

# Ichinoseki Multilingual Information

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

## Regarding the COVID-19 Vaccination

April 17 ~ present

### 3<sup>rd</sup> dose administrations to generally end in May

The vaccine rollout has gone successfully, with vaccinations at city medical institutions nearing completion in May.

Those who wish to receive the vaccine should do so as soon as possible. Vaccinations at Ichinoseki Gymnasium (Udome) were scheduled to end in April, however, additional nighttime administrations will be implemented on May 13 (Friday).

\*Vaccination after June are scheduled to be carried out at 3 Ichinoseki medical institutions.

#### Send out of vaccination tickets

Vaccination tickets have been sent to those who have completed their 2<sup>nd</sup> dose by November 2021. If you have not received your ticket yet, please contact the Health Promotion Division or the Health and Welfare Division at any branch office.

#### For those who have moved to Ichinoseki

For those who have moved to Ichinoseki, please bring your vaccination ticket, vaccination certificate, vaccination record, etc. issued by your previous municipality to the Ichinoseki City Hall Health Promotion Division or the Health and Welfare Division or any branch office to receive issuance of an Ichinoseki Vaccination Ticket.

For details, please check the documents distributed by the Civic Division during the moving in procedure.

#### Newly eligible persons for the 1<sup>st</sup> and 2<sup>nd</sup> doses

Persons who have reached the eligible age for vaccination and those who have not been able to receive vaccinations due to special circumstances.

#### Reservations and enquiries regarding COVID-19 vaccination

#### Ichinoseki COVID-19 Vaccination Call Center

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

Time: 9:00am~9:00pm (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

On March 16, there was a strong earthquake with the epicenter off the coast of Fukushima Prefecture. The following are methods of disposing waste generated by households and businesses caused by this earthquake.

Waste can be brought to the garbage disposal center until May 31st (Tuesday).

### How to dispose of waste generated by the earthquake

#### ① Please complete the procedure for the issuance of

##### Disaster Victim Certificate (罹災証明書: *risai shomeisho*)

- See information below on issuance of Disaster Victim Certificate
- Reception hours: Weekdays 8:30 am to 5:15 pm (extended reception hours until 7:00 pm)

#### ② Please bring the Disaster Victim Certificate to the center. (Fees exempt)

- Ichinoseki Garbage Disposal Center (Ichinoseki, Hanaizumi area) 0191-21-2157  
Weekdays 8: 30am-11: 45am/1: 00pm-4: 30pm  
Saturdays 8: 30am-11: 30am (excluding holidays)
- Daito Garbage Disposal Center (Daito, Senmaya, Higashiyama, Murone, Kawasaki, Fujisawa area) 0191-75-3149  
Weekdays 8: 30am-11: 45am/1: 00pm-4: 30pm  
3rd Sunday 8: 30am-11: 45am/1: 00pm-4: 30pm (excluding holidays)

\* Please sort into types when bringing in garbage

#### ■ Other methods

Household waste such as damaged glass and pottery can be disposed of as ordinary non-burnables, as long as the sorting rules and collection dates are followed. However, businesses cannot put their garbage out at the garbage collection point.

#### ■ Situations that will incur a fee

- If you request the services of a general waste collection and transportation business, you will be responsible for the fees.



#### 【Inquiries】

Ichinoseki City Hall Lifestyle and Environment Division 0191-21-8341

### Issuance of disaster certificates

■ What is a Certificate of Reported Damage 「罹災届出証明書 *risai todokede shomeisho*」? : A document that certifies your report of damages to land, furniture, houses/buildings.

■ What is a Disaster Victim Certificate 「罹災証明書 *risai shomeisho*」? : A document that shows the status of housing damage.

[Note] Before applying, please check with your insurance company if the documents are needed. There is no fee.

■ People who can apply: Owners of land, houses, or family members of the same household. In all other cases, a power of attorney must be attached.

■ Application procedure: Please submit to the Ichinoseki City Hall Taxation Division or Civic Division/Taxation Division at any branch office.

■ Requirements for application: (1) Application form (2) Photograph that shows the extent of damage (smartphone, digital camera images are also accepted) (3) Photo ID (driver's license, My Number Card, etc)

【Inquiries】 Ichinoseki City Hall Taxation Division 0191-21-8257

### Preparing for an earthquake What each family can do

#### ◆ When a big earthquake occurs

Protect your head and lower yourself to ensure your own safety (furniture may fall over and cause serious injury)

#### ◆ Preparation for earthquakes

- ① Take earthquake safety precautions, such as preventing furniture from tipping over and securing gas cylinders.
- ② Stockpile at least a three-day supply of drinking water and food that can be stored for a long period in case the power, gas, or water is cut off.
- ③ Prepare an emergency bag that you can take with you if you need to evacuate, as well as appropriate footwear.



#### ◆ What should I prepare in my emergency bag?

Emergency food, drinking water, flashlight, portable radio, spare batteries, work gloves, valuables such as cash and ID cards, masks, wet wipes, etc.

