

Bringing you news from Kobe City every month

# KOBE

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 Kobe is a great place for raising kids!



Please offer your seat  
when you see this mark

If you have any questions about ward office procedures, financial support for raising children, etc.

**Call the Kobe International Community Center (KICC)!**

☎ 078-742-8705 (11 languages)



↑ Tap here to visit the website!



Edited by: Kobe City International Division

## COVID-19 Vaccination Information

### Three government vaccination center locations still available

① Kobe City Hall Bldg. 1, 24F (Chuo Ward)

Thu/Fri/Sat/Sun/Hol 13:30~17:00(\*)

Mon - Fri 18:00~21:00

② Ecoll Lilas Shopping Center (Kita Ward)

③ Seishin-chuo Station Bldg. (Nishi Ward)

Thu/Sat/Sun/Hol 13:30~17:00

(\*) Priority is given to people who require extra assistance on Thursdays 13:30~17:00. (Schedule an appointment: ☎ 078-277-3327)

### Vaccination centers will be closed Dec. 27, 2021 - Jan. 3, 2022.

Some hospitals and clinics are also still offering vaccinations.

### Booster vaccine (3rd dose)

It has been reported that the Covid-19 vaccine's effectiveness decreases over time, even if you have received your 2nd dose. Kobe City will mail out vaccination vouchers for the 3rd dose about 8 months after the date of your 2nd dose. Once you have received your voucher, please either contact your primary care physician or visit the Kobe City website to schedule your vaccination.



← Translated list of venues & other information!



## Important New Year Holiday Information



Please be aware that most government offices and services will be closed during the New Year holidays.

### For inquiries about city services & procedures

Dec. 29, 2021 - Jan. 3, 2022 9:00~17:00

### Kobe City General Call Center (support in 7 languages)

☎ 0570-083-330 or ☎ 078-333-3330

### Ward offices will be closed

Ward offices will be closed 29, 2021 - Jan. 3, 2022. Please note that the ward offices are expected to be busy right before and after the New Year Holidays, so please try to file any necessary paperwork as soon as possible.

### Household garbage collection days

Regularly scheduled garbage collection days will end on Dec. 28, 2021 and resume on Jan. 4, 2022. There will also be special collection days Dec. 29-31 based on your regular collection day, so please check the flyer (PDF) linked below for more details.

Tap here for the New Year holiday garbage collection schedule in English & other languages! →



## Important New Year Holiday Information

### Telephone hotline for medical emergencies



Most hospitals and clinics are closed during the New Year holidays. For information about which medical facilities are open, as well as asking about medical emergencies, call the Kyukyu Anshin Center Kobe (救急安心センターこうべ).

(Available 24/7, 365 days/year) (Japanese)

 #7119

If calling via a rotary or IP phone, or if you are unable to connect using the 5-digit number above:

 078-331-7119

## Get a Colon Cancer Screening for 500 yen (mail-in)

Colon cancer is the leading cause of cancer-related deaths among women, and third among men. Cases among both sexes are increasing every year. The risk of developing it increases from your 40s, but over 90% of cases are said to be treatable if discovered early.

Apply online to get the screening sample kit mailed to your home. You will get your test results about 2 weeks after mailing your sample in the return envelope.

**Eligibility: Kobe residents age 40 or over as of March 31, 2022**

**\*The screening is free for those age 70 or over, or who are in a tax-exempt household**



Tap here for details! (JP) →

## Support Services Before and After Childbirth

Tap the 2D codes for more details.

### Home help service during & after pregnancy



When you're too tired to do chores or take care of the kids while pregnant or after giving birth, **someone can help you with shopping for necessities, preparing meals, changing diapers, bathing infants, and other chores. (1,600 yen for 2 hours)**



### Prenatal checkup vouchers



You will receive prenatal checkup vouchers when you submit your pregnancy notification at the ward office. **When you use the vouchers, your out-of-pocket expenses for various health checkups will be reduced.** (The vouchers can subsidize up to 120,000 yen total.)

### Taxi vouchers for nursing and expectant mothers



You can receive taxi vouchers valuing a total of 5,000 yen when you submit your pregnancy notification at the ward office. These vouchers can be used for shopping, going to the hospital, and other errands.

### Postnatal support from knowledgeable midwives



Midwives can give you breastfeeding advice and infant skincare tips, listen to your worries about your mental and physical health, and more at your home. (Application required)



## Helping the Working Parent

Tap the 2D codes for more details.

### Childcare for sick children

When your child is sick, but you can't afford to take time off of work, nurses and nursery staff can temporarily look after your toddler at a special nursery room for sick children. (Prior registration required.)



(JP)

### A-STEP Coworking, helping the working mother

This versatile remote working space lets you easily take your child to work - you can park your child's stroller next to your desk, let them play in the Kids Space, or make use of the daycare service. The venue also offers services such as job hunting consultations and seminars. (Prior registration required.)



(JP)

## Childrearing Support Website "Mama Hooray"



You can find tons of fun events for parents and children, useful information about childrearing-related services, and more. You can also follow the official Instagram & Twitter accounts for inspiration!

(Machine translation available in English, Chinese, Korean & Vietnamese) →

