

Ichinoseki Multilingual Information

Ichinoseki International Association

Translated excerpts from the public Ichinoseki newsletter, 'I-style'.

Regarding the COVID-19 Vaccination

May 16 ~ present

Administration of 4th Dose Begins

The 4th dose of the vaccine will be administered with the aim of preventing serious illness in the case of contracting COVID-19.

1. Those Eligible

The following are eligible if they have also received their 3rd dose:

- ① Those who are 60 years or older
- ② Those between the ages of 18 and 59 with an underlying medical condition, or whom a doctor has recognized as having a high risk of serious illness.

* For more information on what underlying medical conditions qualify, please check with the Ichinoseki City Homepage or the Ichinoseki COVID-19 Vaccination Call Center (0120-033-567).

2. Vaccination Interval

5 months or more after the 3rd dose.

Time frame of 3 rd dose	Time frame of 4 th dose
January 2022	June 2022
February 2022	July 2022
March 2022	August 2022
April 2022	September 2022

3. Vaccines Administered (The vaccine administered can differ from that of your first through third doses.)

- ☐ Pfizer
- ☐ Takeda/Moderna

4. Vaccination Tickets

60 years and older	Tickets were sent by mail on May 25 th (Wed) to those who received their 3 rd dose by January 2022. For those who received their 3 rd dose from February 2022 on, tickets will be sent in accordance with the possible timing of their vaccination.
18-59 year age bracket	A postcard was sent by mail on May 25 th (Wed) to those who received their 3 rd dose by January 2022. Those who are eligible for the 4 th dose and would like to receive it should apply with the attached reply card or the form mentioned in the postcard.

5. How to Make an Appointment

- ① Online or through the Call Center
- ② By contacting a medical facility

When seeing one's primary physician, it is possible to make an appointment in advance before the arrival of your vaccination ticket if the timing of your 3rd dose can be confirmed.


- ③ By reservation postcard <Those 60 years and older>

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

6. Vaccination Venues

Ichinoseki medical facilities (a list of sites administering vaccinations is included with the vaccination ticket.)

First through third doses from June

	Third dose for those 12 years and up	Vaccination for children (5-11 years old)
Vaccination Venues	Please check through the Ichinoseki Call Center or on the 'Corona Vaccine Navi' website.  Corona Vaccine Navi	Abe Naika Clinic (Takeyama) Kato Kodomo Clinic (Yamanome) Seishindo Clinic (Hanaizumi) Tanifuji Naika Clinic (Senmaya)
How to make a reservation	Method decided by each medical facility (Internet/Call center/through the facility directly)	Internet or call center

First and second doses for newly eligible people

We will continue to administer the 1st and 2nd doses to those who are of the eligible age for vaccination and those who have not been able to receive vaccinations due to special circumstances.

Summary of Those Eligible for the COVID-19 Vaccine

Eligible Persons	1 st and 2 nd Doses		3 rd Dose		4 th Dose	
	Interval	Vaccine	Interval	Vaccine	Interval	Vaccine
Aged 60 or up	3 weeks+ *Note: See below	Pfizer -or- Takeda/Moderna	6 months+	Pfizer -or- Takeda/Moderna	5 months+	Pfizer -or- Takeda/Moderna
Aged 18-59					5 months+ *Only those with underlying conditions	
Aged 12-17				Pfizer	Not eligible for this vaccination	
Aged 5-11		Pfizer (for children)	Not eligible for this vaccination			

*Note: The second dose of the Pfizer vaccine is administered 18 days after the first, while the Takeda/Moderna second dose is administered 20 days after the first.

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

June Notification Adult Medical Examination Schedule

◇ **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
1 st (Wed)	Daito	Daito Volleyball Memorial Hall 大東バレーボール記念館	17 th (Fri)	Fujisawa	Nikoniko Dome
2 nd (Thurs)			18 th (Sat)		ニコニコドーム
3 rd (Fri)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター	20 th (Mon)	Ichinoseki	Ichinoseki Community Health Center
4 th (Sat)			21 st (Tues)		一関保健センター
6 th (Mon)	Daito	Saruwawa Traditions Exchange Center 猿沢伝承交流館	22 nd (Wed)	Higashiyama	Takouzu Civic Center 田河津市民センター
7 th (Tues)			23 rd (Thurs)		Matsukawa Civic Center 松川市民センター
8 th (Wed)	Fujisawa	Nikoniko Dome ニコニコドーム	24 th (Fri)	Daito	Daito Workers Sports Center 大東勤労者体育センター
9 th (Thurs)			25 th (Sat)		
10 th (Fri)			26 th (Sun)	Senmaya	Rural Environment Improvement Center 千厩農村環境改善センター(上駒場)
11 th (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター	27 th (Mon)		
13 th (Mon)			28 th (Tues)		
14 th (Tues)			29 th (Wed)		
15 th (Wed)			30 th (Thurs)		Konashi Civic Center 小梨市民センター
16 th (Thurs)					

◇Breast cancer screening

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

Date	Area	Venue
30 th (Thurs)	Fujisawa	Fujisawa Civic Center Kinomi Bunkan 藤沢市民センター黄海分館

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

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

◇Cervical cancer screening

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

Date	Area	Venue
6 th (Mon)	Senmaya	Okutama Civic Center 奥玉市民センター
7 th (Tues)		Rural Environment Improvement Center 千厩農村環境改善センター(上駒場)
8 th (Wed)		
21 st (Tues)	Fujisawa	Nikoniko Dome ニコニコドーム/ Fujisawa Civic Center Kinomi Bunkan 藤沢市民センター黄海分館
22 nd (Wed)		Nikoniko Dome ニコニコドーム

Multilingual Disaster Support Workshop

Learn about responses and communication to support foreign residents and visitors when disasters occur.

- Date & Time: July 16th (Sat) 10:00am-2:30pm
- Place: Nano Hana Plaza, 2nd floor
- Eligible Participants: Anyone
- Max Participants: 30 people
- Cost: Free
- Application: Please apply using the application form by July 1st (Fri)

【Inquiries】

Community Interaction Promotion Division 0191-21-8194



Application form



Water Pipe Cleaning Work

In order to prevent an occurrence of red water (a murkiness in water caused by rust and such), the city will be cleaning the water pipes. While this work is in progress, red water will flow out when tap water is turned on.

- Work Period: June 6th (Mon) -9th (Thurs), 12th (Sun)-14th (Tues)
- Work Hours: 10:00 pm – 6:00am

* Work days and times differ depending on the area.




Please check the Ichinoseki City homepage for more details on work schedules and affected areas.

【Inquiries】Water Supply Division 0191-26-4847



Ichinoseki City

Further resources

Iwate Prefecture 	Find link to comprehensive English Guide that includes important information	
Iwate International Association 	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
Ichinoseki City English Guide 	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.	
Ichinoseki International Association 	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)
Yorisoi Hotline 	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
AMD A Medical Information Center 〔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 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.

Please bring your health insurance card and your medication record handbook (*okusuri techou*) when seeing a doctor.



[Ichinoseki City](#)

After-Hours Children's Emergency Hotline

A telephone helpline to consult with a nurse about responses and emergency measures for children's illnesses.

- Hours: 7:00pm-11:00pm
- Open year-round
- Phone number: 019-605-9000
Or dial #8000

