

HIGASHIHIROSHIMA



Living info

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Website <http://www.city.higashihiroshima.lg.jp/koho/multilingual/3491.html>

Please try to avoid busy times when coming to the counters of the Citizens' Affairs Division

- ・ 市民課窓口の混雑緩和に
- ・ ご協力ください

From March to April, the counters are extremely crowded due to people completing moving in and moving out procedures. During busy periods, you may have to wait more than two hours for your paperwork to be processed. Between Monday March 30 and Friday April 3, depending on congestion at the counters, reception hours for resident registration changes may be shortened until 3:00 p.m.

Sunday opening hours: 9:00 to 12:00.

Thursday extended hours (not March 12 or April 9): open until 19:00.

On Thursday, April 2, resident registration change procedures will not be handled during extended hours.

On Sunday March 22 and Sunday March 29, procedures related to My Number Cards will not be available.

Calendar of busy periods at the Citizens' Affairs Division

March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 ○	3	4	5	6 ◎	7 Closed
8 ○ Open	9 ●	10 ◎	11 ◎	12 ●	13 ●	14 Closed
15 Closed	16 ●	17 ◎	18 ◎	19 ●	20 Closed	21 Closed
22 ◎ Open	23 ●	24 ●	25 ●	26 ●	27 ●	28 Closed
29 ◎ Open	30 ●	31 ●				

April						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 ●	2 ●	3 ●	4 Closed
5 Closed	6 ●	7 ◎	8 ○	9 ○	10 ◎	11 Closed
12 ○ Open	13	14	15	16	17	18 Closed

Key: ○ A little busy
◎ Busy
● Very busy

On Thursdays (not March 12 or April 9), opening hours are until 19:00.

On Sunday opening days, opening hours are from 9:00 to 12:00.

Contact: Citizens' Affairs Division (Shimin-ka, 市民課), tel.: 082-420-0925.

Please pay attention to the following when disposing of household garbage

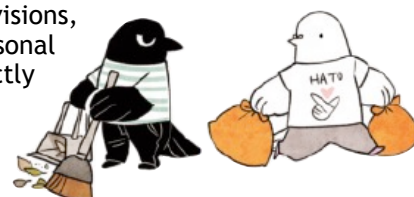
- ・ 家庭ごみの出し方にご注意
- ・ ください

From March onward, the amount of 'moving waste' and 'cleanup waste' increases due to employment, retirement, job transfers, school enrollment, and graduation.

If you dispose of a large amount of garbage, other users may not be able to use the garbage station. Therefore, if you have a large quantity of waste, please separate it in the same way as when putting it out at the garbage station and take it directly to a waste treatment facility.

When bringing waste to the facility, you will need to present identification (such as a driver's license or a utility bill notice) at the reception desk that shows the address where the waste was generated in order to confirm that the waste came from within the city.

Please note that the four designated home appliances (air conditioners, televisions, refrigerators/freezers, and washing machines/clothes dryers), as well as personal computers, cannot be disposed of at garbage stations, nor can they be taken directly to waste disposal facilities.



Information on Waste Disposal Facilities

Hiroshima Chuo Ecopark

Address: 10759-2 Kami-Minaga, Saijo-cho Phone: (082) 426-0820

Hours: 8:30 to 17:00 (Monday-Saturday, including public holidays)

Items accepted: Burnable garbage, burnable oversized waste, other plastics, hazardous waste, newspapers, magazines/mixed paper/cardboard

Please pay attention to the following when disposing of household garbage

- 家庭ごみの出し方にご注意
- ください
-

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Kamo Environmental Center

Address: 10427-24 Kunichika, Kurose-cho Phone: (0823) 82-6499

Hours: 8:30 to 17:00 (Monday-Saturday, excluding public holidays)

Items accepted: Glass bottles and cans, PET bottles, recyclable plastics, hazardous waste, non-burnable oversized waste

If you are taking waste to a waste disposal facility yourself, please remember to take identification showing your address within the city.

Rechargeable batteries, spray cans, and gas canisters can cause fires if disposed of incorrectly

During garbage collection within the city, fires have occurred due to rechargeable batteries and spray cans that still contained contents. Nationwide, fires involving garbage trucks and waste treatment facilities have been occurring frequently, causing delays in waste processing.

