

# Ichinoseki Multilingual Information

Ichinoseki International Association/Ichinoseki ILC Promotion Division  
Translated excerpts from the public Ichinoseki newsletter, 'I-style'.

## Regarding the COVID-19 Vaccination

Dec 17 ~ present

### 3<sup>rd</sup> dose (booster shot)

This information as of Dec 17 is subject to change.

Any changes such as the type of vaccine administered, who is eligible for the vaccine etc., will be made public via the Ichinoseki City Homepage and the city newsletter 'I-style'.

#### 【When can I get my 3<sup>rd</sup> dose?】

The 3<sup>rd</sup> dose can be administered 8 months after your second dose.

However, the interval can be shortened depending on the circumstance of the person receiving the injection.

Those eligible	When 3 <sup>rd</sup> dose is given
<ul style="list-style-type: none"> <li>• People working in the medical field</li> <li>• People who live/work in age care facilities</li> <li>• People admitted to hospital</li> </ul>	More than 6 months after the second dose
Persons aged 65 and over (other than the above listed)	More than 7 months after the second dose (However, injections will be administered after February 2022.)

Details and updates can be found on Ichinoseki City HP and the Ichinoseki Public Newsletter 'I-style'.

#### 【Vaccination Tickets】

- Once you are eligible for the 3<sup>rd</sup> dose, a ticket will be sent in the mail.
- Those who had their 2<sup>nd</sup> dose by May 2021 did not receive their vaccination ticket in December, contact the Health Promotion Division or the Health and Welfare Division of each branch.

#### 【Vaccines administered】

Pfizer  
Takeda/Moderna

- \* Type of vaccine administered depends on venue.
- \* Since both are mRNA types, rather than choosing between the two, please choose depending on which is available to you sooner.
- \* The amount of Takeda/Moderna vaccine administered is half the amount of the first and second shots.

Vaccinations are  
free of charge

Vaccine venues	Vaccine
Ichinoseki medical facilities	Pfizer Takeda/Moderna
Ichinoseki Gymnasium (U-dome)	Takeda/Moderna

- \* For vaccines administered at medical facilities, please check the table sent with the vaccination ticket.



### Further information on 3<sup>rd</sup> dose

#### Why is a 3<sup>rd</sup> dose necessary?

The efficacy of the vaccine will gradually decrease over time. The third dose is to increase efficacy and to prevent people from getting the coronavirus or severe symptoms.

#### What kind of side effects are there?

The same as the 1<sup>st</sup> and 2<sup>nd</sup> doses.

#### I've lost the document to prove that I received the 1st and 2nd doses of vaccine. What should I do?

When Ichinoseki City sends the ticket for the 3<sup>rd</sup> dose, it will send proof of vaccination of 1<sup>st</sup> and 2<sup>nd</sup> doses. If you need the vaccination ticket before it arrives, please consult with the Health Promotion Division or the Health and Welfare Division of each branch. If you are new to living in Ichinoseki after receiving the first or second dose, please inquire with the municipality where you lived prior to coming to Ichinoseki.

#### Can I choose which vaccine for the third dose? What if I receive a vaccine that is different from the first and second doses?

For the third dose, you can receive either the Pfizer vaccine or the Takeda/Moderna vaccine regardless of the type of vaccine you had for the first or second dose. There is no change in the efficacy and safety of the vaccine.

#### I'd like to make a reservation, what should I do?

##### [Make a reservation before your ticket arrives] \*Only for people over 65 years old

- (1) Make a reservation with your primary physician
- (2) Make a reservation via postcard

If you wish to have Ichinoseki City organize your vaccination venue and date, please return the postcard to Ichinoseki City.

##### [Make a reservation after the vaccination ticket arrives]

- (3) Make a reservation at a medical facility/call center/internet
- \* Please check the December issue for detailed information.

#### [Persons eligible for 1<sup>st</sup> and 2<sup>nd</sup> dose]

- (1) Persons who will be 12 years old after December 2021 (a vaccine ticket will be sent on the last day of the birthday month).
- (2) Persons who have not been vaccinated that newly moved to Ichinoseki City after December 2021.
- (3) Persons who could not be vaccinated by December 2021 due to illness or other reasons/Persons who haven't been able to get their second dose.

#### [COVID-19 Vaccination Certificates can be issued on smartphone]

From December 20, 2021, COVID-19 vaccination certificates can be issued on smartphones using My Number, and can be used both domestically and internationally.

In addition to smartphones, paper vaccine certificates can also be issued,

For details, please check the Ichinoseki City homepage.

The vaccination certificate can be used as a document to prove that you received your vaccinations.

### Reservations and enquiries regarding COVID-19 vaccination

#### Ichinoseki COVID-19 Vaccination Call Center

**0120-033-567** (toll free number)

Time: 9:00am~5:00pm (everyday)

Language assistance in English and Chinese



Ichinoseki Official Line  
for more information

Health Promotion Division	0191-21-2160	Hanaizumi Health and Welfare Division	0191-82-2216
Murone Health and Welfare Division	0191-64-3805	Daito Health and Welfare Division	0191-72-4087
Higashiyama Health and Welfare Division	0191-47-4530	Senmaya Health and Welfare Division	0191-53-3952
Kawasaki Health and Welfare Division	0191-43-4022	Fujisawa Health and Welfare Division	0191-63-5304

## Notifications from Ichinoseki City

### Notice of January tax payment

- ① City prefectural tax (general collection) 4th term
  - ② National health insurance tax (general collection) 7<sup>th</sup> term
  - ③ 7th term of medical insurance premiums for the elderly (general collection)
  - ④ Long-term care insurance premium (general collection) 4<sup>th</sup> Term
- Payment to be made by Monday, January 31<sup>st</sup>

#### 【Inquiries】

Ichinoseki City Hall Tax Payment Division 0191-21-8261

### Be careful of water pipes freezing

When cold temperatures continue, water pipes may freeze. They freeze or break when the temperature drops below -4°C.

