

# Minami no Kaze

南の風はあたたかい

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## Minami Lounge Information

### Have you ever gone to see a doctor in Japan?


Going to a doctor in a different country is a big step for everyone. If you are not feeling well, please refer to this article and challenge going to a doctor.



When you are not feeling well, you go to the clinic first in Japan. If needed, the doctor in the clinic will introduce you to the hospital.

### When you visit the clinic...

- Go to the reception, and show your 'Hokensho (保険証)' and write the medical questionnaire 'Monshinhyo (問診票)'.  
※If you have high fever and worried of infectious virus, please inform the receptionist.

You can download Multilingual Medical Questionnaire: <http://www.kifjp.org/medical/>  
Don't forget your Hokensho! →   
(In Japan, you are required to join 'National Health Insurance')

受付

- Wait until your name (number) is called and go to the examination room.



- Tell the symptoms to the doctor.



- After the examination, wait again at the waiting room until your name (number) is called. When you are called, pay the fee and receive your prescription.

- Go to the pharmacy, pay for the medicine and receive it.



At the pharmacy you can get 'Okusuri-techo (personal medicine notebook)'. Take it to the pharmacy, you might get some reductions from your medicine fee.



## Prevent Winter Infectious Disease

Winter is a season for cold, influenza, norovirus and for other infectious diseases. The infectious diseases differ by its name and symptoms, but ways to prevent them is basically the same. It is also effective for New Coronavirus.

### What should I do to prevent infectious diseases?

- To cut the infectious route and to prevent 'spray infection' & 'contact infection'  
 👍 Most important prevention is to wash your hands frequently!  
 👍 'Coughing Etiquette' (Use a mask to prevent spray infection) is very important!
- Strengthen immunity system: eat well balanced meals and rest.



### Telephone Consultation Regarding the New Coronavirus (Call Center)

- 📞 Yokohama New Coronavirus Infection Call Center:  
045-550-5530 (Japanese) 9:00~21:00 (open also on Sat., Sun and public holidays)
- 📞 New Coronavirus Infection Consultation Call Center for Returnees/Person who contacted new coronavirus individuals:  
045-664-7761 (Japanese) 9:00~21:00 (open also on Sat., Sun. and public holidays)
- 📞 Foreign Tourist Call Center: 050-3816-2787 (English, Chinese, Korean & Japanese) ※ Foreign residents also welcome.
- 🌐 Ministry of Health, Labour and Welfare Website :  
[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage\\_00032.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html) (English)  
[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage\\_09534.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_09534.html) (Chinese)





# From Minami Lounge



## Minami-Ku 2020 Sakura Information

Warm spring beautiful cherry blossom (*sakura*) days have come again this year. The cherry blossom which you see with your friends and families every year, why don't you see it alone this year. There might be a new discovery.

### <Minami-Ku Sakura Point>

#### ・Ooka River Promenade

From Gumyoji to Hinodecho. Many cherry blossom trees are planted on both riversides.

#### ・Shimizugaoka Park

87-2 Shimizugaoka Minami-ku, Yokohama  
Aprox.15min.walk from Keikyu 'Minamiota stn' or 'Idogaya stn'.  
Aprox. 20min. from Yokohama Municipal Blue Line 'Maita stn.'



### New Smoking Rule will start from April 2020.

- Rule 1: Whether outside or at home, don't forget to be considerate of those around you when smoking.**
- Rule 2: You cannot smoke in facilities where people gather. Smoking must be done in designated areas.**
- Rule 3: At the entrances of shops and facilities, signs about smoking or non-smoking rules will be posted.**
- Rule 4: Do not let people under 20 into smoking areas.**

From April, basically you cannot smoke inside of restaurants, offices, factories and hotels. For schools, hospitals and nurseries you cannot smoke both inside & outside of the facilities. There might be a fine when you violate the rules.



For more details please call Yokohama Judou Kitsuen Taisaku Call Center (Japanese) ☎045-330-0641

### Consultation concerning daily life is available in multiple languages at Minami Lounge

#### ① Information and advice concerning daily life (Free of charge)

Office hours : Monday-Sunday 9:00~17:00 (Closed; 3<sup>rd</sup> Mondays, 29Dec.~3Jan.)

Telephone :(Japanese) 045-232-9544 (Foreign Language) 045-242-0888.

\*Look below for available language and days

【Available language and days】

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chinese	Chinese	Chinese English	Chinese Thai	Chinese Tagalog	Chinese	Chinese

#### ② Free of charge consultation about law (2<sup>nd</sup> Thurs), visa (3<sup>rd</sup> Thurs) and education (4<sup>th</sup> Thurs)

※ 13:30~, 14:30~ (Appointment needed. Tel.045-242-0888)

★ Minami Lounge is operated by YOKE on behalf of Minami Ward Office.