



JULY 2026 NEWSLETTER

7月

English Version



✧ Extension of the Temporary Measures for "Designated Garbage Bags" ✧

The temporary period during which you can dispose of garbage in non-designated bags if city-designated garbage bags are unavailable has been extended.

The city has confirmed with manufacturers that the supply of designated garbage bags is expected to be at normal yearly levels. Please continue to refrain from purchasing excessive amounts of designated bags and follow the guidelines below:

Period: Until August 31 (Mon)

Applicable Waste: Burnable garbage, plastic containers/packaging, and landfill garbage (Categories 1 and 3)

*As a general rule, please use the designated garbage bags.

■If designated garbage bags are hard to find, you can use bags that meet the following conditions

- Plastic or Vinyl (polyethylene) bags
- Transparent or semi-transparent bags that allow the contents to be seen (10 - 45 liter size)

*Please tie the top securely so that the contents are sealed tight.

*For more details, please visit the city's website.

Contact: ☎ 055-934-4743 Environmental Policy Division (*Kankyo Seisaku-ka*)



website

✧ Vaccination Fee Subsidy for Children Undergoing Re-vaccination Due to Pediatric Cancer Treatment, etc. ✧

Financial assistance will be provided for individuals who need to undergo revaccination due to pediatric cancer treatments or similar circumstances. If you qualify, please consult with us before receiving the revaccination.

Eligibility: Individuals under 18 years old on the day of revaccination who live in the city, whose doctors have determined that previous routine vaccinations are no longer effective due to procedures like bone marrow transplants, and who initially received their routine vaccinations according to the legally specified intervals and number of doses.

Applicable Vaccines: Vaccinations for Class A diseases specified by the Immunization Act, which are received as a revaccination before turning 18.

*Age restrictions apply to the DPT-IPV-Hib, DPT-IPV, BCG, Hib, and pediatric pneumococcal vaccines.

*For details, please contact us or visit the city's website.

Contact: ☎ 055-951-3480 Health Promotion Division (*Kenko Zukuri-ka*)



website

✧ Weekend counter for issuing vaccination tickets etc. ✧

A weekend counter will be available for those who do not have their vaccination tickets due to loss or moving in etc., and for those who are unable to complete the procedure on weekdays.

When: July 25 (Sat), 8:30 – 12:00noon

Where: Health Center (*Hoken Center*)

Content: Applications related to vaccinations, such as issuance of vaccination tickets and applications for subsidy program etc. Consultations regarding vaccinations are also available.

Things to bring: Applicant's ID such as MyNumber Card etc.

*Pregnant women and children should bring their maternal and child health handbook.

*Vaccination tickets have been sent to those eligible for routine vaccinations, so please check the expiration date and get vaccinated.

Apply/Contact: ☎ 055-951-3480 Health Promotion Division/Health Center (Kenko Zukuri-ka/Hoken Center)

✧ Numazu Bone Marrow Donor Subsidy ✧

Subsidies are provided to reduce the financial burden on persons who wish to donate bone marrow etc, and the establishments where they work, to create an environment that facilitates the donation of bone marrow, etc.

Who: ① People who live in the city at the time of bone marrow donation.

② Domestic business establishments where person ① works.

Subsidy Amount: ① Corresponding to the number of hospital-visit-days for donating bone marrow, 20,000yen per day (maximum: 140,000yen) ② Corresponding to the number of hospital-visit-days of person ①; 10,000yen per day (maximum: 70,000yen)

Application Deadline: Within a year from the day after the last hospital visit for taking bone marrow, etc.

*Visit the city website for more information.

Contact: ☎ 055-951-3480 Health Promotion Division/Health Center (Kenko Zukuri-ka/Hoken Center)



website

✧ Have you already made an appointment for Numazu City Health Checkup? ✧

Numazu Health Checkup ticket/沼津市健康診査受診券 has been sent for women aged 20 and over and men aged 35 and over who live in the city. If you have lost it and wish for a reissue, please contact us. Since medical facilities are very crowded during the latter half of the checkup period, we recommend that you make an appointment and visit the medical institutions as early as possible.

