

Work Together to Prevent Fires!



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Main causes of household fires

1 Stove burners

2 Cigarettes

3 Arson

4 Heaters

Main ways to prevent fires:



Do not leave the stove while cooking!

If you must step away from the burner while cooking, be sure to turn off the flame first.



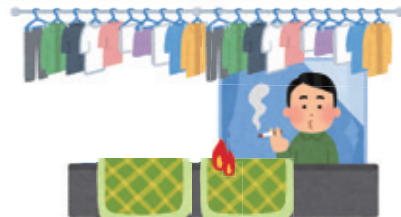
Do not place objects in shared spaces!

Keep the area around your residence neat and tidy.



Be sure to turn off before going out or going to sleep!

Do not place flammable objects in the area around a heater.



Be sure to extinguish cigarettes properly!

Smoking on the balcony can cause laundry or futons to catch fire. The smell and smoke can also inconvenience neighbors and cause passive smoking.

When a Residential Fire Alarm Sounds...



What is a residential fire alarm?

A residential fire alarm sounds to warn residents when it detects the smoke or heat of a fire. Installation, maintenance, and management of these devices is required by the Tokyo Fire Prevention Ordinance.

When a fire alarm sounds...

When there is a fire

Check the source of the fire and evacuate. Report the fire by calling 119, and perform initial firefighting when possible.

When there is no fire

A fire alarm may sound when it detects cigarette smoke or heat or smoke from cooking. The fire alarm will stop and return to normal either when the fire alarm stop button is pressed (or when the string is pulled if it is a type with a string), or else when the room is ventilated.

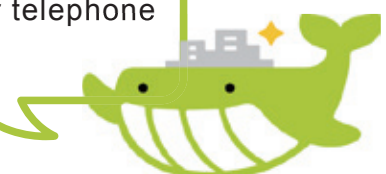
Using insecticides which produce smoke may also cause a fire alarm to sound. Before using such products, cover the fire alarm with a plastic bag or otherwise protect it, and immediately restore the normal conditions when use is finished.

Be aware that a fire alarm may also sound if it is struck with an object or subjected to other impact.

Request from JKK

Residential fire alarms will be replaced by JKK after around 10 years.

In apartments where replacement was not possible due to resident absence or other reason, deterioration of the fire alarms may result in delayed detection of fires and make it impossible to perform initial firefighting correctly. Therefore please contact us at JKK Tokyo Customer Center telephone number ② on page 12.



Emergency Risk Assessment of Disaster Affected Buildings After a Major Earthquake

In the event of a major earthquake, JKK will immediately begin emergency risk assessment of the housing buildings.

Emergency risk assessment of disaster affected buildings

Earthquakes consist of a main quake and aftershocks. In the event of a major earthquake, there is a large possibility of aftershocks that are nearly the same strength as the main earthquake.

Emergency risk assessment involves investigating the conditions of earthquake damage to buildings in order to prevent secondary disasters caused by aftershocks. It produces a provisional assessment of whether or not the building is still habitable, and whether there is any risk of collapse or other problem.



Danger

Do not approach.

Evacuate to an evacuation site.



Caution

There is a risk of secondary disaster.

Do not approach the building unless absolutely necessary (depending on damage conditions).



