

English

## ★Have a medical check-up!

People aged 40 to 74 years with national health insurance can take a medical check-up for free. *Jushin-ken* (information card) was delivered to your house in May.

Do you have it? See the doctor with that card. Further information Kokuho -nenkin- ka (national health insurance & pension section),

Seto City Hall Tel 0561-88-2640

Seto City International Center

Tel 0561-88-2790



## ■Basic rules for cars

- Never drive a car if you do not possess a valid driver's license or if you are under the influence of alcohol.
- Observe traffic regulations, signals, signs and road markings.
- When driving a car, the driver and passengers are required to fasten their seatbelts. When riding a motorcycle, make sure to wear a helmet.
- Make sure to use a child-car seat for a child under six years old.
- Do not exceed the speed limits indicated by signs or markings.
- Turn on the lights at dusk as early as possible.
- Do not use a cell phone while driving a car.
- Senior citizens are involved in a number of traffic accidents. When you see elderly people, please give extra consideration to them while driving your car.



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## ■When you are involved in a traffic accident

In case you are involved in a traffic accident, keep calm and follow the measures listed below.

- Move your car to a safe place out of the way of traffic and turn off the engine.
- If there are any injuries, call the fire department (119). Until rescuers (including physicians and ambulances) arrive, give first aid (such as stopping bleeding with gauze or a handkerchief) to the best of your ability.
- Immediately call the police (110) and inform them of the location of the accident, the number of injured persons and the extent of their injuries. The police will then give you instructions.
- If you are not injured, do not leave the scene of the accident until police officers arrive
- When you cause a traffic accident, you are required to assume civil liability (compensation for damages) as well as gross administrative sanctions (suspension/revocation of driver's license) and penalties (including a fine).

A traffic accident brings misery to you, your family and friends.

For this reason, ensure safe driving to prevent traffic accidents.