To prevent fires:

- Dispose of rechargeable batteries as 'hazardous waste'.
- For spray cans and cassette gas canisters, be sure to completely use up the contents and dispose of them as 'bottles and cans'.

Do not dispose of these items in any other waste category.

If a product contains a rechargeable battery that cannot be removed, and it is small enough to fit into a 40-liter designated garbage bag, it is recommended that you dispose of it as 'hazardous waste'.

We appreciate everyone's cooperation in helping to prevent fires.

Contact: Waste Management Division (Haikibutsu Taisaku-ka, 廃棄物対策課), tel.: 082-420-0926.



Subsidies for the RSV Vaccine for Pregnant Women

- 妊婦向けのRSウイルス
- ワクチンの助成

What Is the RSV Infection?

RSV (Respiratory Syncytial Virus) infection is an acute respiratory infection caused by the RSV virus and is common among infants and young children. It is said that the first infection tends to be more severe. In particular, if infection occurs within the first six months after birth, it may become serious and lead to conditions such as bronchiolitis or pneumonia.

By receiving the vaccine during pregnancy, antibodies produced in the mother's body are passed on to the baby, helping to prevent the onset or severe progression of RSV infection.

The scheduled start date for the subsidy for RSV Vaccine for Pregnant Women is Wednesday April 1, 2026. Those who are between 28 weeks, 0 days and 36 weeks, 6 days of pregnancy at the time of vaccination are eligible for the subsidy.

The cost is free, and the vaccination can be received once per pregnancy. The vaccine used is a recombinant RSV vaccine (Product name: Abrysvo).

To receive the vaccine, please make a reservation directly with a designated medical institution offering the vaccinations. A list of participating medical institutions is scheduled to be published on the City website around mid-March 2026.

When receiving the vaccination, please take your Mother and Child Health Handbook, and the pre-vaccination screening questionnaire. The questionnaire is available at participating medical institutions.

Contact: Medical Treatment and Health Division (Iryo Hoken-ka, 医療保険課), tel.: 082-420-0936.

Experience canoeing in a swimming pool

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プールでカヌー体験会

Learn about water safety, including canoeing and floating on your back.

This event will take place at Kurose Indoor Pool on Friday March 20 (public holiday), from 10:00 to 12:00.

It is open to Elementary school students and older. The limit is 30 participants (selected by lottery).

Please apply by fax or email. Please include the name of the course, your postal code, address and phone number, the participant's name (with furigana), and the participant's age.

The application deadline is Friday March 13.

Contact: Higashihiroshima Foundation for Affairs of Culture and Education (Kurose Okunai Pool, 黒瀬屋内プール),
tel./fax: 0823-82-7075. Email: center02@diary.ocn.ne.jp

A ‘Child and Child-Rearing Support Contribution’ will be added to National Health Insurance Tax, and Medical Insurance Premiums for the Latter-Stage Elderly

- ・ 国民健康保険税・後期高齢者医療保険料に
- ・ 「子ども・子育て支援金」が加算されます
- ・
- ・

A new system called the ‘Child and Child-Rearing Support Contribution System’ has been established to support households raising children. As a result, beginning in the 2026-27 financial year, a child and child-rearing support contribution amount will be added to the existing National Health Insurance tax, and to Medical Insurance premiums for the Latter-Stage Elderly (75 and over).

For National Health Insurance, the additional amount is expected to be approximately 300 yen per household per month.

For the Medical Insurance system for the Latter-Stage Elderly (75 and over), the additional amount is expected to be approximately 200 yen per person per month.

The official amount will be confirmed in the notifications for the 2026-27 financial year National Health Insurance tax and Medical Insurance premiums for the Latter-Stage Elderly (75 and over), which will be sent in mid-July.

Contact: National Health Insurance and Pension Division (Kokuho Nenkin-ka, 国保年金課), tel.: 082-420-0933

Please pay municipal tax using bank transfer

- 市税の納付は口座振替が便利です

Please pay municipal taxes using bank transfer. By doing so, you can reduce the risk of penalties for late payments, and avoid having to visit a financial institution to make the payment. In addition, you can feel secure with cashless payments.