#### Water pipes are prone to freezing when

- the water pipes are exposed
- the pipes are exposed to strong winds
- the pipes are facing north and not exposed to sunlight

#### How to prevent freezing or breaking

- If installed, turn on the anti-freezing heater that is wrapped around the water pipe.
- If there is a "drain plug", drain the water pipe.



#### When pipes freeze

- Wrap a towel around the frozen part and slowly pour lukewarm water.
- \* **Caution:** Pipes will break if hot water is applied directly.
- If you live in an apartment, contact the person who manages the apartment.
- If you cannot unfreeze the pipes yourself, contact a company that will carry out the work designated by Ichinoseki City (list found on Ichinoseki City HP).

【Inquiries】 Ichinoseki Waterworks: 0191-21-8562

### Special money will be given to families with children

#### ●Who is eligible for the handout?

Families with children under 18 are eligible for the handout and will have it automatically transferred during December.

There are some exceptions where you will need to fill out an application form to receive the money. Ichinoseki City will send application guides to families that need to fill out the form in December 2021.

These people include: civil servants receiving children's allowance (児童手当受給者), those who are raising only high school students or children's allowance recipients for children born by March 31, 2022 etc.

#### ●How much money will I receive?

100,000yen per child

#### ●For those who need to apply:

Please fill in the application documents and send them to the inquiry counter (Child Care Support Division 子育て支援課) by mail or directly with the necessary documents.

Applications can also be made online.

#### ●Deadline: Until Monday, February 28, 2022

When a child is born after March, please apply within 15 days of birth.

【Inquiries】 Ichinoseki City Hall Child Care Support Division 0191-21-2172

### Breast cancer screening notification

Eligible persons are those who have a check-up card and have not yet undergone their breast cancer screening in Ichinoseki City this year. If you do not have your card, please contact us.

#### ● Breast cancer screening

(Time 9:30am~10:30am/ 1:30pm~2:30pm)

When?	Venue
Jan 15 (Sat)	Ichinoseki Health Center
Jan 16 (Sun)	

【Inquiries】 Health Promotion Division 0191-21-2160



### Applying for My Number Card now available on holidays



Application for the "My Number Card" can be made on holidays for those who cannot get to the city hall on weekdays.

Please confirm days when applications can be made.

- Location: Ichinoseki City Hall Civic Division
- When?: January 16, February 20, March 13 (Sunday 9:00 am-11:30am)
  - \* Please confirm when making a reservation because the schedule may change.
- When can I make a reservation? :
  - Please make a reservation by phone 10 (Thursday) to 4 days (Wednesday) before the desired date.
- Phone reservation: Ichinoseki City Hall Civic Division 0191-21-8310 (Weekdays 8:30am-5:15pm)

**Reservations by phone are required in advance**

## Further resources

<p>Iwate Prefecture</p> 	<p>Find link to comprehensive English Guide that includes important information</p>	
<p>Iwate International Association</p> 	<p>Consultation for foreign residents about various issues such as foreign residency qualifications (visa) and troubles in everyday life. Japanese family and friends of foreigners are also welcome.</p>	<p>TEL: 019-654-8900 Hours: 9:00am~8:00pm</p>
<p>Ichinoseki City English Guide</p> 	<p>Find link to comprehensive English Guide that includes important information such as what to do in an emergency, where evacuation centers are, welfare incentives, how to dispose of garbage, and how to go about notification procedures at city hall.</p>	
<p>Ichinoseki International Association</p> 	<p>Consultation services for foreign residents available. Staff can speak English and have tools to assist in other languages.</p>	<p>TEL: 0191-34-4711 Hours: 9:00~18:00 (Closed Thurs/holidays/ Dec.29~Jan.3)</p>
<p>Yorisoi Hotline</p> 	<p>Are you having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement, or human trafficking? Consultation can be made by toll-free number, Facebook messenger, or through an online chat system</p>	<p>Specialized line for foreigners in Iwate, Miyagi, Fukushima: 0120-279-226</p>
<p>AMDA Medical Information Center 〔特定非営利活動法人 AMDA 国際医療情報センター〕</p> 	<p>Telephone Consultation for medical matters Free consultation &amp; interpreting service Connection fees will apply</p>	<p>TEL: 03-6233-9266 Hours: 10:00am~4:00pm (Monday~Friday)</p>

### 2022 January Doctors on Duty (Nights/Holidays)

Scan the QR code below for doctors that are on duty at night (18:00-20:00) and on duty on Sundays/holidays.



To double check the available facilities, call the Ichinoseki City Hall on 0191-21-2111.

If it's a medical emergency, be sure to call 119.