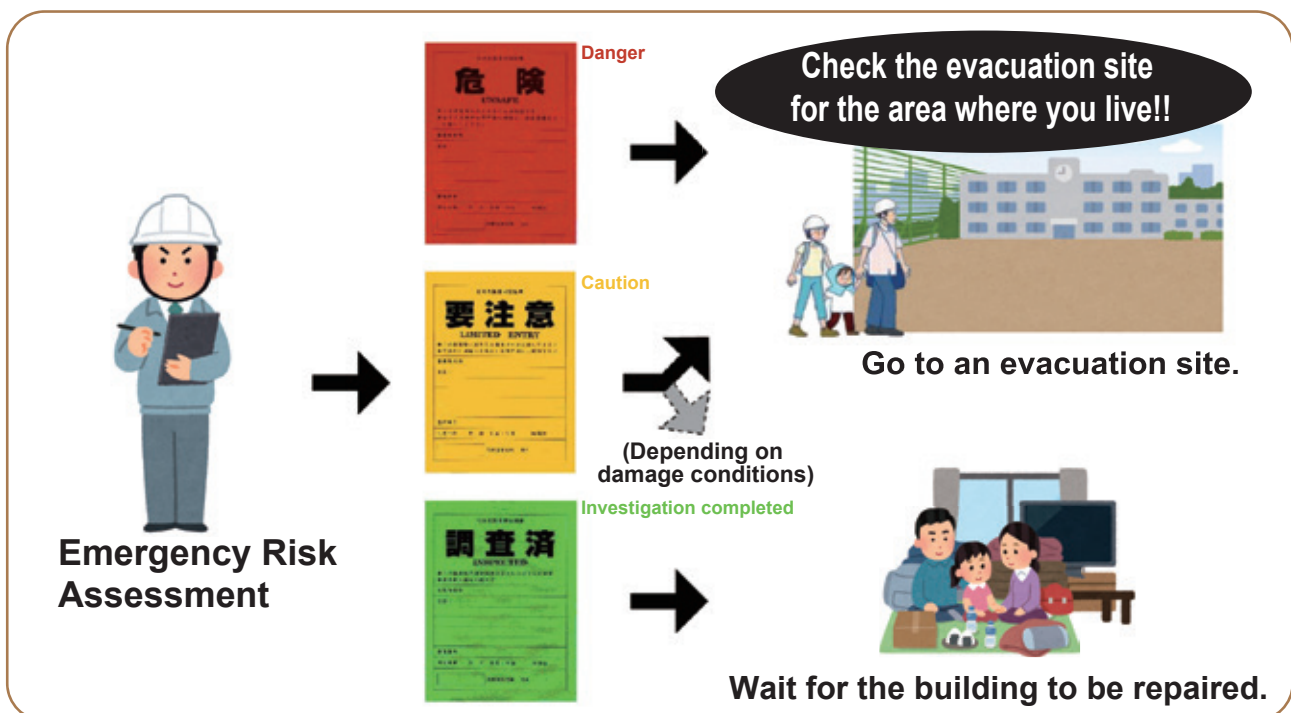
Investigation completed

No issues involving danger or caution

Assessment results

The assessment results are classified into three categories: red, yellow, and green. Red means danger, yellow means caution, and green means that there are no issues involving danger or caution.

Residents of a building where an assessment was issued should take appropriate action according to the assessment results.



* Depending on the scale of the earthquake, some time may be required before assessment is completed. When an earthquake occurs, first ensure your personal safety, go to an evacuation site without waiting for the assessment results, or take other appropriate action according to the circumstances.

Do You Know About Private Fire Brigade Training on the Internet?

What is Private fire brigade training on the internet?

Private fire brigade training on the internet is a new form of private fire brigade training based on the concepts of “anytime, anywhere, for even just one person” and can be performed without gathering people in a group. Because participants can learn about evacuation and firefighting methods by watching videos and other means on the internet without attending evacuation training or firefighting training, they can choose a time which is convenient for them, and can easily check the actions they should take in case of disaster. Private fire brigade training on the internet allows participants to learn about the following.

■ Firefighting training: Learn how to use fire extinguishers and indoor fire hydrants, and check the locations where they are installed.

[Using a fire extinguisher]

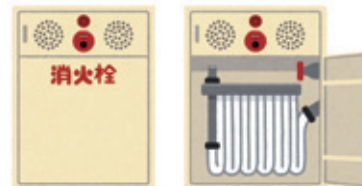
- ① Take it to the source of the fire. ② Pull out the safety pin.
- ③ Point the nozzle toward the base of the fire. ④ Grip the lever.
- ⑤ Spray fire extinguishing agent.

