

## Waste Disposal

### **Please make sure to remove your batteries before throwing away electronics**










Recently, there have been many cases of electronic goods catching fire at waste disposal centers all around the prefecture. The reason for most of these fires is due to a short-circuit in the lithium batteries when under high pressure. The cause of the fire that happened at a Kyoto City garbage disposal center in March of 2018 was due to lithium ion batteries. The recovery from the fire took more than half a year.



### **Commonly Used Lithium Ion Batteries**



### **Electronics that use Lithium Ion batteries**

 Smartphones/ Cellphones	 Tablets	 E-Cigarettes
 Game Consoles	 Electric Shavers	 External Battery Packs
 Rechargeable Vacuums	 Electric Toothbrushes	 Wireless Headphones

When throwing away electronics, please make sure to take out any small rechargeable batteries (i.e. lithium ion batteries, nickel-cadmium batteries, nickel-hydrate batteries, etc.). Please recycle small rechargeable batteries to the specified recycling box at electronics stores and supermarkets

## **Reducing Waste**

### **Reducing our Waste to accomplish the SDGs**

SDGs (Sustainable Development Goals) are internationally recognized common social objectives for the sake of peace and development. On top of accomplishing SDGs, waste reduction is also becoming a necessary task.

### **Sorting out Scrap Paper**

Pulp that is used to make paper is made from trees. Trees take in CO<sub>2</sub> and are said to suppress global warming. By sorting and recycling scrap paper, we can reduce the number of trees that are cut down.

Last year, 24% of the waste that was burned at our city's Clean Centers was paper waste. Let's sort out our waste paper and take it to our local paper collection sites.

### **Reducing Food Loss**

Across the world, there is an estimated 800 million people suffering from starvation, while international food assistance produces more than 3.9million tons. Though, every year in Japan, 6.12 million tons of food are thrown away despite being edible. Let's reduce food loss by eating all of our food and using up all of our ingredients.

- ★ When shopping, only buy as much as you can use up.
- ★ If you are going to use it immediately, take the items that are placed in the front of the display at supermarkets and convenience stores.
- ★ When storing food, make sure to keep everything nice and organized.
- ★ When cooking, waste as little as possible and eat everything.

### **Why is Reducing Waste important?**

We can use limited resources such as wood and petroleum with more care. Reducing waste is also linked to suppressing global warming and reducing operational expenses at waste disposal centers. Those expenses can then be directed towards other public services.

## **International Exchange**

### **A New CIR in Town – Promoting Multiculturalism**

For the sake of international exchange and promoting multiculturalism, the City has been making use of the Japan Exchange and Teaching (JET) Programme carried out by the Council of Local Authorities and International Relations (CLAIR). Since 2016, the City has employed Coordinators of International Relations (CIRs).

Starting in September, Jessica Jiting Ye has been appointed at City Hall. She plans to translate and edit English brochures and pamphlets, teach English to local residents, and advance the Kyotango City Multiculturalization Promotion Plan through various events.

Jessica Jiting Ye

Nationality: United States of America

Placement: Policy and Planning Section

"I am honored to come to Kyotango, a place surrounded and blessed by natural beauty. Inspired by the anime I watched as a child, I began my studies in the Japanese language. As I connect with you and city's culture, I hope to learn more about Kyotango and to serve you all."



### **Kyotango Sports**

#### **A Gift to the Children from Katsuya Nomura's Family and the Hanshin Tigers Passing on Nomura's Heart and Soul to the Next Generation**

On March 28<sup>th</sup>, the game between the Hanshin Tigers and the Yakult Swallows was dedicated in memory to the late Katsuya Nomura. After the game, a charity auction for the special uniforms used during the memorial game took place. In accordance to the family's wishes, the profits from the auction were donated by the Hanshin Tigers to Kyotango City's Board of Education in the form of baseball gear. The donations will go to the city's public nurseries, daycare facilities, elementary schools, and junior high and high school baseball clubs.

#### **Donation at the Katsuya Nomura Cup Opening Ceremony Mitts with Nomura's Special Catchphrase**

On August 13<sup>th</sup>, the 4<sup>th</sup> Katsuya Nomura Cup Schoolchildren Baseball Tournament and Donation Awarding Ceremony took place at Amity Tango.

The 16 teams within and outside of the city who participated in the tournament took part in the ceremony. At the Donation Awarding Ceremony, Nomura's career achievements and the attitudes he held towards baseball were introduced through a video at the event.

In front of the new baseball gear, the children professed they couldn't wait to use them, smiling as they gripped the mitts engraved with Nomura's catchphrase, "*shougai ichi hoshu*" (Always a catcher).

While the players in the tournament took their oath, Ayato Inoue, the captain of the Mineyama Blueeasterns, took to the podium and powerfully proclaimed, "I am grateful to participate in this tournament and like Katsuya Nomura, I want to move the hearts of many people."

