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(Medical Consultation at Night and on Holidays)

It's getting cold. More people get cold or flu in the winter.

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If you feel sick at night or on holidays

Please visit the city's website.

You can find a clinic open on holidays

https://www.city.shiojiri.lg.jp/





ようこそ Newsletter 2023.. No.5 Shiojiri city Foreign Residents Consultation Counter 3-3 Daimon Nanabancho, Shiojiri City Nagano 〒399-0786

12 13 14 15 16 17 (18)

19 20 21 22 23 24 (25)

26:27:28:29

a (0263)52-0280 (extension1196)

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29:30:31





11 12 13 14 15 16 (17)

18 19 20 21 22 23 (24)

25 26 27 28 29 30 (31)



Protect yourself from fire!

Dangerous Situation !



Don't put

Flammable things

near heat sources







Call 119 for fire trucks and ambulances

Procedure in case of fire

- Shout [Kajida!] and ask your neighbors for help.
 - ② Dial 119 and your call will be

connected to the fire Department

③ Cover your mouth with a towel, lower your posture, and go to safe place.



Never attempt to return once you exit.

Remain calm when you dial 119

If you don't speak Japanese, ask your neighbor to dial 119.

If there is nobody who speaks Japanese around you,

dial 119 by yourself and report the fire in your mother tongue slowly.

Dial 119 by yourself if you speak Japanese

Say [Kaji desu] (There is a fire)

Tell your location, nearby landmark, and your name.

Briefly tell what is burning.

Tell if there are any people injured.

Follow the instructions of the fire Department.

