

2020
55号

こんにちは

瀬戸市国際センター
〒489-0044 瀬戸市栄町45番地パーティセと3F
TEL 0561-88-2790 <http://www.gc-net.jp/>
時間 08:30~17:15 日曜・祝日休み



作成：瀬戸市国際センター多言語情報誌作成チーム 発行 2020年8月

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



What you have to keep in mind in a hot summer day:

〈Food Poisoning〉

You get food poisoning if you eat or drink something bad with bacteria or virus.

You may suffer from a stomachache or a headache.

- 1) Be sure to wash your hands carefully before you cook.
- 2) Do not eat the food which is already beyond its expiration date.
- 3) Stock food in the refrigerator.
- 4) When you eat fish or meat, cook it well.



“Announcement of Japanese Class” ~ Let's learn Japanese!! ~

By learning Japanese, you can communicate with many people, do jobs well and enjoy your lives in Japan.

Let's study together and learn Japanese.

There are some groups teaching Japanese.

※For more details, please visit the following site.

URL. <http://www.gc-net.jp/scic/>

