

Nagano Prefecture will be publishing this newsletter every three months to provide useful information to our international residents. Information in this newsletter is compiled from the prefecture's official magazine, "KOHO NAGANOKEN."

Emergency Support Centers for Job Seekers

Emergency support centers for job seekers were opened in Ueda and Ina Cities.

At these centers, useful information and various programs for re-employment are available, such as wage support/housing securing systems, skill training seminars, employment consultation and job-placement. If you need such services, please feel free to use these centers. Consultants will offer information and introduce you to specific contacts if necessary.



Consultations will be conducted in Japanese in principle, but if required Multicultural Support Staff or Supporters for Foreign Residents will help you with communication.

	Address	Business hours	Contacts
Ueda Center	Ueda Ekimae Building Pareo 3F 1-8-1 Tenjin UedaCity	Mon - Fri 8:30-17:00	TEL 0268-71-0660 FAX 0268-71-0664
Ina Center	2543 Nishi-Haruchika Ina City	Tue - Sat 8:30-17:00	TEL 0265-98-0330 FAX 0265-98-0332

For Inquiries: [Employment Measures Section, Labor and Employment Division, Commerce, Industry and Labor Department, Nagano Prefecture] ☎026-235-7201 (Japanese)

Consult with Supporters for Foreign Residents

"Supporters for Foreign Residents" who are fluent in both Japanese and their native languages are available at the ANPIE (Association of Nagano Prefecture for Promoting International Exchange) of Nagano Prefecture to help foreign residents with problems in daily life. Please feel free to consult with them by contacting at the following contacts. Consultations are given for free of charge and the content will be strictly kept confidential.

Consultation issues include:

- Administrative services provided by the prefectural government
- Introduction of specialized organizations
- Translation / interpreting services at prefectural organizations
- Challenges in daily life ○ Support for students with foreign nationalities with their mother tongue, consultations, etc. at primary/junior high schools



Contacts of Supporters

Address: c/o ANPIE East Annex 1F 692-2 Habashita Minami-Nagano Nagano City
 Tel: 026-235-7186 FAX:026-235-4738 E-mail:mail@anpie.or.jp

Hours: 9:30 17:30, weekdays only

Advance appointment required for consultations with a Supporter in person

For Inquiries: [International Community Support Section, Human Rights and Gender Equality Division, Planning Department Nagano Prefecture] ☎026-235-7165 (Japanese/Portuguese)

Multicultural Support Staff

Multicultural Support Staff who are fluent in both Japanese and Portuguese are available at Josho, Suwa, Kamiina, Shimoina and Matsumoto Regional Offices as well as the prefectural headquarters. These support staff teach Japanese conversation for unemployed Brazilians at private schools for Brazilians so that they will have better opportunities to be re-employed. They also attend prefectural institutions to offer consultations and do interpreting and translation services.

For Inquiries: [International Community Support Section, Human Rights and Gender Equality Division, Planning Department Nagano Prefecture] ☎026-235-7165 (Japanese/Portuguese)

H1N1 Influenza in Epidemic

Epidemic of H1N1 Influenza is expanding throughout Nagano Prefecture. Please take care to avoid contracting influenza by washing hands, gargling and wearing a facemask regularly.

Patients who have developed the new influenza have relatively mild symptoms and only a small percentage of those people are hospitalized. However, symptoms can become severe particularly for those persons with underlying illnesses such as diabetes, asthma and heart illnesses, or infants, the elderly and pregnant women. For precaution, please consult with your regular doctor.



If you think you developed H1N1 influenza as you have a sudden fever over 38 with symptoms of cough or a soar throat, rest as soon as possible and stay home from school or work. When you try to see a doctor, you should contact a medical institution for instructions first. Then visit the institution wearing a mask and follow their instructions.

As the epidemic further develops, hospitals will be crowded with many patients at night and on weekends. Considering the burden on your body due to the longer waiting time, go to see a doctor during the regular hours on weekdays if it is not an emergency.

Those who are not able to communicate well in Japanese, contact Supporters for Foreign Residents to call a Health Center / a medical institution.

For more information on the new H1N1 Influenza see the following URL:

<http://www.pref.nagano.jp/kikaku/danjo/tabunka/bosai/bosai.htm>

○ Supporters for Foreign Residents ☎ Portuguese 090-7428-3577 Chinese 090-7429-6822 Tagalog/English 090-7710-7446 Thai/English 090-7427-4648 Hours: 9:00 - 19:00

If you have mild symptoms, stay in a separate room at home for a longer period: either for a period of seven days from the following day of the onset of the illness or a period from the following day of the onset of the illness until two days after a fever disappeared. Take good precautionary measures not to infect other members within the family by wearing a mask, washing hands, etc. and vice versa.

•H1N1 Vaccinations began

Vaccination for the new H1N1 strain of influenza is meant to prevent patients from developing severe symptoms and the supplies are limited. Therefore, those people who have higher risk in developing severe conditions after infection are prioritized, such as pregnant women, those who have underlying illnesses, or infants. This vaccination is given upon request. It should be noted that vaccination is effective to prevent severe development of symptoms but on the other side it may cause side effect at the same time.

For Inquiries: [Infectious and Serious Disease Section, Health Promotion Support Division, Health Department, Nagano Prefecture] ☎026-235-7148 (Japanese)

The minimum wage of Nagano Prefecture revised

“The minimum wage” that should apply to all the workers of business establishments throughout Nagano Prefecture has been revised as follows. The minimum wage is the lowest wage determined by the national government according to the Minimum Wage Act. Accordingly, employers must pay their workers more than this wage line. Confirm if you fulfill this obligation.

	Hourly wage	Date of effect	Description
Minimum wage of Nagano Prefecture	681	October 1, 2009	Allowances for diligence/perfect attendance, commuting, or family dependents are not included in this wage.

For Inquiries: [Wage Office, Labor Affairs Bureau, Nagano Prefecture] ☎026-223-0555 (Japanese)

International Community Support Section in charge of this news letter awaits various information or opinions concerning the content of “Information from Nagano Prefecture”. Please feel free to send your comments to (jinken-danjo@pref.nagano.jp)