*For details on available medical institutions etc, please refer to the "Guide to the Specific

Health Checkup and Cancer Screening/特定健診・がん検診のご案内" distributed with the

Japanese version of the June issue of the Numazu Newsletter/広報ぬまづ or visit the city website.



website

■Take a specific health checkup/特定健診

Specific health checkup/特定健診 are basic health examinations designed to prevent and detect lifestyle-related diseases early, and they are an important indicator for understanding your own health.

When: By October 31 (Sat)

Contents: Medical consultation, physical measurements, blood pressure and chest measurement, urinalysis, blood test, electrocardiogram, fundus examination

Who: National Health Insurance members in Numazu City aged 40 to 74

Fee: 800yen

What to bring: Numazu City Health Checkup Ticket for FY2026/令和8年度沼津市健康診査受診券 and

MyNumber Insurance Card or Health Insurance Eligibility certificate/資格確認書

*If you are with a health insurance association other than Numazu City's National Health Insurance, please contact your health insurance association.

■Take a hepatitis virus examination

July 28 (Tue) is "Japan's Hepatitis Day". From July 27 (Mon) to August 2 (Sun) is "Liver Week".

Hepatitis is transmitted through contact with the blood or bodily fluids of an infected person, such as by sharing razors. If you fail to recognize the infection and leave it untreated, it could lead to a serious condition. Early detection and treatment help, prevent the condition from becoming severe.

Who: People over 40 who have never taken the city's hepatitis examination.

*People who will turn 41, 46, 51, 56 and 61 in FY2026 can take the examination for free.

■Free medical checkup ticket for cervical cancer and breast cancer

The following individuals are eligible for free medical checkup. Please take advantage of this opportunity.

Contents of the medical examination	Who
Cervical cancer check (neck only)	Women 21 years old (born between April 2, Heisei 17/2005 and April 1, Heisei 18/2006)
Breast cancer check	Women 41 years old (born between April 2, Showa 60/1985 and April 1, Showa 61/1986)

Apply/Contact: ☎ 055-951-3480 Health Promotion Division/Health Center (Kenko Zukuri-ka/Hoken Center)

✧ July 1, Reiwa 8/2026 is the 103rd Municipal Founding Day ✧

In connection with the Municipal Founding Day, we will distribute free tickets for city facilities. Why don't you take this opportunity to visit these facilities?

*For a free ticket, please cut out the ticket from the **Japanese version** of the Numazu City Newsletter issued on July 1. *One time use only. *The ticket cannot be copied and used. *Facilities that are closed on Mondays will be open if Monday is a national holiday and closed the following day, and there may also be temporary closures.

For inquiries, please contact each facility.

Numazuko Tembo Suimon View-O Expiration date: the end of August, Reiwa 8 *Available for up to 4 people per ticket Closed: —, Closed at 14:00 on Thursdays ☎ 055-963-3200	Numazu Goyotei Kinen Koen Expiration date: the end of August, Reiwa 8 *Available for up to 4 people per ticket * West Annex House admission fee is charged Closed: — ☎ 055-931-0005	Mon Musee Numazu Expiration date: the end of August, Reiwa 8 *Available for up to 4 people per ticket Closed: Mondays and the next day of national holidays. ☎ 055-952-8711
Serizawa Koujiro Kinenkan Expiration date: the end of August, Reiwa 8 *Available for up to 4 people per ticket Closed: Mondays and the next day of national holidays ☎ 055-932-0255	Meiji Shiryokan Expiration date: the end of August, Reiwa 8 *Available for up to 4 people per ticket Closed: Mondays and the next day of national holidays. July 31 (Fri) and August 28 (Fri) ☎ 055-923-3335	Wakayama Bokusui Kinenkan Expiration date: the end of August, Reiwa 8 *Available for up to 4 people per ticket Closed: Mondays and the next day of national holidays. ☎ 055-962-0424
Heda Zosen Kyodo Shiryō Hakubutsukan Expiration date: the end of August, Reiwa 8 *Available for up to 4 people per ticket Closed: Wednesdays and the next day of national holidays ☎ 0558-94-2384	Matsushiro-ke Jutaku Expiration date: the end of August, Reiwa 8 *Available for up to 4 people per ticket Closed: Wednesdays ☎ 0558-94-3115	