The tournament begins November 14<sup>th</sup> and will be happening at various ball parks within the city.

#### Donated Items

Soft balls (3 types/ 100 balls)

Public Nurseries/Daycares ... 10 facilities

Tee Ball Sets

Elementary Schools – 17 schools

Catcher Gear/ Bats/ Soft/Hard Balls/ Ball boxes

Junior High/High Schools (Baseball Clubs) ... 8 schools

Catcher Gear/ Mitts/Bats/Soft balls/Ball Boxes

Boys' Baseball Teams...16 teams

### **Do you know about the Foster Care System?**

Due to a variety of complicated circumstances, there are many children who cannot live at home with their parents. Foster care is a system that allows a place for these children to grow up healthy and strong.

#### **There are 4 kinds of Fostering:**



1. **Short Term Fostering** – Care for the child for a determined length of time inside of your home
2. **Fostering for Adoption** - Adopt the child and care for them in your home
3. **Specialized Fostering** – Care for a child that has been affected by abuse, delinquency, or disability and requires special care.
4. **Kinship Fostering**– Relatives (i.e. grandparents, siblings) care for the child whose parents are deceased, missing, or in custody.

#### **If you want to know more about Fostering:**

Details are posted on our Homepage. For Kyoto Prefecture, scan the QR Code for the Online Foster Care Information Center.

By the Parenting and Child Support Section 0772-69-0340



## **From the Frontlines of our Healthcare System**

### **Stopping the Spread Begins from your Mouth**

#### **~The Relationship between your Mouth and Coronavirus~**

**Kyotango City**

**Oral General Health Center**

**Director – Junya Sonobe**



Nowadays with the novel coronavirus spreading widely, it has never been more important to prevent infection through oral health. Within our hospital, we are paying extra attention to the risk of spreading the coronavirus when treating our patients on a daily basis. We are taking standard precautions towards our patients and having our staff sanitize their hands thoroughly and wear their masks and gowns during treatment.

Our medical offices are ventilated frequently and are sanitized after every patient. Because aerosols are released into the air while cutting into teeth for dental treatments, we use extraoral suction. Before treatments, we ask the patients to gargle with an iodine mouthwash (those who have allergies will receive a different substance).

Furthermore, we conduct our interviews with the patient before we begin treatment. In the case the patient has a fever and has to undergo emergency treatment, a PCR test will need to be conducted before receiving treatment.

#### **Reduced risk of infection through oral care**

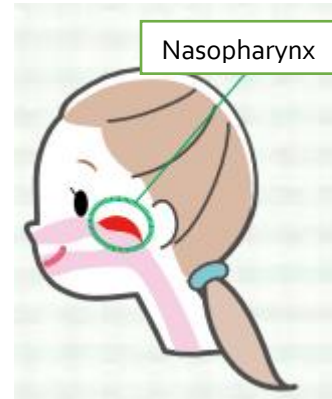
Oral care that utilizes mouthwash may be effective in reducing the risk of spreading viruses. Oral care products such as toothpaste and mouthwash contain active ingredients such as CPC (cetylpyridinium chloride) and chlorhexidine that kill viruses and bacteria. Although these ingredients are added to



prevent gum disease and cavities, like Isodine Gargle® and Listerine®, they are hypothesized to also prevent catching coronavirus. There is data that shows that gargling povidone iodine solution reduces the risk of spreading aerosolized viruses and gargling a 1% Isodine® solution for 60 seconds will effectively inactivate 99.9% of novel coronavirus. Even at our hospital, we ask every one of our patients to gargle a povidone-iodine solution before receiving treatment in order to prevent aerosolized viral particles from spreading in the air. Furthermore, there is data that shows reduced aerosolized bacterial and viral counts as well as bacteria entering the bloodstream after cleaning the gum area with Listerine® before removing tartar. As we can see, Listerine® is also thought to reduce the risk of spreading the flu virus and novel coronavirus.

### **Oral hygiene and catching the flu virus**

For people who have quite a lot of oral bacteria and are prone to cavities and gum disease, it is reported that they are also more likely to catch the flu virus and be in critical condition. For people with chronic infections (i.e gum disease or cavities) or an unsatisfactory state of oral cleanliness, the types of pathogens can reach up to the several thousands and the virus can attach more easily to the mucous membrane between the nasal cavity and the throat (nasopharynx) because of the proteolytic enzymes



released by oral bacteria. For people who do not have chronic infections or have a good state of oral cleanliness, it is reported that they have a low chance of contracting the flu. The same is theorized for the novel coronavirus. To prevent viral infection, proper oral hygiene is very important, so let's proactively incorporate it into our lives.

