work together to protect Planet Earth's environment by the choices and steps that each and every one of us takes ourselves.



The Global Warming Countermeasures Need Now

The biggest factor driving global warming is the increase in carbon dioxide and other greenhouse gases in the atmosphere. Moreover, approximately 50 percent of the carbon dioxide emissions accounted for by each and every one of our households is the result of the "electric power" that we use.

In order to reduce our own household contributions to carbon dioxide emissions it is important that we both reduce our overall use of electricity (**energy conservation**) and that we make sure the electricity that we do use comes from environmentally friendly energy sources that can be used over and over again (**renewable energy**).

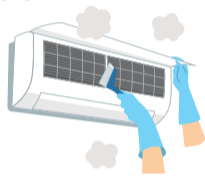


Source: Greenhouse Gas Inventory Office of Japan

Energy Conservation Let's Reduce the Amount of Electricity We Use

Let's clean our air conditioner filters

By cleaning out material clogging our air conditioner filters 1 or 2 times a month, we both improve their energy efficiency and our own comfort.



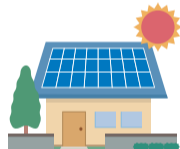
Let's switch to energy-saving products

Older models of electrical home appliances use more electricity than newer, energy-efficient appliances do. Let's consider replacing our old appliances with new, energy-efficient models.

Renewable Energy Let's Choose to Use "Environmentally-friendly Electricity"

Let's install solar panels

By installing solar panels on the roofs of our homes or on our property we can produce energy locally and use energy locally. By adding storage batteries to the system, we can also improve our disaster preparedness.



Let's switch to environmentally friendly electricity

Reusable energy sources like solar and wind power generate environmentally-friendly electricity without emitting carbon dioxide. Why not switch to environmentally-friendly electricity for the electricity you use at home?



In light of the ever-worsening impact of climate change, the City of Yokohama has adopted "Zero Carbon Yokohama" as the rallying call for our global warming countermeasures. The city is working to end our reliance on carbon (effective zero carbon dioxide emissions) by the year 2050.

Campaign to Convert to Electricity That's Gentle on the Environment and Your Household Budget

Soliciting Participants for "All Aboard for Natural Electricity!"

[Eligible participants] Yokohama residents, individual business people (shops, small offices), and others.

※ Depending on your current contracted amperage, it may not be possible to participate in this program.

[Registration period] July 31 (Fri.) – September 30 (Wed.)

[How to participate] Please register on the campaign homepage.

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We are seeking households and individual businesspeople who would like to use electricity that comes from natural sources like solar and wind power. The more participants we can gather, the lower the price at which we can switch to using environmentally friendly electric power.

How much more "lower?"

We project that you will save approximately ¥10,000 on your annual electricity bill by switching your electricity provider under this program.

※ Trial calculation by the project secretariat. There may be cases where your electricity bill does not go down, depending on your actual electricity usage.

Campaign Flowchart



[Inquiries] Regarding the "All Aboard for Natural Energy!" project Secretariat (Mon. – Fri. <excepting holidays and weekends> 10:00 – 18:00)

Tel: 0120-267-100 Tel: 0570-058-100 (cellphone, PHS)

Regarding entire article Climate Change Policy Headquarters Coordination Division Tel: 045-671-2661 Fax: 045-663-5110

New Coronavirus Epidemic Information

The National Special Fixed Cash Distribution Application Deadline is September 10 (Thursday)!

The application deadline for the Special Fixed Cash Distribution of ¥100,000 per person is Thursday, September 10 (application valid if postmarked Sept. 10). You cannot receive the cash distribution if you miss this deadline. Please apply immediately if you have not already. Anyone who has not yet received the application form in the mail, please contact the Yokohama Special Fixed Cash Distribution Call Center.



