

# Ichinoseki Multilingual Information

Ichinoseki International Association

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

## Regarding the COVID-19 Vaccination

June 19 ~ present

### 4<sup>th</sup> Dose Administrations Begin in Succession

#### 1. Those Eligible

- 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. 4<sup>th</sup> Dose Vaccination Schedule based on Time Frame of 3<sup>rd</sup> Dose

Time Frame of 3 <sup>rd</sup> Dose	December 2021 ~ January, 2022	February		March	April	From May on
		Early	Late			
60 years and older (Dispatch of vaccination tickets)	May 25 <sup>th</sup> (Mailed)	June 21 <sup>st</sup> (Mailed)	July 6 <sup>th</sup>	Late July	Late August	To be announced once national policy is decided.
18-59 year age bracket (Dispatch of reservation application postcards)		June 21 <sup>st</sup> (Mailed)				
When the 4 <sup>th</sup> dose can be administered	May 27 <sup>th</sup>	Early July	Late July	August	September	

#### 3. How to Make an Appointment

- ① Call Center 0120-033-567 (toll free number) or Online
  - ② By contacting a medical facility
- \* Please check the "[List of Vaccination Venues for the 4<sup>th</sup> Dose](#)."



Online  
Reservation



List of 4<sup>th</sup> Dose  
Vaccination Venues

#### Third doses for those aged 12 and up

- The vaccination interval between the 2<sup>nd</sup> and 3<sup>rd</sup> dose has been shortened from "6 months or more" to "5 months or more."
- Vaccination tickets for the 3<sup>rd</sup> dose will be mailed on June 23<sup>rd</sup> (Thursday) to those 12 years and older who received their 2<sup>nd</sup> dose by February.
- Please check the "[List of Vaccination Venues for the 3<sup>rd</sup> Dose](#)" sent with the vaccination ticket and make a reservation using the reservation method specified by each medical institution to get vaccinated.



List of 3<sup>rd</sup> Dose  
Vaccination Venues

#### First and second doses for newly eligible people

We will continue to administer the 1<sup>st</sup> and 2<sup>nd</sup> 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 <sup>st</sup> and 2 <sup>nd</sup> Doses		3 <sup>rd</sup> Dose		4 <sup>th</sup> Dose	
	Interval	Vaccine	Interval	Vaccine	Interval	Vaccine
Aged 60 or up	3 weeks+ *Note: See below	Pfizer -or- Takeda/Moderna	5 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

## Other Information

## 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.

**Reservations by phone are required in**

- **Location:** Ichinoseki City Hall Civic Division or the Civic Division at any branch
- **When:** July 24th & 31st, August 27th & 28th, September 11th & 25th, October 30th, November 27th, December 25th (Sundays 9:00am - 11:30am \*August 27th is the only Saturday.)  
\* Please confirm when making a reservation as the schedule may change.
- **When can I make a reservation?:** Please call to make a reservation by the Wednesday before your desired date. (If that Wednesday is a holiday, then by Tuesday of that week.)
- **ID Photos:** ID photos will be taken on site, so there is no need to prepare a photo ahead of time.
- **Phone reservation:** Ichinoseki City Hall Civic Division 0191-21-8310 (Weekdays 8:30am-5:15pm)  
Or the Civic Division at any branch; Hanaizumi Branch Office 0191-82-2213/ Daito Branch Office 0191-72-4075/ Senmaya Branch Office 0191-53-3945/ Higashiyama Branch Office 0191-47-4516/ Murone Branch Office 0191-64-3804/ Kawasaki Branch Office 0191-43-2113/ Fujisawa Branch Office 0191-63-5316

### Notice of payment in July

- ① Property tax 2nd term
- ② National health insurance tax (general collection) 1st term
- ③ 1st term of medical insurance premiums for the elderly (general collection)
- ④ 1st term of long-term care insurance premiums (general collection)

Payment deadline: Monday, August 1st.

【Inquiry】Ichinoseki City Hall Tax Payment Division  
0191-21-8261

Or Ichinoseki City Tax Savings Association

### Iwate Prefectural Iwai Hospital Pediatrics Department to be by appointment only

- Appointment only begins: August 1st (Monday)
- Why will it change to appointment only?:
  - ① In response to patients requiring hospitalization or exams
  - ② In response to COVID-19

Please refer to the "[Primary Care Doctor Guidebook](#)" delivered to each household and see the medical facility appropriate to your child's symptoms.



Primary Care Doctor Guidebook

【Inquiry】

Iwate Prefectural Iwai Hospital 0191-23-3452

### Livelihood support consultations

Consultations will be provided to help relieve COVID-19-related worries and anxieties.

- Date/Time: Saturday, July 23rd, 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center/  
Senmaya Rural Labor Welfare Center
- Contents that can be consulted:
  - (1) Consultation for people who are having trouble in their day to day
  - (2) Consultation for borrowing money
  - (3) Consultation for children (consult at the Ichinoseki City General Welfare Center)

【Inquiries】Ichinoseki City Council of Social Welfare  
0191-23-6020

### If you are having trouble paying into the National Pension

If you have trouble making pension payments due to an income reduction or loss of work, please use the "National Pension Contribution Exemption/Payment Postponement" rather than missing payments.

- Exemption due to Loss of Work: Please bring your Separation Notice (雇用保険被保険者離職票). Applications can be made for up to 2 years and 1 month prior.

- Applications for the 2022 fiscal year (for July 2022 ~ June 2023): July 1st (Friday) ~

【Applications/Inquiries】Ichinoseki City Hall  
National Health Insurance and Pension Division  
0191-21-8316

Or at each branch office's Civic Division

### July 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

◇**Breast cancer screening** (reception hours: 9:30am~10:30am/1:30pm~2:30pm)

◇**Cervical cancer screening** (reception hours: 9:30am~10:30am/1:00pm~2:00pm)

Please check the schedule [here](#).



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

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

### Summer break food pantry



Distribution of food for single parent homes who are struggling in their daily lives.

You can also seek advice on day-to-day issues

When	Where	Who is eligible
July 23 (Sat) 10:00am ~ 4:00pm	Ichinoseki City General Welfare Center Senmaya Rural Labor Welfare Center	Single parents raising children on their own * A household with a child or children in the third year of high school or younger who are not working.

- How to apply: Please apply using the advance application form on the Ichinoseki Council of Social Welfare website.
- Application date: Until Friday, July 15      【Inquiries】Ichinoseki City Council of Social Welfare 0191-23-6020

## 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="#">AMD A 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 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