Contact: ☎ 055-934-4712 General Affairs Division (Somu-ka)

✧ Enjoy stunning views of Mt.Fuji and clean water! Beach/海水浴場 opening period ✧

Beach	Opening Period	Time
Togo/Shige Beach	August 1 (Sat) – August 16 (Sun)	8:30 - 16:00
Hirasawa (Lalala Sun Beach)	July 18 (Sat) – August 30 (Sun)	8:30 - 16:30
Ose Beach	July 18 (Sat) – August 23 (Sun)	9:30 - 16:00
Ita Beach	July 18 (Sat) – August 23 (Sun)	8:30 - 16:00



Numazu Tourist Portal

Mihama Beach	July 18 (Sat) – August 30 (Sun)	8:30 - 16:00
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*Lifeguards will be on duty during opening hours.

*Please visit Numazu Tourist Portal website for more details.

Contact: ☎ 055-934-4746 Tourism Strategy Division (*Kanko Senryaku-ka*)

KOKUHO DAYORI / Information from National Health Insurance

Please remember to check these if you are a member of NHI. Information on national health insurance

▶ **National Health Insurance premium notice and payment slips will be sent in mid-July.**

The notification of premium will be sent to the head of the household, the person responsible for the payment (payment slips will be included for those who pay by payment slips.) We encourage you to use the convenient direct debit service for payment.

*Visit the city website for more information.

Contact: ☎ 055-934-4726 National Health Insurance Division (*Kokumin Kenko Hoken-ka, Fuka-kakari*)



Re: Direct debit

▶ **July 31 (Fri) is the due date for the first term payment of National Health Insurance Premium**

Do not forget to pay by the deadline.

■ **Nighttime Consultation for the payment of National Health Insurance Premiums**

When: July 28 (Tue), 17:15 – 19:00

Where: National Health Insurance Division, 1st floor, City Hall

Contact: ☎ 055-934-4727 National Health Insurance Division (*Kokumin Kenko Hoken-ka, Shuno-kakari*)

▶ **Changes to the Income Criteria for Insurance Premium Reductions**

Households with an income below the baseline will have their per capita and household levy reduced. For details, please refer to the information enclosed with your decision notice.

Total Income in 2025 for the Householder (*1), Subscribers, and Specified Same-Household Members (*2)	Per-Capita levy • per household levy
430,000 yen + (Number of salary earners, etc. (*3) - 1) × 100,000 yen or less	70% Reduction
430,000 yen + (Number of salary earners, etc. (*3) - 1) × 100,000 yen + 310,000 yen × Number of insured persons (*4) or less	50% Reduction
430,000 yen + (Number of salary earners, etc. (*3) - 1) × 100,000 yen + 570,000 yen × Number of insured persons (*4) or less	20% Reduction

(*1) Income of the householder is included even if they are not enrolled in the National Health Insurance system. (*2) Refers to individuals who transitioned to the Medical Care System for the Elderly and have continuously belonged to the same household since the transition. (*3) Refers to the number of certain salary earners (with a salary income exceeding 550,000 yen) and public pension earners (under 65 with a pension income exceeding 600,000 yen, or 65 and older with a pension income exceeding 1,250,000 yen). (*4) Includes specified same-household members.

Contact: ☎ 055-934-4726 National Health Insurance Division (*Kokumin Kenko Hoken-ka*)

▶ **The Child and Child-Rearing Support Fund System Begins**

The Child and Child-Rearing Support Fund is a framework designed to support children and child-rearing families across the whole society, with contributions collected from all generations and corporations.

Starting this fiscal year, your contribution will be collected together with your health insurance premiums.

*For details, please contact us or visit the city's website.

Contact: ☎ 0120-303-272 (9:00 – 18:00, excluding Sundays and public holidays) Children and Families Agency Call Center/☎ 055-934-4726 National Health Insurance Division (*Kokumin Kenko Hoken-ka*)



website

► Electronic Application is Convenient for Enrolling in or Withdrawing from National Health Insurance

When enrolling in or withdrawing from National Health Insurance, you must prepare documents proving the status change (such as a Certificate of Eligibility Confirmation(資格確認書), Notice of Eligibility Information(資格情報のお知らせ), or Certificate of Withdrawal(脱退証明書)) and complete the procedure at the City Hall or a Citizen's Satellite Office. If you have a smartphone or PC capable of reading a MyNumber Card, you can apply electronically from home. Please take advantage of this service.



website

*For details, please visit the city's website.