For families living with small children or the elderly, prepare disposable diapers, medicines for chronic diseases, etc. depending on your situation. 【Inquiries】 Fire Department Disaster Prevention Division 0191-25-5913

### May Notification Adult Medical Examination Schedule

- Medical screenings for adults will start on May 9th (Monday) in Ichinoseki.
  - Consultation slips and schedules were sent to eligible persons in mid-April. If you would like to apply for additional examinations or have recently moved to Ichinoseki, please contact one of the facilities listed below.
- ◇ **Simultaneous consultation** (reception hours: 6:45 am to 9:00 am)  
Cardiovascular examination (basic medical examination, specific examination, examination of latter stage elderly)  
Gastric cancer screening, colorectal cancer screening, lung cancer screening, hepatitis virus screening

Date	Area	Venue	Date	Area	Venue
9 <sup>th</sup> (Mon)	Fujisawa	Local Culture Preservation Center 郷土文化保存伝習館	20 <sup>th</sup> (Fri)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
10 <sup>th</sup> (Tues)		Fujisawa Civic Center Kinomi Bunkan 藤沢市民センター黄海分館	21 <sup>st</sup> (Sat)		
11 <sup>th</sup> (Wed)			22 <sup>nd</sup> (Sun)		
12 <sup>th</sup> (Thurs)	Kawasaki	Kawasaki Gymnasium 川崎体育センター	23 <sup>rd</sup> (Mon)		
13 <sup>th</sup> (Fri)			24 <sup>th</sup> (Tues)		
14 <sup>th</sup> (Sat)			25 <sup>th</sup> (Wed)	Daito	Daito Health Center 大東保健センター
15 <sup>th</sup> (Sun)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター	26 <sup>th</sup> (Thurs)		Daito Community Center 大東コミュニティセンター
16 <sup>th</sup> (Mon)			27 <sup>th</sup> (Fri)		
17 <sup>th</sup> (Tues)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター	28 <sup>th</sup> (Sat)	Murone	Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター
18 <sup>th</sup> (Wed)			29 <sup>th</sup> (Sun)		
19 <sup>th</sup> (Thurs)			30 <sup>th</sup> (Mon)		
			31 <sup>st</sup> (Tues)		

#### ◇Cervical cancer screening

(reception hours: 9:30am~10:30am/1:00pm~2:00pm)

Date	Area	Venue
19 <sup>th</sup> (Thurs)	Daito	Daito Health Center 大東保健センター
20 <sup>th</sup> (Fri)		

Please cooperate with COVID prevention methods

- ① Postpone consultation if you or a member of your family is in poor physical condition.
- ② Wait outside the venue when examination admissions are limited
- ③ Wear a mask

#### ◇Breast cancer screening

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

Date	Area	Venue
12 <sup>th</sup> (Thurs)	Higashiyama	Matsukawa Civic Center 松川市民センター
13 <sup>th</sup> (Fri)		Takouzu Civic Center 田河津市民センター/ Higashiyama Regional Exchange Center 東山地域交流センター
14 <sup>th</sup> (Sat)		Higashiyama Regional Exchange Center 東山地域交流センター

【Inquiries】Health Promotion Division 0191-21-2160  
or the Health and Welfare Division at any branch

### Support for people affected by COVID-19: 100,000yen to be provided to low income households/households experiencing sudden financial difficulty

#### ① Resident tax exempt households

- ◆ A confirmation letter (lemon color) will be sent to eligible households in early February.  
[Submission deadline: May 31 (Tuesday)]
- ◆ Households with undeclared persons or those who moved in after January 2, 2021 will not receive a note of confirmation. It is necessary to submit a separate application.  
[Application deadline: Friday, September 30th]

\*Benefits can only be granted once for either ① or ②







#### ② Households Experiencing Sudden Financial Difficulties

- ◆ Who can apply? : Households whose income has decreased since January 2021 due to COVID-19, and all household members have earned income equivalent to the per capita rate of residence tax exemption. (Please refer to the QR code)
- ◆ How to apply: by attaching documents that can confirm your income
- ◆ Application period: September 30th (Friday)



【Inquiries】Ichinoseki City Hall COVID-19 Control Headquarters, Livelihood Support Team 0191-21-8730  
or the Health and Welfare Division at any branch office

## Further resources

<a href="#">Iwate Prefecture</a> 	Find link to comprehensive English Guide that includes important information	
<a href="#">Iwate International Association</a> 	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.	TEL: 019-654-8900 Hours: 9:00am~8:00pm
<a href="#">Ichinoseki City English Guide</a> 	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.	
<a href="#">Ichinoseki International Association</a> 	Consultation services for foreign residents available. Staff can speak English and have tools to assist in other languages.	TEL: 0191-34-4711 Hours: 9:00am~6:00pm (Closed Thurs/holidays/ Dec.29~Jan.3)
<a href="#">Yorisoi Hotline</a> 	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	Specialized line for foreigners in Iwate, Miyagi, Fukushima: 0120-279-226
<a href="#">AMDA Medical Information Center</a> [特定非営利活動法人 AMDA 国際医療情報センター] 	Telephone Consultation for medical matters Free consultation & interpreting service Connection fees will apply	TEL: 03-6233-9266 Hours: 10:00am~4:00pm (Monday~Friday)

### Doctors on Duty (Nights/Holidays)

Scan the QR code (or click [here](#)) 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.