YouTube
Tokyo Fire Department
official channel



[Using an indoor fire hydrant]

- ① Press the start button. ② Pull out the hose.
- ③ Open the valve. ④ Spray water.



YouTube
Tokyo Fire Department
official channel



■ Fire reporting training: Check how to report to the fire department, notify building residents, and collect information.

[Calling 119]

- Emergency type (fire or rescue) • Location (address or building name)
- What is burning? • Are there injured persons or persons left inside?

YouTube
Tokyo Fire Department
official channel



[Evacuating]

- Keep your head down.
- Cover your mouth with a handkerchief or other cloth.



YouTube
Tokyo Fire Department
official channel



* In order to prevent COVID-19 infections, actual evacuation training and firefighting training may be replaced with a notice regarding “private fire brigade training on the internet”. In such cases, notice will be provided by the front office staff.

Prevent Frailty!

Enjoy a delicious “autumn of appetite” and prevent frailty!

Frailty is a state of deterioration of the body and mind, where ties to society are weakened. Preventing frailty can extend the years that you remain healthy.

Tomoki Tanaka, Institute of Gerontology, University of Tokyo

With the end of the hot summer months, the “autumn of appetite” has arrived. In order to prevent frailty, it is important to eat three proper means, and to eat a variety of well-balanced foods combining a staple food, main dish, and side dishes. This month we will look at some key points to keep in mind for your daily meals.

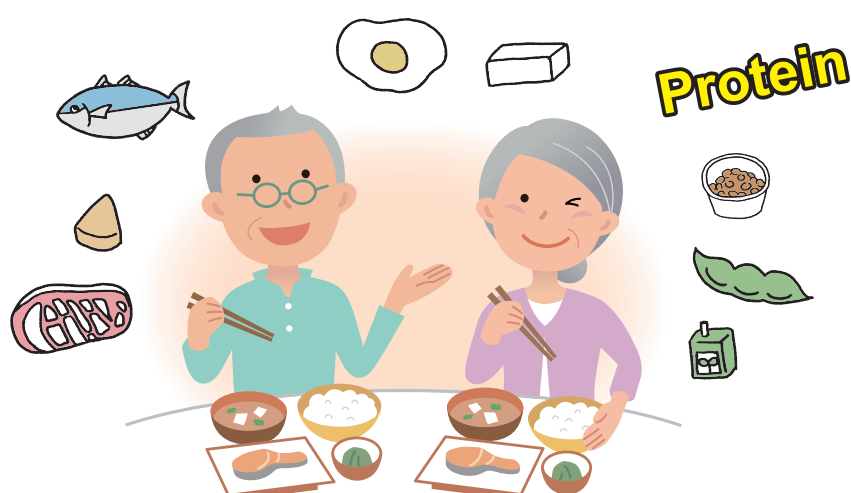
At older ages, it is important to deliberately include the protein that builds our bodies as part of our daily meals*. So that you can efficiently build muscle from protein, eat a good balance of beans, grains, and other plant foods in addition to animal foods such as meat, seafood, dairy, and eggs. In particular, it has been reported that properly consuming protein at breakfast will reduce the risk of losing muscular strength in the near future.

In recent years, we can also get a variety of convenient protein-rich foods such as yoghurt and salad chicken from convenience stores. Try adding these convenient everyday foods to your regular meals.

Consuming vitamin D is also important for preventing frailty. Foods such as fish, eggs, and mushrooms contain large amounts of vitamin D. In addition to getting vitamin D by consuming these foods, your body can also produce vitamin D internally when it is exposed to ultraviolet rays. It is important to go out and get some sun rather than remaining indoors all day.

Enjoy the autumn of appetite to the fullest, whether by eating delicious foods or taking a trip.

* This does not apply to persons who are subject to dietary restrictions from a doctor.



Introducing New

Based on the growing numbers of elderly households in JKK housing, monitoring services using sensors and other devices.