Contact: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

Consultation services for non-Japanese residents

- 外国人相談窓口

• **Consultation services for non-Japanese residents** are available at the Communication Corner, in Sunsquare Higashihiroshima. English-speaking staff are available at the following times: Mondays-Saturdays, 9:00 to 17:00.

Communication Corner website (English): <https://www.hhface.org/wp/corner/home-2/>

You can also access the Communication Corner website by using the upper QR code on the right.

• **40-minute free legal consultations** are available on **Saturday April 11th**, at 13:00, 14:00 and 15:00. English interpreting is available. **Please make an appointment at least one week in advance.**

Contact: Communication Corner (コミュニケーションコーナー), tel.: 082-423-1922.

• **Communication Corner Facebook page:**

<https://www.facebook.com/hhface.communicationcorner>

You can also access the Communication Corner Facebook page by using the lower QR code on the right.



Communication Corner website (English)



Facebook page

Night-time and holiday hospitals

- 夜間休日当番医

• **Night-time and holiday duty hospitals:** Full information about night-time and holiday duty hospitals within Higashihiroshima City is published in the Japanese-language version of the monthly city newsletter 'Higashihiroshima' (the page inside the back cover; only in Japanese), and on the Higashihiroshima City website (in Japanese and English). The information is subject to change at short notice, so before going to a medical facility, please be sure to call to confirm details.

Recently, there are more and more patients using emergency medical facilities at night and on holidays even though their situation is not serious. In some cases, these patients have prevented or delayed the treatment of patients with truly serious illnesses, and additionally, such cases are one of the reasons for doctors becoming overworked. Emergency medical facilities open at night and on holidays are for patients with serious, emergency conditions. Please try to visit the medical facility you use normally, during opening hours on weekdays.

• **Emergency medical treatment for children:** Please call the advice line on #8000 (if you cannot get through on this number, please call 082-505-1399). The service is available every day between 19:00 and 8:00 the following morning. You can obtain information about whether or not you should take your child to a medical facility outside of normal opening hours (at nights, on weekends or holidays, etc.).

• **If you have a medical problem at night or on weekends, and you are unsure about whether or not you should go to a medical facility:** Please call the Hiroshima area emergency consultation center on #7119. The service is free, and is available 24 hours a day, 365 days a year. The staff will be able to give you advice on whether to rest at home and see how symptoms develop, or whether you should go to a medical facility. If necessary, they can give you information about which facility to go to, or they can connect you directly to the 119 emergency service. In an emergency, do not hesitate to phone 119.

<https://www.city.higashihiroshima.lg.jp/en/7/33907.html>

The Medical Information Net

The 'Medical Information Net' is a website that compiles information on medical institutions and pharmacies throughout Japan. You can also search for information on medical institutions that can provide support in foreign languages.

<https://www.iryuu.teikyouseido.mhlw.go.jp/znk-web/juminkanja/S2310/initialize?pref=34>



Citizens' Affairs Division: Out-of-hours opening

- 市民課窓口:木曜延長・日曜開庁

The counters of the Citizens' Affairs Division are open until 19:00 on the first and third Thursdays of the month (except national holidays and the new year/year-end period). The dates for March are March 5, March 19 and March 26.

In addition, there is Sunday opening on March 8, March 22 and March 29, from 9:00 to 12:00. Wherever possible, please take someone with you who speaks Japanese. **Please note that divisions other than the Citizens' Affairs Division are not open at these times. Please note that formalities relating to My Number Cards will not be available on March 22 and 29.** For details of what matters can be dealt with during these extended opening hours, and what you need to bring with you, please access the QR Code to the right to check the city website.

If you have a My Number Card, you can use it to obtain Certificates of Residence, etc., at convenience stores.

Please be aware that formalities relating to My Number Cards cannot be dealt with.

Contact: Citizens' Affairs Division (Shimin-ka, 市民課), tel.: 082-420-0925.

<https://www.city.higashihiroshima.lg.jp/en/3/35917.html>



Population and households as of the end of January, 2026:

Population of Higashihiroshima City: 191,207 (93 fewer than December)
Population of foreign residents: 10,122 (37 more than December)

Households: 93,477 (28 fewer than December)
Foreign households: 7,968 (14 more than December)