Contact: ☎ 055-934-4725 National Health Insurance Division (*Kokumin Kenko Hoken-ka*)

Notice regarding the late-stage elderly medical care system for people aged 75 and over, and people aged 65 and over who have been certified as having certain disabilities

► From August 1, the eligibility certificate for medical care for the elderly/資格確認書 (old insurance card) will change.

A new eligibility certificate (purple) will be mailed to insured persons by the end of July.

The eligibility certificate/資格確認書 currently in use (orange) will no longer be valid after August 1. Once you receive your eligibility certificate/資格確認書, please check your address, name, date of birth, gender, and co-payment percentage (your out-of-pocket expense when visiting a medical institution).

*Your co-payment percentage is determined based on your income for Reiwa 7 (2025) (January to December), so it may differ from the previous ratio.

Contact: ☎ 055-934-4728 National Health Insurance Division (*Kokumin Kenko Hoken-ka, Korei Iryo-kakari*)

► Provisional Management Regarding "Certificates of Eligibility Confirmation(資格確認書)" for elderly

In principle, from December 2, 2024, residents are required to use their "MyNumber Health Insurance Card" (MyNumber Card registered as a health insurance card) when visiting medical institutions. However, for those covered by the Medical Care System for the Elderly, the following provisional management will apply based on national directives:

As of August 1, 2026, insured persons aged 85 or older, or aged 84 or younger without a registered MyNumber Health Insurance Card, will be issued a "Certificate of Eligibility Confirmation" (Shikaku Kakunisho). Insured persons aged 84 or younger who have registered their MyNumber Health Insurance Card will be issued a "Notice of Eligibility Information" (Shikaku Joho no Oshirase).

For individuals who find it difficult to check in using the MyNumber Health Insurance Card—such as those who require a caregiver or a third party to accompany them—a Certificate of Eligibility Confirmation can be issued upon application.

Contact: ☎ 055-934-4728 National Health Insurance Division (*Kokumin Kenko Hoken-ka*)

► Notice of Health Insurance premium for elderly and payment slips will be sent in mid-August.

Based on your income from January to December of Reiwa 7 (2025), your insurance premiums for FY Reiwa 8 (FY2026) will be determined and a notification of premium will be sent in mid-August. Those who have already paid insurance premiums through pension deductions on a provisional basis will pay the amount remaining after deducting the amount already paid (deducted in April, June, and August) from the total determined insurance premium for FY Reiwa 8 (FY2026), through pension deductions in October, December, and February. You can change your insurance premium payment method from deduction from

your pension (特別徴収) to direct debit (普通徴収) by applying for a change.

Contact: ☎ 055-934-4728 National Health Insurance Division (*Kokumin Kenko Hoken-ka, Korei Iryo-kakari*)

► How Insurance Premiums Are Determined

Insurance premiums are calculated on an individual basis by combining the "Per-Capita levy" (Kinto-wari), which everyone pays, and the "Income-Based levy" (Shotoku-wari), which is calculated based on individual income. The premium rates for the fiscal year 2026 (uniform across Shizuoka Prefecture) are as follows:

Income based rate	Medical share	9.35%
	Children's share	0.25%
Per Capita rate	Medical share	51,100yen
	Children's share	1,400yen

The annual premium is the sum of the Income-Based levy and the Per-Capita levy, subject to a maximum assessment limit. The maximum assessment limit is 850,000 yen for the Medical Share and 21,000 yen for the Children's Share.

*Calculation for the Income-Based levy: (Total income(総所得額), etc. in 2025 – 430,000 yen) × Income-Based Rate.

Contact: ☎ 055-934-4728 National Health Insurance Division (*Kokumin Kenko Hoken-ka*)

✧ Due date of the 2nd term of Property tax and City planning tax payment ✧

Do not forget to pay the taxes by July 31 (Fri).