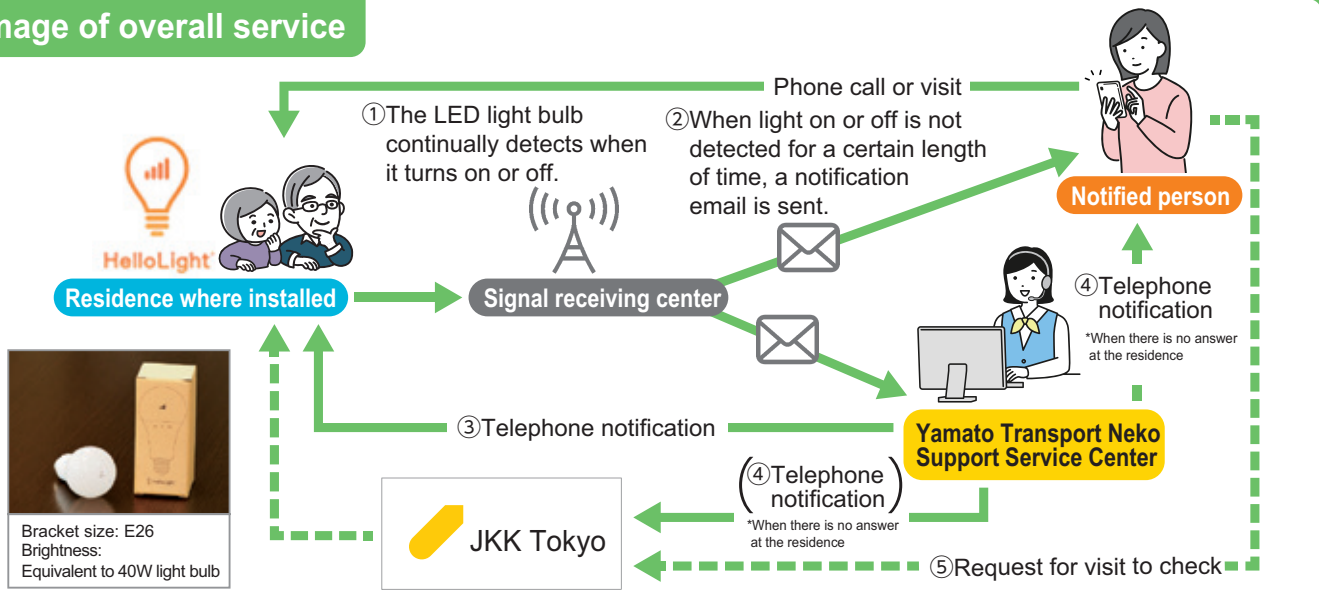
This page introduces the monitoring services which are provided by them should please sign up by calling the numbers at the bottom of the page.

Kuroneko Monitoring Service, provided by Yamato Transport

Monthly price
1,078 yen
(including tax)

A “HelloLight” LED light bulb that includes communication functions is installed in a bathroom or other place that is used every day, and if the lights are not turned on or off for a certain time, notification is sent to the person that was registered in advance.

Image of overall service



When the notified person is unable to check the status of the family member or other person at the residence where the device is installed, upon request JKK will check on the resident on his or her behalf.

When light bulb on/off was not detected between 9:00 on the previous day and 8:59, a problem is detected and email notification is sent between 9:00 and 10:00 that same morning to the notified person who was set in advance.

Sign-up or inquiries

Yamato Transport Neko Support Service Center
Available hours: 9:00 – 18:00
TEL: 0120-545-425

You can go to the sign-up page by scanning the QR code below.



