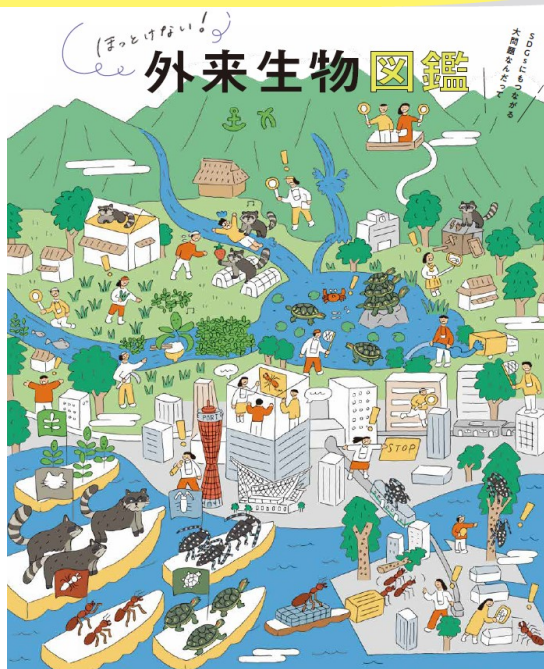


## Watch out for invasive species!



If you have any questions about ward office procedures, financial support for raising children, etc.



↑ Tap here to visit the website!

Call the Kobe International Community Center (KICC)!

☎ 078-742-8705 (11 languages)



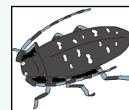
Edited by: Kobe City International Division

## Guide to Invasive Species in Kobe

As a port city, Kobe is susceptible to invasive species. Once they manage to establish themselves, they can impact our economy, environment, and way of life.

### ① Asian long-horned beetle

Almost identical in appearance to the native white-spotted longicorn beetle, it lays its eggs in trees, and the hatched larvae feed on the trunks of trees all over the city. If their numbers continue to grow, they might decimate the trees of beautiful Mt. Rokko.



### ② Raccoon

Ill-tempered and violent, these animals do not have natural predators in Japan. They cause 17 million yen in agricultural damage each year, invade homes, leave excrement and urine, and cause damage to historical buildings. When they devour strawberries, tomatoes, etc. it leads to smaller, lower quality harvests and fewer farmers who want to invest the effort in our rural areas.



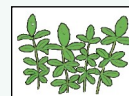
### ③ Fire ant

These ants stowed away in cargo imported from South America to Japan. Their stings are very painful and can sometimes lead to anaphylactic shock. If they build their colonies in electrical boxes and equipment, they can cause damage and power outages.



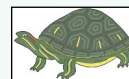
### ④ Alligator weed

This weed can reproduce and grow quickly from only a few millimeters of stem or roots. It interferes with the development of rice plants, and if it grows too thickly in rice paddies, farmers are unable to harvest rice. If it grows in ponds and channels used for watering fields, it can prevent water flow.



### ⑤ Red-eared slider

This turtle devours aquatic plants and fish, and it even steals the homes of native Japanese pond turtles. Its voracious appetite affects the lotus root farming industry, and when it eats all of the aquatic plants, the pond waters become dirtier.



**If you spot a raccoon, do not approach it!**  
Call the city's Wildlife Pest Consultation Hotline  
☎ 078-333-4408

## “Long COVID” Even young people are susceptible

About 40% of people in Kobe age 39 or under who had COVID-19 have reported experiencing long-term post-COVID conditions, commonly called “long COVID”. Symptoms include memory loss, difficulty sleeping, and hair loss. These severe symptoms can last at least 2 months, and for some people 6 months or more. Vaccination against COVID-19 has been confirmed to be highly effective in preventing the onset of COVID, as well as infection and severity of symptoms, so please get vaccinated.

Vaccination info in English →



Symptom	% in long COVID cases	% of symptoms lasting 6+ months
Impaired smell	25%	18%
Hair loss	22%	18%
Muscle weakness	19%	18%
Difficulty thinking / concentrating	19%	18%
Difficulty sleeping	14%	32%
Memory loss	8%	43%

(Dec. 2021 survey of COVID-19 cases from Mar. 31-Jun. 30)

## Heatstroke & COVID Safety

With the high temperatures and humidity of the coming season, it will be important to take measures to prevent heatstroke.