Yokohama Special Fixed Cash Distribution Call Center

Tel: 0570-045592 (Mon. – Fri. <excepting national holidays and weekends> 09:00 – 17:00)

(You may use the 0570 "navi-dial" number for the same charge as a local phone call)

Fax: 045-681-8379 (Civil Affairs Bureau General Affairs Division, Yokohama Special Fixed Cash Distribution Desk)

※This fax number is reserved exclusively for inquiries from individuals with hearing problems. You cannot use this fax number to submit cash distribution applications.

Frequently Asked Questions

Q I have the application form at hand, but can I apply even if I do not have documentation to confirm my or the recipient's identity or a bank account in my or the recipient's name?

A Yes, you can apply. Please call the Yokohama Special Fixed Cash Distribution Call Center telephone number, and then send the application form following their directions (it will take some time to receive the cash distribution once your application has been received).

It is possible to check the status of your Special Fixed Cash Distribution application on the City of Yokohama website. In the case of applications submitted by mail, you may check the status of your application by using the 13-digit number found below the barcode printed together with your mailing address on the envelope of the Special Fixed Cash Distribution Notification that was mailed to your household (If you cannot find the 13-digit number, please call the Yokohama Special Fixed Cash Distribution Call Center).



Notification of Mitigation of National Health Insurance and National Nursing Care Insurance Premiums

For individuals (households) impacted by the new coronavirus epidemic, there is a system in place to mitigate the cost of insurance premiums in accordance with standards set by the national government.

[Determining eligibility (any of the following conditions will apply)]

- ① The primary income earner supporting the household has contracted the new coronavirus.
- ② Due to the impact of the new corona virus, one or more of the household's primary income earner's sources of income (business income, real estate income, forestry income, salary income) is expected to decline by a given amount or more (there are specific conditions regarding the percentage of decline, previous year income, etc. in order to qualify for mitigation).

The standards for determining these conditions and the amount of mitigation varies depending on the type of insurance concerned. For details please see the City of Yokohama webpage, or contact the Health Insurance and Pension Division National Health Insurance Section at the Ward Administration Office of your ward of residency.

National Health Insurance

National Nursing Care Insurance

[Inquiries] Health Insurance and Pension Division National Health Insurance Section, Ward Administration Office of your ward of residence

National Government Single-Parent Household Special Fixed Cash Distribution Program

■ Basic distribution

[Recipients] From among those who qualified to receive the June 2020 childcare allowance:

- ① Individuals who received the June 2020 childcare allowance
- ② Individuals who did not receive the childcare allowance because they already receive public pensions or other public payments (limited to individuals whose income is below the cut-off amount for receiving the childcare allowance).
- ③ Individuals whose income has subsequently declined due to the new coronavirus epidemic to a level where they now qualify for the childcare allowance.

[Amount of distribution] ¥50,000 per household, ¥30,000 for each additional child

■ Follow-on Distribution

[Recipients] Individuals corresponding to basic distributions categories ① and ② above, and whose income has declined due to the new coronavirus epidemic.

[Amount of distribution] ¥50,000 per household

For details please see the City of Yokohama webpage.



Cash Distribution Application Procedures

[Recipients ①] No application required for the basic distribution. New application required for the follow-on distribution.

[All others] Application required for both the basic distribution and the follow-on distribution.

[Inquiries] Single-Parent Household Special Fixed Cash Distribution City of Yokohama Call Center (until Mar. 31, 2021).

Tel: 0120-694-281 (Mon. – Fri. <excepting holidays and weekends> 09:00 – 17:00) Fax: 045-641-8424

Yokohama City New Coronavirus Call Center

Tel: 045-550-5530 Fax: 045-664-7296 (Daily 09:00 – 21:00)

Consultation Center for Returnees from Abroad Infected with The New Coronavirus or Who Were in Contact with Infected Persons

Tel: 045-664-7761 Fax: 045-664-7296 (Daily 09:00 – 21:00)

A Request from 3rd Regional Japan Coast Guard Headquarters

Let's exercise self-restraint and refrain from swimming in the ocean at closed ocean swimming beaches or out of the sight of lifeguards.