Monitoring Services

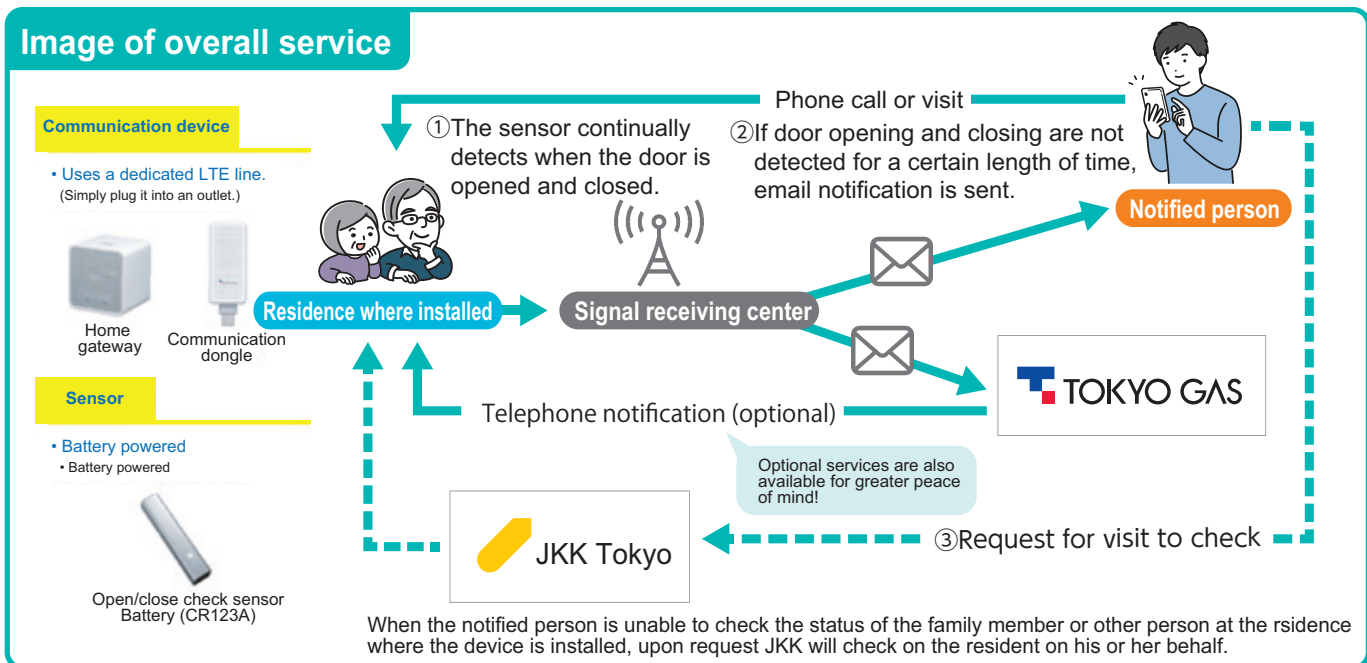
JKK has partnered with two companies to provide these services. Persons who would like to use



Moshimo Alert, provided by Tokyo Gas

Monthly price
990 yen
(including tax)

A sensor which can detect door opening and closing is installed in a bathroom or other place that is used every day, and if door opening and closing are not detected for a certain time, notification is sent to the person that was registered in advance. Free telephone health consultations for discussing health concerns are also included.



When door open/close was not detected between 8:00 on the previous day and 7:59, a problem is detected and email notification is sent between 8:00 and 12:00 that same morning to the notified person who was set in advance.

Sign-up or inquiries

STATION 24, Tokyo Gas Co., Ltd.
 Available hours: 9:00 – 17:00 (except for Sundays and holidays)
TEL: 0120-117744

You can go to the sign-up page by scanning the QR code below.



Introduction of JKK Tokyo Housing Support

JKK offers housing support to a variety of households in order to make moving into an apartment easier through support programs such as **rent discounts**, a **priority system**, and **easing of investigation standards**.

Rent discount system

* The rent discount system is available only when moving into a new residence.

* It is not available when changing from one apartment to another in your current JKK residence (same building).

Nearby living support discount



[Nearby living support discount]

Households wishing to live in the same city or within a 5 km distance of a relative who is within three degrees of kinship are eligible for a **20% discount** on monthly rent for 3 years after moving into some vacant city units.

* The resident household or relative's household must be classified as a "child-raising household", "household with elderly resident", or "household with disabled resident".

