| ► Disaster Prevention Column/ Disaster Pre- | ▶ Heat Stroke Special Alert 熱中症特別警戒アラート |
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| vention Tidbits Vol.1 防災コラム 防災まめ知識 One of the most common damages caused by typhoons is power outages. In 2023, the 6 th Typhoon in the year caused power outages in up to 25,680 households in Okinawa City, and the longest power outage in the prefecture lasted 166 hours, or about one week in some areas. In case of general housing (mainly condominiums and apartments), pumps may be operated by electricity to supply water to rooms on each floor, and power outages often lead to water outages. Every year, typhoon season arrives around the end of the rainy season, and we should take advance typhoon countermeasures | In order to prevent health hazards caused by heat stroke, a special heat stroke alert has been in operation since last fiscal year in addition to the heat stroke alert. When a Heat Stroke Special Alert is issued, the heat will be unprecedentedly dangerous and may cause serious health problems. In both cases, it is important to prevent heat stroke through voluntary action for heat stroke prevention, and mutual and public assistance by family members and community members, such as watching over and talking to people in the community. |
| typhoon countermeasures in consideration of prolonged power outages. The rolling stock method is recommended for household food stockpiling! "The rolling Stock Method": This is a method of stockpiling instant noodles, retort-pouch curry, canned foods, mineral water, etc. 【Contact】Disaster Prevention Section 防災危機管理担当 (Ext. 5601/5602) | If you register for the Okinawa City e-mail delivery service "メルマガ@ おきなわ (Mail Magazine@Okinawa)", you will be notified directly when a special alert is issued as well as other information regarding heat stroke. We hope you will take advantage of this service. 【Contact】City Residents Health Division (Ext. 2241/2242) 市民健康課 健康推進係 |

▶Okinawa Prefecture Sports Festival for the Physically Challenged 沖縄県身体障害者スポーツ大会

Those who wish to participate are requested to apply as follows. Please note that applications will be closed when the maximum number of applicants is reached.

| Event | Date & Time | Venue |
|---------------|---------------|--|
| Archery | Aug, 10 (Sun) | Okinawa Pref. Kagamigaoka Special Needs School |
| Flying discs | Aug, 23 (Sat) | Track & Field Stadium, Okinawa City Koza Athletic Park |
| Ping-pong | Sep, 13 (Sat) | Tomigusuku City Gymnasium |
| Swimming | Sep, 27 (Sat) | Swimming pool, Onoyama Park |
| Track & field | Oct, 11 (Sat) | Track & Field Stadium, Okinawa City Koza Athletic Park |

Email: okishokyo@sage.ocn.ne.jp TEL: 098-938-3480 Application Deadline: Tuesday, July 8 How to Apply: Tel, fax, or email TEL:098-938-3480 FAX:098-988-5554 Email: kishokyo@sage.ocn.ne.jp Okinawa City Welfare Association For The Challenged

All services are provided in JAPANESE ONLY (unless otherwise indicated). For postal and emailing services, or any inquiries in ENGLISH, please email: kokusai@city.okinawa.lg.jp

Okinawa-shi Yakusho Bunka Geino Ka (B1) 26-1 Nakasone-Cho, Okinawa City, Okinawa 904-8501

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What is Koza International Plaza???

Various Language Classes (90 min, Free of Charge) Japanese, Chinese, Spanish, English for beginners. *Adults only *Three-month course *Please inquire for the class schedule. • Yuntaku-Kai: Language Exchange (Free of Charge) Learn language through interaction with others. *For details, please check KIP Facebook page.

•Multilingual Consultation (Free of Charge, by appointment only) We provide consultation in English, Spanish, Chinese, Portuguese and Japanese, working together by identifying problems that foreign residents face in daily life. We will provide information and referrals to the relevant offices and agencies when applicable. *Duration of a single consultation: 40 min/person (up to 3 people per day)

•Information Corner and Communication Corner We have an information space (Mini Library) where residents of any nationality can visit and enjoy quiet time to read books, international magazines, and stop by for friendly chat.

•International Events We hold international events every month. For details, please check KIP Facebook

For more information, please visit KIP's Facebook page (@ociakip) or Instagram account (@koza_international_plaza).

Contact: kipokinawa@gmail.com



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