



topic Information

2026 Guide to Heatstroke Prevention in Minato City



Understanding Heatstroke

Heatstroke is a condition in which the body's ability to regulate its temperature is impaired due to exposure to hot and humid conditions. This can disrupt the balance of fluids and salts (electrolytes), leading to dehydration, and may reduce the body's ability to release heat effectively through sweating.

Examples of Symptoms

- Dizziness
- Lightheadedness
- Headache
- Fatigue
- Nausea
- Muscle cramps

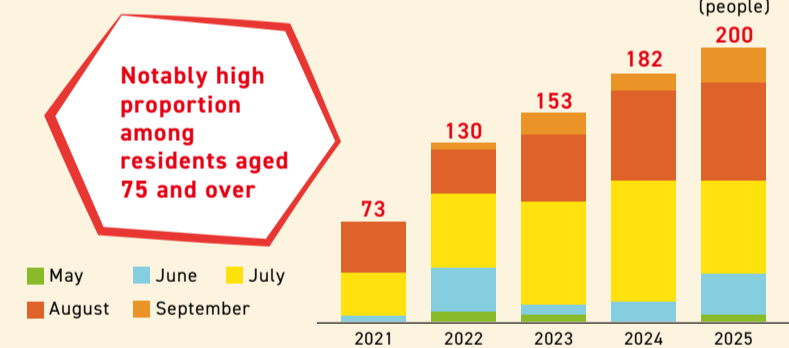
In Severe Cases

- Impaired consciousness
- Convulsions

May be life-threatening.



Number of Heatstroke-Related Ambulance Transports within the City (2021-2025)



People Requiring Special Attention

Older Adults

As we age, our sensitivity to heat and thirst decreases, and our ability to regulate body temperature declines. This makes it easier to develop heatstroke without realizing it. If you feel that something is "not quite right" compared to usual, take extra care.

Infants and Young Children

Infants and young children are closer to the ground, where temperatures can be higher than the surrounding air. Because they may struggle to communicate how they feel, be sure to give them frequent breaks and keep them well hydrated.

Prevention Measures

● Hydrate before you feel thirsty

Drink about half a glass of water every hour. When you sweat, be sure to replenish both fluids and salt.

● Maintain a balanced diet and get sufficient sleep

Improve your overall physical condition to help prevent heatstroke.

● Acclimatize your body to the heat

Start getting your body used to the heat during the cooler months by walking or doing light exercise at a comfortable pace. This helps you to become accustomed to hot conditions and sweat more efficiently.

● Wear cool clothing and protect yourself from the sun

When going out, wear breathable clothing that allows sweat to evaporate easily. Hats and parasols are also effective. At night, use bedding with good ventilation.

● Avoid excessive heat

Use air conditioning and other measures to keep indoor temperatures around 28°C and humidity below 70%.

Inquiries

Health Promotion Section, Health Service Subsection
 Tel: 03-6400-0083



Minato City Initiatives

Designated Cooling Spaces

Facilities within the city that meet certain criteria are designated as places to stay cool (Cooling Shelters / "Hitosuzumi" cool-down spots). Please feel free to use them as temporary rest areas to escape the heat when you are out.

Period: Until October 21 (Wed)

Inquiries

Environmental Section, Environmental Policy Subsection
 Tel: 03-3578-2486



Installation of Free Water Refill Stations

Free water refill stations compatible with reusable bottles are available at the City Office main building and each Regional City Office. Water dispensers are also available at cooling shelters in selected city-owned facilities.

*Paper cups are not provided. Please bring your own container.

Inquiries

Bring Your Own Bottle Water Stations

Minato Recycling and Waste Management Office, Waste Reduction and Recycling Promotion Subsection Tel: 03-3450-8025

Other Water Dispensers

Environmental Section, Environmental Policy Subsection
 Tel: 03-3578-2486



Delivery of Drinking Water to Older Residents

Bottled beverages are delivered to residents aged 75 and over who live at home, along with information on heatstroke prevention. Delivery staff also check on the residents' health status. If they determine that a resident is at risk of heatstroke, follow-up visits by community support staff will be arranged.