For single-parent households Child-raising discount



[Child-raising discount]

Single-parent households receive a **20% discount** on monthly rent in some vacant city units either for 3 years or until the last day of the year when the child turns 18.

For newly married couples and husband-and-wife households Pair support



[Pair support]

Married couples where either the applicant or his/her spouse is age 40 or younger receive a **20% discount** on monthly rent at some vacant city units for 3 years after moving in.

Step 35 discount



[Step 35 discount]

Households where the person signing the rental contract is 35 years old or younger on the day of the application receive a **20% discount** on monthly rent at some vacant city units for 3 years after moving in.

* Cohabiting relatives are limited to spouses (no age restriction) and relatives (within three degrees of kinship) who are 35 years old or younger.

Priority application system when soliciting applications for first-come, first-serve vacant housing units

Priority application system for child-raising households and elderly residents



[Priority application system for child-raising households]

At housing units designated by JKK and composed of 2 or more rooms, this system allows priority applications for 7 days before the start of public applications. At housing units designated by JKK and composed of 2 or more rooms, this system allows priority applications for 7 days before the start of public applications.

[Priority application system for elderly residents]

For residences located on the first or second floor of housing units designated by JKK that do not have elevators, this system allows priority applications for 7 days before the start of public applications.

Senior residence-change support



[Priority reservation of JKK housing]

For households which include a resident who is 60 years old or older, when the residents want to sell their owned home and move into JKK housing, this system allows priority 14-day reservation of the desired residence from among the vacant residences available for first-come, first-served public applications.

Other support systems

[Housing support for single-parent households]

If the monthly income of the applicant does not satisfy the monthly income standard, then it is possible to use the total including all child rearing allowances for the income investigation. In addition, it is possible to use combined income, exceptions to the monthly income standards, and other support.

[Nearby living registration system for peace of mind]

This is a system of preferential housing introduction for customers who want to live close to their families (nearby living).

* The nearby living area is within the same ward or city, or within a radius of approximately 5 km.

[JKK Housing Registration Center]

Business hours: 9:30 – 18:00
(closed Sundays and holidays)

03-3409-2244 (main desk)

[Rental system for students]

Persons aged 18 years or older who are enrolled in university or other educational institution may use JKK housing if they satisfy certain conditions. Students who are working or who are receiving scholarships may apply to receive a 20% discount on monthly rent at some JKK housing units (city units) until the last day of the expected month of graduation from university or other school.



For details of these systems and the available housing units, please see the homepage.



[Landlord]

ひとと、くらしをあったかく。

JKK東京



Measures to Combat Infectious Diseases



It is important to take steps to prevent becoming infected yourself and to avoid infecting others.
Be sure to regularly wash your hands and gargle!

Methods

- **Wash hands with soap.**

- Be sure to wash your hands at times including after returning home, before cooking, and before eating!
- Be sure to wash not just the palms of your hands but also everywhere between your fingers, on the back of your hands, and the wrists!



- **Avoid touching your face.**

- Be sure to wash your hands before touching your eyes, nose, or mouth!
- * There is the possibility that the virus may be on your hands as a result of contact infection (*1).

- **Wear a mask.**

- Wear a mask when going out or when approaching other people!
- * There is the possibility of catching the virus ejected into the air as a result of airborne droplet infection (*2).
- * You do not need to wear a mask when outdoors and maintaining a sufficient distance (2 m or more) from other people.



- **Carefully disinfect places that your hands touch.**

- Wipe the entrance, door knobs, and other locations that you touch every day! Use a disinfectant product whenever possible.

- **Ventilate spaces.**

- Open windows to replace the air inside!



- **Avoid places where people are packed close together.**

Avoid the Three C's!

What are the Three C's?



① **Closed spaces with poor ventilation**



② **Crowded places with many people nearby**



③ **Close-contact settings such as close-range conversations**

- **Increase your immune system strength.**

- Perform whatever exercises you can while indoors!
- Eat three balanced meals each day!
- Get enough sleep!
- Maintain a regular lifestyle routine!