■Nighttime consultation for payment of city tax

When: July 28 (Tue), 17:15 – 19:00

Where: Tax Payment Management Division, 1st floor, City Hall

Contact: ☎ 055-934-4732 Tax Payment Management Division (*Nozei Kanri-ka*)

✧ Nighttime consultation for payment of water bills ✧

When: July 23 (Thu), August 4 (Tue), 17:15 – 20:00

Where: Water Service Division, 1st floor, Water Works Department Building

Contact: ☎ 055-934-4853 Water Service Division (*Suido Service-ka*)



✧ Information on long-term care insurance premiums ✧

The long-term care insurance premiums for FYReiwa 8 (FY2026) have been determined. Please check the notice (介護保険料決定通知書), which will be sent out on July 15, for details.

■Regarding reduction or exemptions of long-term care insurance premiums

If you have suffered significant property damage due to disaster, or if your income has decreased significantly due to the death of a person who was your primary breadwinner, and you meet certain requirements, you may be eligible for a reduction or exemption of your insurance premiums.

*For more detail, please contact us or visit city's website.

Contact: ☎ 055-934-4836 Nursing Care Insurance Division (*Kaigo Hoken-ka*)



website

✧ Status Report of Child-Rearing Allowance (児童扶養手当の現況届) ✧

Period of submission: August 3 (Mon) – 31 (Mon) (except for Saturdays, Sundays and National Holidays)

Where: Children's future Creation Division, 1st floor, City Hall

*A notice with required documents will be sent to applicable persons.

Contact: ☎ 055-934-4868 Children's future Creation Division (*Kodomo Mirai Sozo-ka*)

✧ Applications for a change of designated school for new elementary/junior high school students (指定校変更) for the Reiwa 9 fiscal year ✧

You can make a request to go to a school adjacent to the designated school based on your address. An application is required.

How to: Please apply online or send in an application form, available from the city website. Applications must arrive on/before August 21 (Fri).

*Please contact us for more detail.

Apply/Contact: ☎ 055-934-4808 School Education Division (*Gakko Kyoiku-ka*)



website

✧ National Pension Exemption System ✧

Those whose income in the previous year was below a certain amount and who have difficulty paying the premiums can apply for an exemption instead of leaving the nonpayment as it is.

If approved, they will be exempted from paying all or part of the premiums.

In addition, there is a "payment deferment system (納付猶予制度)" for those under 50 years of age.

*The application can be made retroactively up to two years and one month prior to the time of application.

*Please contact us for more information.

Contact: ☎055-934-4724 Citizen's Division (*Shimin-ka*)

✧ Application for long-term nursing care insurance burden limit certification ✧

There is a system to reduce the copayments for food and living expenses (room fee) associated with care facility admissions and short-stay use. Application is needed.

Who: Non-taxable households (Spouse in a separate household should also be non-taxable.) and people with less than a certain amount of savings, etc.

*Please contact us or visit the city's website for more information.

Contact: ☎ 055-934-4874 Nursing Care Insurance Division (*Kaigo Hoken-ka*)



website

✧ Subsidy for Inpatient Medical Expenses for People with Mental Disorder ✧

The system provides subsidies for long-term inpatient medical expenses for persons with mental disorder.

Who: 1. Persons with a mental disorder living in the city who have been hospitalized for more than three months in a row.

2. Persons who have received this medical expense subsidy and are re-hospitalized within six months after discharge.

Subsidy amount: One third of the amount remaining after deducting high-cost medical benefits from the patient's out-of-pocket medical expenses.

Application period: Within one year from the month treatment began to the month of the following year.

*For details, please visit the city website or contact us.

Contact: ☎055-934-4829/Fax: 055-934-2631 Disabled Person's Welfare Division (*Shokgai Fukushi-ka*)



website

✧ Please connect to the public sewer system ✧

In areas with sewerage systems, the Sewerage Law and the Numazu City Sewerage Ordinance require that sewerage systems be connected within the following period from the day they become available for use.

- Connection to the sewer system - within 6 months
- Reforming a pit toilet to a flush toilet and connect to the sewer – within 3 years

*For details, please visit to the city website.