Period: June to August (one delivery per person)

Delivery Details: Six 500 ml bottled drinks

Inquiries

Call Center Tel: 0120-507-855
 Hours: 9:00 a.m. to 5:00 p.m. (including weekends and holidays)
 Service period: Until August 31, 2026

Section in Charge

Support Services for Senior Citizens Section, Home Care Support Subsection



Subsidies for Air Conditioner Purchase and Installation for Older Householders Who Don't Have Air Conditioning

Subsidies are provided to households in which all members are aged 65 or over and are exempt from resident tax, and that either do not have an air conditioner or have one that is broken and unusable.

Maximum Subsidy Amount: Up to JPY 111,000 (one-time per household)

Inquiries

Support Services for Senior Citizens Section, Home Care Support Subsection
 Tel: 03-3578-2400 to 2406



Protecting Lives from Climate Change

Minato City to Declare a Climate Emergency

In recent years, extreme weather events believed to be linked to climate change have been occurring more frequently, with serious impacts on our daily lives. In response to this situation, Minato City will issue a *Minato City Climate Emergency Declaration*.

Through this declaration, the City will share the various risks posed by climate change with residents and promote initiatives to address these risks.

Declaration Date: Friday, May 15 at *Heatstroke Prevention Symposium*

Following the declaration, Minato City will strengthen measures to protect residents from heat and other climate-related risks, promote efforts to mitigate climate change, and provide clear and accessible information about climate-related issues.

Panel Exhibition at Eco Life Fair MINATO!
 See page 2 for details

Inquiries

Environmental Section, Global Warming Prevention Subsection
 Tel: 03-3578-2479



topic Information

Let's Take Part in Deco-Katsu

Minato City is participating in *Deco-Katsu*, an initiative aiming at achieving a decarbonized society through changes in daily behavior, and will work together with residents and businesses to promote these efforts. Why not start by rethinking how energy is used in buildings and equipment, and by finding ways to reduce waste?



What is Deco-Katsu?

Deco-Katsu is the nickname for a nationwide movement that promotes a new, richer way of living that contributes to decarbonization. The term combines "deco," which includes reducing carbon dioxide and eco-friendly practices, with "katsu," which refers to activities and lifestyle.

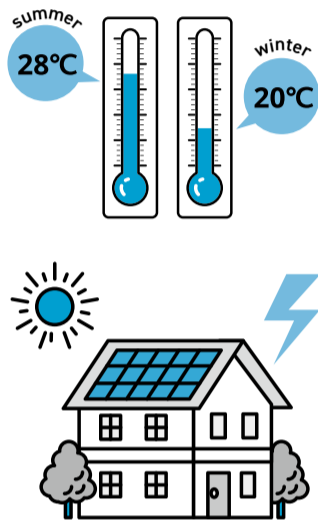
Examples of "Deco-Katsu" Actions

For Residents

- Practice energy conservation by setting appropriate temperatures for heating and cooling, and turning off lights when not in use
- Improve household energy efficiency by upgrading to high-efficiency appliances and improving insulation of windows
- Review your choice of electricity by opting for renewable energy sources
- Reduce food waste by buying only what you need and using up what you have

For Businesses

- Optimize air conditioning and lighting systems in existing buildings
- Introduce renewable energy systems and explore effective procurement methods
- Use energy more efficiently through electrification, adoption of EVs, and demand management
- Reduce waste generation, promote recycling, and implement environmentally responsible procurement



We encourage you to take advantage of the City's subsidy programs (for energy conservation and renewable energy adoption), as well as related seminars and events. Together, let us take the first step toward building a sustainable city.

Inquiries

Environmental Section, Global Environment Subsection
Tel: 03-3578-2496



topic Subsidy

Introduction of the Child and Childcare Support Contribution System

What is the Child and Childcare Support Contribution System?

