



# How to ride on a bicycle safely to prevent accidents

At this center we are asked about accidents between bicycles, The percentage of those who have bicycle in Saitama Pref. is the highest in Japan. The compensation of bicycle accident is now up to 40-60 million yen. First of all, you must keep safety ride.

## Bicycle belong to vehicle (light vehicle) Don't you ride wrong way?

●POINT 1 Bicycle run in the street in principle ! Where there is a division between street and sidewalk, bicycle must run left side of the street in principle.

●POINT 2 On the following occasions, bicycle can run on a sidewalk.

- ① On the sidewalk with sign saying that bicycle can run.
- ② If riders are children under 13, elderly people over 70 and disabled people.
- ③ When inevitable to run on a sidewalk judging from the traffic.

●POINT 3 Have children put on a helmet Many of bicycle accident cause head injury. When children under 13 ride on a bicycle, never fail to have them put on a helmet for children.

●POINT 4 Direction signal by right hand ★ When turn right, stretch right arm horizontally.★When turn left, bend right elbow 90 degrees with palm upward. ★When stop, lower right arm diagonally.

### ★Check before a ride

- ① Is air pressure of tire enough?
- ② Does brake work well?
- ③ Does not light break?
- ④ Does bell ring?
- ⑤ Does not instrument reflective break or stain?

## Basic rule for safety to avoid imprisonment or fine



★ Drunk-riding is not allowed the same as car. Imprisonment for not more than five years or a fine of not more than a million yen.



★ 2 person's ride on a bicycle is not allowed except when a person over 16 ride a child under 6 in a safety seat. Fine or penalty of not more than 20 thousand yen.



★ Do not ride in parallel with your friend while talking. Parallel ride is not allowed except when there is a sign that says OK. Same as the above-mentioned, fine or penalty of not more than 20 thousand yen.



★ When ride at night, you must put on a light at front and rear of bicycle. (Something reflective is OK at rear) If not, fine of not more than 50 thousand yen.



★ At the red stop signal, never fail to stop the same as car. Once stop, and then confirm the safety of left, right and behind. If not, imprisonment for not more than 3 months or fine of not more than 50 thousand yen.



★ Not allowed to ride using umbrella and cellular phone. Ride releasing both hands is very dangerous. Never do it. Fine of not more than 50 thousand yen.

**Why not have a checkup against a stomach cancer to get a sense of security.**

In the checkup, examine to what extent your stomach is healthy or have some risk of cancer by 2 types of blood tests. If “Pirori bacteria” or “Pepsinogen” are found, you need to have a detail test by endoscope to see if there is stomach cancer or not.

Stomach cancer is easily treated if it is found at initial stage.

We strongly recommend you to have this checkup.

◆Term---June -November

◆Place---Medical institutions of Fujimi-Shi, Fujimino-Shi, Miyoshi-Machi (Ask Health Center 049 - 252 - 3771 or look homepage of each cities.)

◆Those who can apply---Age of 40 and over, every 5 years (e.g. 40, 45, 50, 55--)

◆Fee---500 yen ◆How to have---Directly at the medical institutions.

※ Someone may not be able to have the test. For farther information, ask City Health Center.

**Revised Immigration Law**

**“ Do not believe mistake and rumor.” Part1**

**False**① If a permanent resident divorce from or lose Japanese spouse, the right of residence is cancelled.

**Correct** ⇒The right of residence is not cancelled even if divorce from or lose spouse.

**False**② Right of permanent resident is given to those who have a notice from Immigration Bureau. Without the notice, one can not apply the Right.

**Correct**⇒Concerning Right of Permanent Residence, no notice sent from the Bureau before application.

First of all, you need to apply by yourself.

**False**③If one marry Japanese, qualification of permanent residence change to qualification of the spouse.

**Correct** ⇒ Right of Permanent Residence remain unchanged after marriage with Japanese.

**How to prevent from heat stroke**

When body is not accustomed to high temperature, easily have heat stroke even when stay home.

If you always sweat, you can control body temperature. It is good for preventing heat stroke.

As elderly people hardly sweat, feel heat and thirst, they need to drink water frequently.

The point to prevent heat stroke

1. Drink water frequently.
2. When feel strange, go to hospital
3. Be careful on a hot day
4. Elderly people need to use air conditioner effectively

**Swimming class for pupil at Fujimi Garden Beach**

We are sure you like pool in summer.

Swimming school will be held for pupil (4 th to 6 th grade) who are not good at swimming.

Date:8/6(Mon)8/7(Tue)8/8(Wed)

Fee: 500yen(insurance included)

Capacity: 20pupils

Inquiry: Fujimi Garden Beach

(049-254-4349)



**Do not forget children allowance**

Those who receive children allowance must not neglect to renew. City office sent notice by mail late July for those need to renew. At latest you need to do by the end of August at the window of Childcare Support Section.

[www.ficec.jp/living/](http://www.ficec.jp/living/)

●Please take a look at Living Guide in 6 language of our web site