

Ichinoseki Multilingual Information

Ichinoseki International Association

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

Regarding the COVID-19 Vaccination

July 14 ~ present

4th Dose Vaccination Schedule

Time Frame of 3 rd Dose	December 2021 ~ January, 2022	February		March	April	From May on
		Early	Late			
60 years and older (Dispatch of vaccination tickets)	May 25 th (Mailed)	June 21 st (Mailed)	July 6 th (Mailed)	July 20 th (Scheduled)	August 23 rd (Scheduled)	To be announced once national policy is decided.
18-59 year age bracket (Dispatch of reservation application postcards)		June 21 st (Mailed)		July 14 th (Mailed)		
When the 4 th dose can be administered	May 27 th	Early July	Late July	August	September	

■ 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 4th Dose](#)."



Online
Reservation



List of 4th Dose
Vaccination Venues

First through Third doses for newly eligible people

We will continue to administer the 1st through 3rd 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.

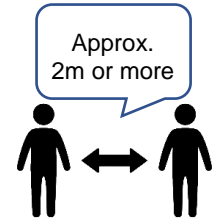
To those who have not yet received their 3rd Dose

The number of new cases of COVID-19 have been rising nationwide. Booster vaccination rates are especially low among those in their teens to thirties. As we now enter the summer holidays, experts predict an increased chance of transmission. To prevent the spread of the virus and serious illness when infected, we ask those who have not yet received their 3rd dose to consider getting vaccinated ahead of time.

Countermeasures Against COVID-19 Indoor & Outdoor Mask Wearing



- Mask wearing remains a basic and important step to prevent infection, just as it has so far.
- When outdoors, masks are not necessary when keeping a distance of 2m or more from other people, or if you are not talking at closer distances.
- When indoors, masks are not necessary when keeping a distance of 2m or more from other people **AND** you are not talking.



Outdoors

When outdoors, unless speaking to someone at a close distance, masks are not necessary.
In hot weather, wearing a mask can increase the risk of heat stroke.
Let's remove our masks outdoors when masks are not necessary.



Indoors

When indoors, please wear a mask when speaking, regardless of your distance from others.
Even when not speaking, please continue to wear a mask in the following situations:

- when riding on a crowded bus or train,
- when inside crowded shopping centers,
- when meeting with the elderly,
- when visiting a hospital, etc.



■ Preschool-aged children:

- Mask wearing **IS NOT** recommended for children under 2 years of age.
- Mask wearing is not uniformly required for children older than 2 years, regardless of their distance from others.

* For more info, please check [here](#).
(Ichinoseki City)



About Mask Use
(Ichinoseki City)

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

Notice of payment in August

- ① City prefectural tax (general collection) 2nd term
 - ② National health insurance tax (general collection) 2nd term
 - ③ 2nd term of medical insurance premiums for the elderly (general collection)
- Payment deadline: Wednesday, August 31st.

【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)
- Those with a letter of introduction must also make an appointment, so please call ahead of time.
- If visiting the hospital directly without an appointment, an exam may be scheduled for the next day or later depending on symptoms.

【Inquiry】
Iwate Prefectural Iwai Hospital 0191-23-3452

New Service for COVID-19 Vaccination Certificate Begins

① Vaccination certificates can be issued at convenience stores. (For a Fee)

Starting in mid-August, some convenience stores in the city will be able to issue paper certificates for COVID-19 vaccination.

◆ Necessary documents to apply for convenience store delivery:

- ① My Number Card of the recipient
- ② Issuance Fee 120 yen/certificate (as of 2022)

◆ Important points for convenience store delivery:

- Stores where the service can be used are limited, and the date the service begins at each store may differ.
- Fees cannot be refunded after printing the certificate.
- Vaccination certificates for international travel will require the issuance history from July 21st, 2022 (Thurs.) and on, received through the Health Promotion Division or the vaccination certificate app.

② Digital vaccination certificates can be printed by oneself.

◆ You are now able to save an image of and print for yourself the digital vaccination certificate obtained through the vaccination certificate app.

◆ The ability to save the image will be available after installing the newest update for the app from the App Store or Google Play.

◆ The vaccination certificate received after updating the app is the image that can be saved.

*For more info, please check the [city homepage](#).



【Inquiry】Health Promotion Division 0191-21-2160

August Notification Adult Medical Examination Schedule

◇ **Cardiovascular examination, lung cancer screening, hepatitis virus screening** (reception hours: 9:30am ~ 11:00am / 1:30pm ~ 2:30pm)

◇ **Gastric cancer screening, colorectal cancer screening** (reception hours: 6:30am ~ 8:30am)

◇ **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)

In addition to these, tuberculosis tests are also available.

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.

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