The Child and Childcare Support Contribution System is a program under which contributions are collected from all generations and businesses to fund the expansion of child and childcare support measures. The system is designed to support children and families raising children across society as a whole. The contributions will be collected together with health insurance premiums starting from FY2026.

Why is this contribution necessary?

In recent years, declining birth rates and population decrease have been accelerating. In response, the government formulated the *Acceleration Plan* under the Children's Future Strategy in December 2023, committing to expand child and childcare support measures with a total budget of 3.6 trillion yen.

This contribution system provides part of the financial sources needed to support these initiatives.

Examples of Expanded Childcare Support Measures

- Expansion of the child allowance program
- Exemption from National Pension premiums during childcare leave
- Childcare short-time work benefits
- Support benefits for pregnant women
- Post-birth childcare leave benefits
- Universal childcare service program

*For more details on the system, please refer to the website of the Children and Families Agency.

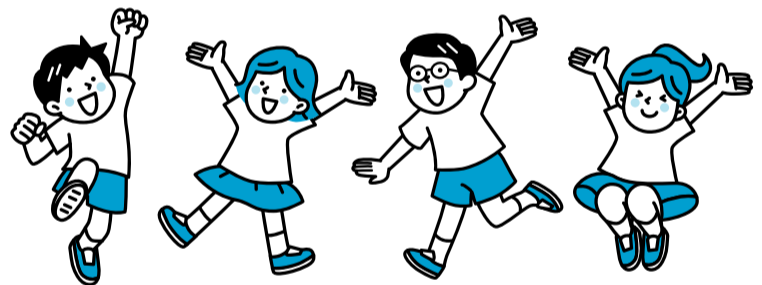
Inquiries

Child and Childcare Support Contribution System
Call Center
(Hours: 9:00 a.m. to 5:00 p.m. (excluding Sundays and public holidays))
Tel: 0120-303-272

Children and Families Agency website:
Child and Childcare Support
Contribution System



Children and Families Agency note:
What You Need to Know about the Child and
Childcare Support Contribution System



topic Event

The 45th Eco Life Fair MINATO 2026

—Come, See, and Learn! Explore Everyday Eco-Friendly Living—

This event offers an enjoyable opportunity for people of all ages, from children to adults, to learn about environmental initiatives through workshops, panel exhibitions, and stage events. We look forward to seeing you.

Date and Time

May 16 (Sat), 10:00 a.m. to 3:00 p.m.

*Event will be held in light rain.

Venue

Arisugawa-no-miya Memorial Park

Free distribution of goya seedlings for green curtains

Numbered tickets will be distributed from 10:10 a.m.

*Only goya (bitter melon) seedlings are available. Distribution will end once supplies run out.

Eco Quiz Rally

Visit booths and take part in fun quizzes. Participants will receive prizes.

Environmental Stage Events

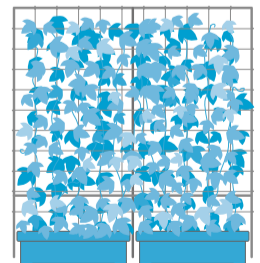
Enjoy shows and performances related to eco-friendly living.

There will also be a variety of other activities

- Collection of futons, used cooking oil, and extra gardening soil
- Food drive (collection of unused food)
- Bazaar of recycling items, and more

Inquiries

Environmental Section, Global Environment Subsection
Tel: 03-3578-2496 to 2498



topic Information



Completed a bicycle safety inspection

Purchased a bicycle helmet

Each participant will receive JPY 2,000 worth of MINATOKU PAY points

Applicants may choose either a MINATOKU PAY gift code or MINATOKU PAY paper vouchers.

Eligibility

Residents of Minato City whose bicycles have undergone a bicycle safety inspection by a certified bicycle safety mechanic and obtained a red or green TS mark



Required Documents

- Application form
- A copy of the TS Mark insurance certificate (must be issued on or after April 1, FY2026)



Eligibility

Residents of Minato City who have purchased a safety-certified bicycle helmet and are enrolled in bicycle liability insurance or a similar program



*Bicycle liability insurance refers to insurance or mutual aid plans that provide coverage against third-party damage claims in the event of an accident.

