

# Ichinoseki Multilingual Information

Ichinoseki International Association

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

## Regarding the COVID-19 Vaccination

September 14 ~ present

### 【Vaccination Administration Period Expected to be Extended】

While the vaccine administration period decided nationally is only until September 30<sup>th</sup>, 2022, it is expected to be extended from October on.

**No charge  
for  
vaccines!**

### 【Vaccinations Targeting the Omicron Variant Begin】

Administration of the Omicron booster shots will begin rolling out starting in October. The booster shots are expected to be greatly effective in preventing severe illness, infection, and the appearance of symptoms against the Omicron coronavirus variant more than the vaccines currently in use.

**Those Eligible** Residents aged 12 years or older who have received their 1<sup>st</sup> and 2<sup>nd</sup> vaccinations

**Vaccine Administered** Pfizer or Moderna Omicron booster

**Number of Vaccinations** 1 vaccine per person (at this time)

#### Vaccination Procedure

- Vaccinations will begin with those who have not yet received their 3<sup>rd</sup> dose, as well as those eligible for their 4<sup>th</sup> dose (people aged 60 years or older or who are at risk of serious illness, etc.) but who have not yet received it.
- Those 59 years or younger not yet eligible for the 4<sup>th</sup> dose, should get it once they receive their ticket.

3 <sup>rd</sup> Dose	4 <sup>th</sup> Dose	Vaccination Ticket	Vaccination Starting Date
Not yet 【Has Ticket】		Use the ticket you currently have	10/1 (Sat)~
Not yet 【No Ticket】		To be delivered before the end of the 5th month after the 2nd Dose	
	Not yet 【Has Ticket】	Use the ticket you currently have	
	Administered	To be delivered before the end of the 5th month after the 4th Dose	As soon as Vaccination Ticket is delivered
Administered	Not yet 【No Ticket】	To be mailed from mid-October	

\* Those who have moved or lost/damaged their ticket must get a new one issued. Please make a request to the Call Center or to the Health Promotion Division/the Health and Welfare Division at your local branch office.

**Vaccination Venues** Currently being finalized, but likely at city medical facilities as well as the Ichinoseki City Gym (U-Dome). Please confirm with the leaflet included with your vaccination ticket, or on the Ichinoseki City Homepage (as well as the official city LINE account) from late-September.

**How to Make an Appointment** Once you receive the vaccination ticket and check the included list of vaccination venues, please make an appointment at a city medical facility using the method indicated (online, through the call center, or contacting the facility directly).

● Ichinoseki City Homepage  
here→



● Ichinoseki City LINE Account  
here→



### 3<sup>rd</sup> Doses for Children ages 5-11

The 3<sup>rd</sup> dose is being administered to children aged 5-11 years once 5 months has passed after their second vaccination.

**Vaccine Administered** Pfizer vaccine for children

#### Vaccination Ticket

- To be mailed to those eligible before the end of the 5<sup>th</sup> month after the second shot.
- Tickets for those who received their 2<sup>nd</sup> dose by May 2022 will be mailed on September 20<sup>th</sup> (Tues).

**Vaccination Venues/Dates & Times** \* Children must be accompanied by a guardian.

Ichinoseki City Gym (U-Dome)		City Medical Facilities (7 locations)
October 1 <sup>st</sup> (Sat)	2:00 pm~4:20 pm (Check in by 4:00 pm)	Starting September 27 <sup>th</sup> (Tues), on dates and times decided by each medical facility (will differ by location).
October 23 <sup>rd</sup> (Sun)	8:30 am~10:50 am 1:00 pm~3:20 pm (Check in by 3:00 pm)	《Participating Medical Facilities》 Abe Naika Clinic (Takeyama), Senwa Clinic (Sakuragi), Seishindo Clinic (Hanaizumi), Kanno Naika Clinic (Daito), Tanifuji Naika Clinic (Senmaya), Nanohana Clinic (Senmaya), Abe Clinic (Higashiyama)
November 20 <sup>th</sup> (Sun)	8:30 am~10:50 am (Check in by 10:30 am)	

**How to Make an Appointment** Please make a reservation online or through the call center as soon as your vaccination ticket has arrived.

### 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.

**Vaccinations for those 12 and older:** Due to the start of the Omicron boosters, vaccinations are being scaled down and will only be administered at Showa Hospital (Tamura). (The Omicron booster cannot be administered for the first or second dose.)