- ◆ You can take off your mask if you are outside and sufficiently distanced from other people. \*Toddlers under 2 years old do not need to wear a mask
- ◆ Even when using A/C, make sure to promote air flow by opening windows and using electric fans.
- ◆ It can be difficult to tell when you are thirsty while wearing a mask, so make sure to stay hydrated.
- ◆ Over half of heatstroke cases among seniors happen at home. Make sure to keep rooms cool.

## Get vaccinated against Cervical Cancer (HPV Vaccine)

Cervical cancer is the 4th most common cancer among women, and symptoms can even appear while a woman is in their twenties. But it is a preventable disease. Kobe residents who missed their vaccination window for the HPV vaccine can still get vaccinated for free using the vaccination voucher sent to them in the mail in June. Please note that the vaccine requires 3 doses. Please research the effects and risks before choosing whether to get vaccinated.

**Eligibility:** Female resident of Kobe born between April 2, 1997 - April 1, 2006, who has not received their 3rd dose of the HPV vaccine

**Vaccination Period:** Until March 31, 2025

**Appointment:** Make an appointment with a hospital/clinic once you have your voucher.

Tap the upper code for details (JP) ↗  
Tap right for vaccination locations (JP) →



## If you have a dog or cat Please Microchip Your Pet

From June 1, all pet shops and breeders in Japan are required to have microchip implants in their cats and dogs, and new owners are required to join the pet registry. Microchipping helps prevent pet abandonment and recover missing pets, allowing you to live happily with your pets for a long time.

◆ **Current** pet owners are not required to microchip their pets, but are encouraged to do so.

◆ Microchipped pets must be registered in the Ministry of the Environment's database. If you purchase or receive a microchipped pet, please update your information in the registry.

Tap here for details! (JP) →



## Enjoy Hydrangeas at the Kobe Municipal Arboretum

Hydrangeas are in season at the arboretum. Their colorful blooms will cheer you up during the dreary rainy season.



**Dates:** June 11 - July 18

(Mon - Fri) 9 am - 5 pm  
(Sat/Sun/Hol) 8 am - 6 pm

**Admission:** Adult 300 yen,  
Child 150 yen

\*Wear a yukata during this period and get free admission for 2 people!



← Tap here for details! (JP)

## Kobe Shopping Vouchers Applications now open!

To help local businesses struggling because of the pandemic, these "Kobe Okaimonoken" can be used at 2,300 participating shops in shopping arcades all over Kobe. Each pack contains 6,000 yen in vouchers, which you can buy for 5,000 yen. Due to their popularity, you must apply to reserve a pack.

**Eligibility:** Resident of Kobe

(Maximum 3 packs per person. If demand is high, distribution will be decided by lottery)

**Application Period:** June 6 - July 4

**Sales Period:** July 30 - August 21

**Voucher Validity:** July 30 - October 31

Application instructions here (JP) →



## Recipe for a school lunch favorite! Korean "Tteokguk"

Bring the taste of school lunch home!

*This is a Korean rice cake soup. "Tteok" means "rice cake", and "guk" means soup. Similar to "ozoni" (Japanese rice cake soup), this dish is eaten on special occasions like the New Year. The rice cakes are made from regular white rice, rather than the glutinous rice used in Japanese rice cakes, so they are not very sticky and retain their shape when cooked in soups and stews.*



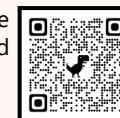
### Ingredients (for 4 servings)

Carrot	1/3	Salt	1/5 tsp
Bamboo shoot (preboiled)	40g	Pepper	
Onion	1/2	Water	600ml
Green onion	10g	Consommé granules	2 tsp
Egg	1	Tteok	60g
Oil		Light soy sauce	1 tsp
Ground beef	40g	Ground sesame seeds	1 tsp
Crushed garlic			



### Directions

- Julienne the carrot and bamboo shoot, slice the onion, and chop the green onion.
- Beat the egg well.
- Add oil to a pot and bring the stove to medium heat. Stir-fry the ground beef and garlic, then add salt and pepper.
- Add the carrot, bamboo shoot, and onion and stir-fry some more. Then add water and the consommé granules and simmer.
- Skim off the foam from the surface, add the tteok, then adjust the flavor with light soy sauce.
- Finally, add the green onion and sesame seeds, then drizzle the beaten egg and simmer until the egg is fluffy.



Tap the code to see all of the school lunch recipes on Cookpad!