

# Koedo Kawagoe News

December  
2016

Kawagoe City, International Relations Division

5th floor of Kawagoe City Hall, 1-3-1 Motomachi, 350-8601

Tel: 049-224-5506 Website: <http://www.city.kawagoe.saitama.jp>

## Let's Protect Babies from SIDS

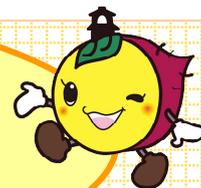
Kenko Zukuri Shien-ka (Health Promotion Division)  
Person in Charge of Regional Health Tel.049-229-4125

にゅうようじとつぜんししょうこうぐん  
SIDS (乳幼児突然死症候群) とは、それまで元気だった赤ちゃんが、寝てい  
るときいきなり死んでしまう病気です。原因はわかっていませんが、SIDS に  
かのうせい ひく  
なる可能性を低くすることはできます。

SIDS (Sudden Infant Death Syndrome) is a disease where an infant seems healthy, but suddenly dies while sleeping (unrelated to accidents or suffocation). In most cases, the infants who suffer from this disease are aged 2-6 months, but in rare cases those over a year old are affected. Though the cause of this disease is currently unknown, the possibility of an outbreak can be lowered by adhering to the steps mentioned below. However, there is no need to worry more than is necessary, as none of the following are direct causes.

### 1. Avoid having your infant sleep face-down

Research results have indicated that sleeping face-down has a higher outbreak rate when compared with sleeping on one's back.



### 2. Avoid smoking around your infant

Data shows that the outbreak rate may increase when parents smoke.

### 3. Feed your infant mother's milk as often as possible

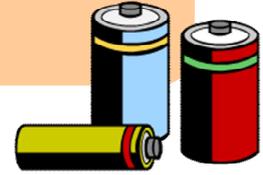
It is said that babies fed on mother's milk have a lower risk of outbreak compared to babies fed on synthetic milk (powdered milk). Though the synthetic milk does not cause SIDS, it is advised that they feed on mother's milk as much as possible.



# Let's recycle dry cells with yellow bags!

Shigen Junkan Suishin-ka (Resource Recycling Promotion Division) Tel:049-239-6267

つか お でんち きいろ ふくろ でんち い  
 使い終わった電池は、リサイクルできます。黄色の袋に電池を入れて、  
 も 燃えないごみと分けて捨てましょう。



Most of the ingredients in used dry cells can be completely recycled. The metals, such as zinc and iron, in collected dry cells can be reused for other purposes.

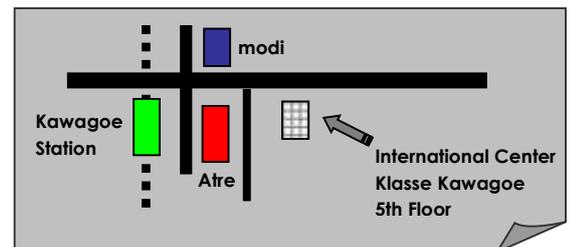
Sometimes dry cells are mixed in non-burnable trash, left in electronic equipment like remote controls and clocks. These dry cells cannot be recycled, so the officers in the Seiso Center (Clean Center) have to remove each dry cell by hand.

Please separate dry cells from non-burnable trash, and discard them using the yellow bags required for the exclusive use of 'harmful trash'. Yellow bags are distributed by Jichikai (resident's association) once a year. You can also get them for free at Shimin-ka, civic centers, the Minami Branch Office and ShuShu Kanri-ka (Waste Management Division) at all times. Please cooperate in separating dry cells from electronic equipment.

## International Center Information

Closed: Tuesdays and New Year Holidays (Dec. 29th to Jan. 3rd)  
 23-10 Sugawara-cho Tel: 228-7723 (Only in Japanese Language)

Inquiries: Kokusai Bunka Koryu-ka, Tel: 224-5506



**Klasse de Nihongo** Date: Mondays, Fridays and Saturdays.

Time: 10:00 a.m.-12:00 noon, 2:00-5:00 p.m., 6:30-8:00 p.m.

Free Japanese language classes for foreign citizens are provided. No prior registration is needed.

### **Kawagoe City International Residents' Network**

Registrants have opportunities to join in activities, such as public school events promoting international understanding and community events promoting internationalization.

### **Volunteer Opportunities for Translators and Interpreters**

Languages needed: Fluency in Japanese and one other language, especially **Portuguese, Tagalog and French.**

### **Consultation Services For Foreign Citizens**

If you need an interpreter, please let Kokusai Bunka Koryu-ka know in advance.

- ▶General (Japanese and Chinese):Monday December 26<sup>th</sup>, January 9<sup>th</sup> and 23<sup>rd</sup>, 1:00 - 6:00 pm
- ▶General (Japanese and Portuguese): Saturday January 7<sup>th</sup> and 21<sup>st</sup>, 1:00 - 6:00 pm
- ▶Legal Affairs(Japanese) **Reservation available**:Friday December 23<sup>rd</sup>, January 27<sup>th</sup>, 3:00 - 5:00 pm
- ▶Visa status (Japanese) :SaturdayDecember 24<sup>th</sup>, January 28<sup>th</sup>, 1:00 - 6:00 pm