Contact: ☎055-934-4856 Water Service Division (*Suido Service-ka*)



website

✧ AEDs to Be Installed at All Seven-Eleven Stores in the City ✧

To enhance the citizen emergency rescue system and improve survival rates, AEDs will be installed at all 49 Seven-Eleven stores within Numazu City.

■ What is an AED (Automated External Defibrillator)?

It is a medical device designed to save lives by delivering an electric shock to a heart experiencing ventricular fibrillation (sudden cardiac arrest). It is designed so that anyone can use it easily by simply following the voice guidance.

■ Precautions for Borrowing an AED:

- If you need to use the AED for life-saving purposes, please notify store staff
- Store employees cannot explain how to operate the AED or accompany you to the scene.

*Please check the city's website for information on facilities equipped with AEDs and businesses registered as AED Stations.

Contact: ☎ 055-951-3480 Health Promotion Division (Health Center) (*Kenko Zukuri-ka/Hoken Centre*)



website

✧ 2026 NICE Japanese Speech Contest ✧

Would you like to present your thoughts, in Japanese?

When: October 24 (Sat), 14:00 – 16:30

Where: City Library, audiovisual hall

Theme: Free (Duration of at least 4 and no more than 5 minutes. Original and unpublished)

Who: Foreigners aged 15 and over who live in the East area of Shizuoka or commute to work or school (except junior high school students)

Capacity: 15 people (by selection if there are too many applicants)

Application: By September 24 (Thu), in person, by post or fax. An application form can be found at the Regional Autonomy Division on the second floor of the city hall. (must arrive on/before September 24)

※Awards will be given to the first three places and all contestants will receive a participation prize.

Apply/Contact: ☎ 055-934-4717 Numazu Association for International Communications and Exchanges (NICE) office at City Hall (*Chiiki Jichi-ka*)

✧ Caregiver-lessons for foreign residents ✧

This program aims to provide employment in nursing care facilities, and students will learn the Japanese language and manners necessary for the job. Upon completion, you will be qualified to take the “Initial Care

Worker Training Course (介護職員初任者研修^{かいごしょくいんしょにんしゃけんしゅう})”.

When: August 5 (Wed) – November 4 (Wed), 9:10 - 15:50

(Excluding Saturdays, Sundays, and holidays)

Where: Job Assist College (Otemachi)

Who: Foreign residents who are looking for work at Hello Work, have no work restrictions, and can read and write hiragana, and speak daily level of Japanese

Capacity: 15 people

Course fee: 13,880yen (Textbook fee etc. included)

Application deadline: July 14 (Tue)

*Selection will be held on July 21 (Tue) at the Numazu Campus (Ooka) of the Prefectural College of Technology.

*For more details, please contact us or visit the website

Apply/Contact: ☎055-925-1072 Numazu Campus (Ooka) of the Prefectural College of Technology

Contact: ☎055-934-4717 Regional Autonomy Division (*Chiiki Jichi-ka*)



website

✧ Free Installation Support for Residential Fire Alarms ✧

Free installation of residential fire alarms is available for households consisting solely of elderly residents aged 65 and older, or other eligible individuals.

Eligibility: Households living in the city that have difficulty installing fire alarms on their own and meet any of the following:

- Households consisting entirely of individuals aged 65 or older.
- Households with a member who has been issued a Physical Disability Certificate.
- Households otherwise recognized as needing installation assistance.

How to Apply: Submit the application form (available on the website) to your nearest fire station, or apply by phone.

*Please purchase the fire alarm yourself beforehand. The fire department does not sell fire alarms or recommend specific vendors.

*Installation that requires electrical wiring work cannot be accommodated.

*Installation will take place on weekdays between 8:30 and 17:15.

*For more details, please contact us or visit the city's website.

Contact: ☎ 055-920-9101 Sunto Izu Fire Department (*Sunto Izu Shobohonbu*)



website

DISCLAIMER: The English version is a translation of the original Japanese newsletters. Articles are translated according to the needs of foreigners, therefore, not all articles are translated. While reasonable efforts are made to provide accurate translations, there might be some discrepancy. We encourage you to report if you find any inaccuracy or translation error.