Required Documents

- Application form
- A copy of a receipt or proof of purchase for the bicycle helmet (must be purchased on or after April 1, FY2026)
- A copy of a document confirming enrollment in bicycle liability insurance or a similar program
- Documentation showing that the bicycle helmet meets safety standards (e.g., a photo of a helmet with an SG mark or equivalent certification label, or a product brochure)



General Information

Application

Applications may be submitted online, by mail, or in person by March 31 (Wed) 2027.

Mail to or submit in person: Community Transportation Section, Traffic Affairs Subsection, Minato City Office (5th Floor) 105-8511

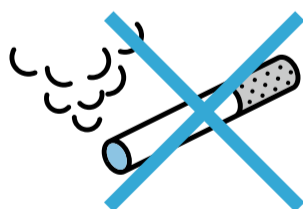
Application forms can be downloaded from the Minato City website.

Inquiries

Community Transportation Section, Traffic Affairs Subsection
Tel: 03-3578-2262

topic Information

May 31 Is World No Tobacco Day



Health Effects of Tobacco Use

Smoking increases the risk of developing cancer and many other diseases. In addition, smoking during pregnancy and exposure to secondhand smoke in infants and young children have harmful effects on the health of the fetus and children.

Minato City's Smoking Cessation Support

1. Designated Smoking Cessation Support Pharmacies

Free consultations for quitting smoking are available.

*Please note that smoking cessation aids must be purchased at your own expense.

2. Smoking Cessation Counseling

Free smoking cessation consultations with certified counselors are offered at the Minato Public Health Center on the morning of the second Wednesday of every even-numbered month.

3. Subsidies for Smoking Cessation Treatment

A portion of the cost for smoking cessation treatment is subsidized.

*For more details, please refer to the Minato City website.



Inquiries

Health Promotion Section, Health Service Subsection
Tel: 03-6400-0083



topic Information

Let's Prevent Mosquitoes From Breeding

Mosquitoes begin to become active around May and reach peak levels in summer. By preventing mosquitoes from breeding, we can also help reduce the spread of mosquito-borne infectious diseases.



Mosquito-Borne Diseases

Diseases transmitted by mosquitoes include dengue fever, Zika virus infection, chikungunya fever, and West Nile fever.

Mosquito Control

Effective mosquito control starts with targeting their larvae. Mosquitoes cannot breed if standing water is eliminated. Water can accumulate in everyday places such as buckets, empty cans, and plant saucers. Check around your home and remove any sources where water may collect.

Minato City Initiatives

Storm drains on roads are designed to retain water and can become breeding grounds for mosquitoes. To prevent larvae from developing into adult mosquitoes, larvicides are applied once a month from May to October.

In addition, from June to October, mosquito virus-monitoring surveys are conducted at five parks within the city. The results are published monthly on the Minato City website.

*For more details, please refer to the Minato City website.

Inquiries

Life Hygiene Section, Life Hygiene Counseling Subsection



topic Information

Let's Visit Popular Temple and Shrine in the City

Eligibility

Elementary school students and older who are able to walk the entire route

Date and Time

May 31 (Sun), 10:00 a.m. to 11:30 a.m.

Route

Meet at Shiba Park Station (Toei Mita Line) → Shiba Park (South) → Zojoji Temple → In front of Tokyo Tower → Shiba Park (North) → Finish at Atago Shrine

Capacity

15 participants (selected by lottery)

Fee

Free of charge

Application

Please apply via the Minato City Tourism Association website under *VOLUNTEER GUIDE City Tours* by completing the entry form and submitting it by May 18 (Mon).

*Please include the names of accompanying persons in the remarks section.

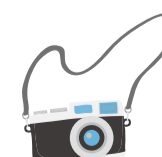
All applicants will be notified of the results by mail no later than May 25 (Mon).