### **For our Children's Smiles**

#### **November is Child Abuse Prevention Month**

Child abuse affects the physical and psychological development of our children, and is happening in places closer than you think. There are many children who cannot cry out for help, even when their hearts and bodies are being hurt.



#### **Number of Child Abuse Reports**

In 2020, Kyoto Prefecture received 2,448 consultations regarding child abuse at children's welfare centers (excluding 3 centers in Kyoto City). Compared to previous years, this is a very high number.

#### **Types of Abusive Behaviors**

##### **Physical Abuse**

Punching, kicking, pinching, binding, putting out cigarette butts on their bodies, pouring boiling water, locking them outside the house or on the balcony



##### **Neglect**

Not providing for basic needs like clothing, food, or housing, not allowing to attend school, not taking to the hospital, etc.

**Sexual Abuse**

Forcing sexual acts, molesting (inappropriately touching chest or genitals), etc.



**Psychological Abuse**

Ignoring, insulting, threatening, intimidating, repeatedly saying hurtful words, etc.

**Preventing abuse starts from noticing the small signs**

Child abuse usually accompanies the following signs. You can prevent child abuse before it happens just by taking notice of these signs.

**Signs from the Child**

- Unnatural wounds or bruises
- Playing by themselves late at night
- Clothes and hair are always unclean
- Little expression
- Nervous or trembling
- Avoids their parents, etc.

**Signs from the Guardian**

- Don't interact with the community or their relatives and are usually alone
- Often leaves their small child at home when going out
- Usually defensive or apathetic about their child's upbringing, etc.

**It only takes a little courage**

If you've ever witnessed or suspected abuse towards a child around you, please give us a call immediately. The abusing parents are also hurt and worried.

Consultation Centers for Child Abuse	Telephone Number	Hours
Children's Welfare Center Child Abuse Hotline	TEL 189	24/7
Children's Welfare Center Consultation Hotline	TEL 0570-783-189	24/7
Child Support and Parenting Section	TEL 0772-69-0340	Mon~Fri(except government holidays) 8:30AM~5:15PM

**Don't keep your worries to yourself**

Whenever you don't feel like you're being a good parent, don't keep your worries to yourself and try to find someone to consult with. You are sure to feel much better.

Consultation Centers for Parenting	Telephone Number	Hours
Comprehensive Support Center for Families with Children "Hagu Hagu" (Health Promotion Section)	TEL 0772-69-0370 (If unavailable, you will be directed to the Health Promotion Section)	Mon~Fri (except government holidays) 8:30AM~5:15PM
Child Support and Parenting Section	TEL 0772-69-0340	Mon~Fri (except government holidays) 8:30AM~5:15PM

By the Child Support and Parenting Section (TEL 0772-69-0340)

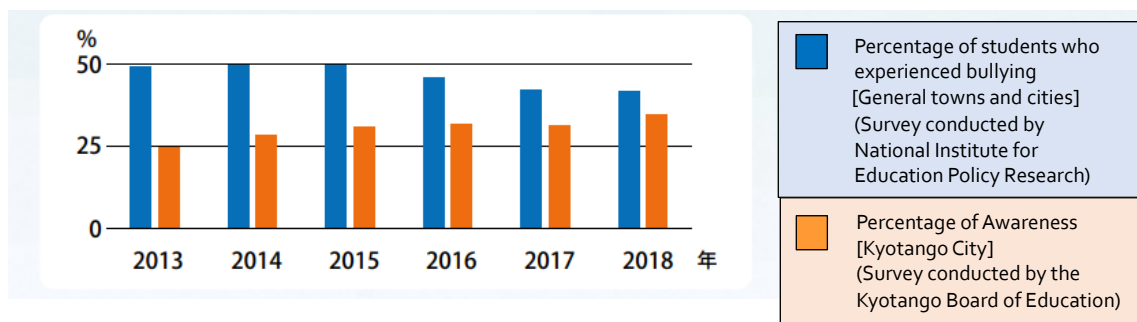
**Understand and Prevent Bullying!**

**November is Bullying Education and Prevention Month**

Every November, the City works to spread proper understanding about the issue of bullying and holds activities to educate the public about bullying prevention.

**The change in the percentage who experienced bullying and percentage of awareness over the years**

In an annual survey, the government reported in July that the percentage of students experiencing bullying is on a decreasing trend. On the other hand, the percentage of awareness in Kyotango City has been on an increasing trend since surveys began in 2013 (Refer to the graph below).





The percentage of awareness about bullying in schools has been on the rise nationally. With the percentage of children who experienced bullying falling since the establishment of the Bullying Prevention Measures Promotion Law in 2013, this decrease is speculated to be the result of schools repeatedly and proactively dealing with bullying in its early stages.

By proactively becoming more aware of bullying, we have established a system where children can expect to be understood, protected, and assisted and freely discuss their worries (not just limited to bullying). The Kyotango City Board of Education have analyzed that these factors are linked to a stable state of mind in the schoolchildren.