If you feel unwell in any way, see a doctor.



*1: Contact infection:

When an infected person sneezes or coughs into a hand and then touches surrounding objects, the virus will adhere to the objects. Other persons who touch the objects may get the virus on their hands and become infected through the mucous membranes when they touch their mouths, noses, or other part of the face.

*2: Airborne droplet infection: The virus is ejected together with airborne droplets from an infected person (sneezing, coughing, spitting, etc.), and infects other person when it enters the body through the mouth, nose, or other part of the face.

変化が見える、暮らしに役立つ

とうけい

ちょうさ

統計調査

国が実施する調査です



家計が見える

かけいちょうさ

家計調査



雇用が見える

ろうどうりよくちょうさ

労働力調査



物価が見える

こうりぶつかとうけいちょうさ

小売物価統計調査



教育費にいくらかけてる?



どれくらいの方が仕事をさがしているの?



かぼちゃはいつ頃がお安いのかしら?



ガソリンにいくら使っているんだろう?



育児世代の働く女性はどれくらい増えた?



宮崎から都内に大学進学するけど物価の違いは?

答えは?



<https://www.stat.go.jp/>

統計局

◀携帯・スマホはこちらから ※一部の機種・アプリでは読み取れない場合があります

統計調査員がお伺いしましたら、ご回答をお願いします。

🔒 皆様の個人情報は厳重に保護されます

😊 調査の結果は、暮らしをより良くする様々な取組みに活かされています

! 統計調査を装った「かたり調査」にご注意ください

📱 新型コロナウイルス対策を踏まえて適切に調査を実施します



総務省統計局・東京都

Use convenient bank transfers for payment of rent and other expenses.

Bank transfers can now also be registered for **Shinsei Bank** and **AEON Bank**. Residents who have not yet registered for bank transfers should please take this opportunity to consider using bank transfers. Bank transfers will start around 2 months after submitting the bank transfer request form to the financial institution.

Bank transfer procedure	① Complete the form. 	② Submit it to the bank. 	③ Notification arrives. <small>*Beginning of the month when transfers start</small> 	④ Bank transfers start. <small>*Withdrawal for each month occurs on the 7th of that month.</small> 
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* The bank transfer request form is available at the management office and area offices. If you wish to have one mailed to you, please contact the Customer Center.

For the financial institutions where this service is available and the required procedures, please call or check the homepage



Contact JKK Tokyo Customer Center telephone number ① below.

HP address <https://www.to-kousya.or.jp/>

← Read the QR code to view [How to pay rent].



JKK Tokyo Customer Center Telephone Numbers

★ Persons wishing to contact an area office should also use this telephone number.

Reception hours 9:00 AM – 6:00 PM (Closed on Saturdays, Sundays, national holidays and during the year-end and New Year holidays)

① Consultations regarding procedures, payment of rent, or living conditions

● Navi Dial

 **0570-03-0031**
ナビダイヤル®

● For persons unable use Navi Dial (0570 service), and persons using a mobile phone free-call or discount service:

☎03-6279-2962



② Requests or inquiries regarding repairs

Emergency calls regarding water leakage and other emergency repairs, accidents, fires, or the safety of residents may be made **24 hours a day, 365 days a year.**

● Navi Dial

 **0570-03-0032**
ナビダイヤル®

● For persons unable use Navi Dial (0570 service), and persons using a mobile phone free-call or discount service:

☎03-6279-2963



Navi Dial

Calls to Navi Dial (0570 service) from a landline phone will be charged the local call rate (excluding public phones and PHS). When calling Navi Dial (0570 service) from a mobile phone, the free-call or discount services offered by the telecommunications company do not apply.

* **If the matter is not urgent, please avoid calling between 9:00 am and 10:00 am on Mondays or the day following a holiday**, as phone lines are always very busy at these times.



▶ See here for frequently asked questions concerning procedures and other matters.