Inquiries

Minato City Tourism Association, Volunteer Guide Section
minatocityvolunteertourguide@gmail.com

Section in Charge

Industry Promotion Section, Tourism Policy Subsection



topic Subsidy

You Can Apply Again!

Free Distribution of Furniture Anti-Tip Devices



Previous application records will be reset, and starting from FY2026, all households will be eligible to apply.

Eligibility

Households residing in the city and registered as residents

Items Provided

In addition to furniture anti-tip devices and shatter-resistant film to prevent glass from scattering, new items have been added starting this fiscal year, including devices to secure flat-screen televisions. Items will be provided in kind within a specified point allowance. In addition, assistance with installing the subsidized equipment is provided for certain households, such as those consisting of individuals aged 65 or older living alone, or households composed solely of elderly residents.

Application

Applications may be submitted online, by mail, or in person. Please complete the required information on the application form.

Online Application:

Please apply via the online application form on the Minato City website.

Mail to:

Minato City Office, Disaster Prevention Section, Disaster Prevention Community Support Subsection 105-8511

In person: Collaboration Project Section of each Regional City Office
For more details, please refer to the Minato City website.

Inquiries

Disaster Prevention Section, Disaster Prevention Community Support Subsection
Tel: 03-3578-2516



Minato City Website

topic Information

Up to 20% point reward!

Point Reward Campaign Using MINATOKU PAY, Minato City's Digital Local Currency



What is MINATOKU PAY?

MINATOKU PAY is a digital local currency that can be used when shopping or dining at participating stores in local shopping street associations within the city.



MINATOKU PAY official website

Higher Point Reward Campaign

Period

Until May 31 (Sun)

Reward Rate

Up to 20%

*The reward rate varies by store, and there is a maximum limit on the number of points that can be awarded.

Eligible Stores

MINATOKU PAY participating stores (excluding some locations)

*For details, please visit the MINATOKU PAY app or the MINATOKU PAY official campaign website.

Notes

- Only payments made using charged e-money are eligible for point rewards. Please note that payments made using points or vouchers are not eligible.
- Reward points will be granted around June 10.

Inquiries

MINATOKU PAY Call Center (Hours: 9:00 a.m. to 6 p.m.)

Tel: 0120-19-3710

Section in Charge

Industry Promotion Section, Industry Promotion Subsection



topic Subsidy

Invitation to the International Athletics Event Seiko Golden Grand Prix 2026 Tokyo



Eligibility

Residents, workers, and students in Minato City

Date and Time

May 17 (Sun), Competition starts at 10:45 a.m. (Doors open at 9:50 a.m.)

Venue

MUFG Stadium (National Stadium)
10-1 Kasumigaoka-machi, Shinjuku-ku

Number of Tickets Available

Up to 12 tickets per person (first-come, first-served)

* Applications will close once the planned number of tickets has been reached.

Fee

High school students and younger: Free

Adults: JPY 1,000 (discounted rate)

*Additional ticketing and system fees will apply.

Application

Please apply via the application form by May 16 (Sat).

Notes

Registration as a Pia member (free of charge) and registration for the Japan Association of Athletics Federations (JAAF) free fan club membership are required to issue tickets.

Inquiries

About ticket issuance and procedures:

Ticket Pia Support Center Tel: 017-718-8161

About event details:

Japan Association of Athletics Federations (JAAF)

Tel: 050-1746-8410

Hours: Monday to Friday, 9:00 a.m. to 6:00 p.m. (excluding holidays)

Section in Charge

Lifelong Learning Sports Promotion Section, Sports Promotion Planning Subsection



Application form



Official event website

Multilingual Interpreter Call Service

A person who needs translating service, the operator who will interpret and Minato City staff can talk in group of three. Our system allows people to choose their preferred language in advance on their smartphone, and have an entire conversation on the phone with the staff in the various departments of City Hall, through an interpreter. This service is available in 13 languages.



Multilingual Interpreter Call Service