The Kyotango City Board of Education plans for its schools to continue to proactively send reports and to properly watch over the children in order to maintain awareness about bullying.

### **Kyotango City Social Media (LINE) Consultation Service for Kids**

We are accepting consultations from elementary and middle school children

Consulting Hours: Weekdays from 4PM-9PM (except for New Year's holidays)

#### **Friend Us with the QR Code!**



Even if you don't have anything to talk about now, at least friend us!

The LINE consultation is meant for children. Guardians should consult the phone number below:

[Kyotango Bullying Hotline \[24 Hours\] TEL 0120-889-061](tel:0120-889-061)

By the Schools and Education Section (TEL 0772-69-0620) and the Civic Affairs Section (TEL 0772-69-0210)

### **Kyotango International Exchange News**

#### **Foreign Residents Learning Japanese**

This past year, the city has been commissioned to establish Japanese lessons for foreign residents from the Ministry of Education, Culture, Sports, Science and Technology (MEXT). The 12-week long beginner Japanese courses have been held since September.

The classes are largely meant for foreign residents who cannot speak Japanese. The objective of the course is to enable to students to communicate with local residents. We have students from different countries like the USA, China, and the Philippines. The Japanese classes are also uploaded onto YouTube, so please check it out!

## The Current Situation of the Coronavirus Vaccine and Vaccination

### About the Current Situation

On September 30<sup>th</sup>, the state of emergency was lifted and a partial state of emergency was enacted on the 21<sup>st</sup> to lessen the risk of infection by October 1<sup>st</sup>.

From limited outings to being thorough with coronavirus prevention measures, to limited business hours at foodservice and tourism institutions, the people of the city have been through so much. But our efforts have come to fruition, and since September 22<sup>nd</sup>, there were no new reported cases of coronavirus in the city and the situation is calming down. We would like to deeply thank all of our healthcare workers who have been conducting viral tests and administering vaccines.

### Kyotango's Vaccinated Population and Rates (as of October 14<sup>th</sup>)

#### First Dose

- **43,180** people above 12 years of age have received the first dose of the vaccine
- Out of 48,608 total people above 12 years of age, **88.8%** have received their first dose  
\*National Average: 74.5%

#### Second Dose

- Out of 43,180 people who received their first dose, **37,777** people have received their second dose.
- Out of 48,608 total people above 12 years of age, **77.7%** have received their second dose.  
\*National Average 65.8%

Based on the above data, everyone who signed up for the vaccine will be expected to be completed in October. Thank you to everyone who cooperated in getting vaccinated. However, it is still important to be thorough to prevent coronavirus from spreading, so we ask you to continue to follow precautions.

### About Vaccinations into the Future

For those who have not received both doses of the vaccine, Yasaka General Hospital and Kumihama General Hospital will still be administering vaccines from November onwards.

For people who want their vaccines, please sign up for an appointment via Web or LINE, or contact the Call Center. Target Audience: Children who just turned 12 years of age, those who recently moved here and have not gotten their vaccine, those who have not gotten their vaccine by the end of October.

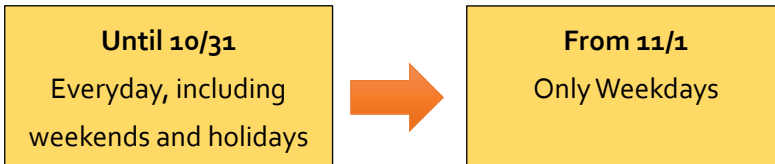
For residents 65 years and older, please make an appointment to the Call Center.

### Novel Coronavirus Vaccination Call Center

Receiving Hours: 9AM ~5PM

TEL 0772-66-3226

Please note the following changes to our hours:



During afterhours, please call the Novel Coronavirus Medical Information Center TEL 075-414-5487 (24 hours a day, 365 days a year)

### Criteria to call a Medical Facility

- 1) Difficulty breathing, extreme fatigue, high fever or other intense symptoms
- 2) If you are immunocompromised and flu-like symptoms persist
  - \*The elderly, pregnant women, patients with chronic illnesses (diabetes, heart palpitations, respiratory illnesses, etc.), dialysis patients, or patients on antibiotics or anti-cancer drugs.
- 3) Anyone else not mentioned above who has persisting flu-like symptoms like a fever or a cough.

### About the Third Dose (Booster Shot)

If it has been a while since you received your second dose of the vaccine, you may be eligible to receive an additional dose. For people whose second dose was taken over eight months ago, a subsequent vaccination ticket and vaccination instructions will be sent to you in the mail. Like the initial vaccination, individuals 65 years and older will take a survey and will be contacted where and when they will receive the booster shot. For individuals 64 years and younger, details about the booster shot will be released at a later date.