**Vaccinations for children ages 5-11:** Vaccinations will be administered at the Ichinoseki City Gym (U-Dome) according to the schedule below, in addition to the 4 current medical facilities.

Schedule	1 <sup>st</sup> Dose	2 <sup>nd</sup> Dose	Vaccination Time
①	October 1 <sup>st</sup> (Sat)	October 23 <sup>rd</sup> (Sun)	2:00 pm~2:20 pm
②	October 23 <sup>rd</sup> (Sun)	November 20 <sup>th</sup> (Sun)	8:30 am~8:50 am

### 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 October

- ① 3<sup>rd</sup> term of City prefectural tax (general collection)
- ② 4<sup>th</sup> term of National health insurance tax (general collection)
- ③ 4<sup>th</sup> term of medical insurance premiums for the elderly (general collection)

Payment deadline: Monday, October 31<sup>st</sup>

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

### My Number Card Application and Issuing Window Opens

- October Opening Hours:  
Oct. 30<sup>th</sup> (Sun), 9:00am~11:30am
  - Locations: Ichinoseki City Hall and each branch office's Civic Division
  - \* Cards can only be received at the head office or branch office for your residential area.
  - \* Applications can be done at any office.
  - Appointments/Inquiries: To make an appointment, call your office directly by the Wed. prior to your preferred date (by the preceding Tues. if Wed. is a holiday).
- 【Inquiries】  
Ichinoseki City Hall Civic Division 0191-21-8310

**RSVP Only**



### Flu Shot Subsidy for Children & Seniors

In Ichinoseki, some of the costs of the influenza vaccine are subsidized for children and seniors.

■ Subsidized Period: Oct. 1<sup>st</sup> (Sat)~Jan. 31<sup>st</sup>, 2023 (Tues)

■ Please refer to the city [homepage](#) for info on:

\* Those eligible and subsidized amounts

\* Eligible Medical Facilities

- Please make a reservation in advance at a medical facility.
- Vaccination tickets and pre-vaccination questionnaire are distributed by participating facilities.
- Those wishing to get vaccinated at a non-participating facility should inquire at the numbers below.

■ Note:

- ① It is no longer necessary to wait before receiving the COVID-19 vaccine, and both may be administered at the same time.
- ② Vaccines cannot be administered to those with a fever greater than 37.5°C or a serious illness.

- ③ In some cases, the doctor may decide to postpone vaccination. Please consult with your doctor on a day you're in good health to be vaccinated.

#### 【Everyday Precautions are Important】

Vaccines are not guaranteed to completely prevent infection. Please be thorough with infection prevention measures such as mask-wearing, handwashing, and gargling.



#### 【Inquiries】

《About Flu Shots for Children》

Childcare Support Division 0191-21-5409 or the Health and Welfare Division at any branch office

《About Flu Shots for Seniors》

Health Promotion Division 0191-21-2160 or the Health and Welfare Division at any branch office

### October Notification Adult Medical Examination Schedule

#### ◇Breast cancer screening

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

Area	Date	Place
Hanaizumi	1 <sup>st</sup> (Sat)	Hanaizumi General Welfare Center

#### ◇Colorectal cancer screening

(reception hours: 9:30am~11:30am)

Area	Date	Place
Ichinoseki	23 <sup>rd</sup> (Sun)	Ichinoseki Community Health Center

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 office

### Multicultural Disaster Prevention Seminar

What should you do in an earthquake, fire, or typhoon?  
Learn how to prepare to save your own life!

- Date/Time: October 15<sup>th</sup> (Sat) 1:00 pm~3:00 pm
- Place: Ichinoseki General Disaster Prevention Center
- Cost: Free
- Target Participants: Foreign residents or those interested in helping foreigners
- Max No. of Participants: 30
- RSVP: Please respond by October 5<sup>th</sup> (Wed) via the application form here:

<https://forms.gle/6APXeWJAfdxdWt598>







\* More info [here](#)



#### 【Inquiries】

Ichinoseki International Association 0191-34-4711

## Further resources

<a href="#"><u>Iwate Prefecture</u></a> 	Find link to comprehensive English Guide that includes important information	
<a href="#"><u>Iwate International Association</u></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="#"><u>Ichinoseki City English Guide</u></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="#"><u>Ichinoseki International Association</u></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="#"><u>Yorisoi Hotline</u></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="#"><u>AMDA Medical Information Center</u></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

