

# Ichinoseki Multilingual Information

Ichinoseki International Association

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

## Regarding the COVID-19 Vaccination

August 17 ~ present

### 4th Dose Vaccinations Being Administered

Vaccinations  
are free of  
charge

#### ■ The following people are currently eligible for their 4<sup>th</sup> dose:

- ① Those aged 60 years and older
- ② Those aged 18 years and older who have underlying medical conditions or whom a doctor has recognized as having a high risk of serious illness
- ③ Those aged 18 years and older who work at medical facilities, elder care facilities, or welfare facilities for the disabled



#### ■ The Effectiveness and Safety of the COVID-19 Vaccines

According to overseas research, people aged 60 years and older who received their 4<sup>th</sup> dose four or more months after their 3<sup>rd</sup>, were able to maintain protection against serious illness even 6 weeks after their vaccination during the spread of the omicron variant.

Also, it was reported that serious side effects from the vaccine were not seen up to 21 days after the administration of the 4<sup>th</sup> dose.

#### ■ 4th Dose Vaccination Schedule based on Time Frame of 3rd Dose

Time Frame of 3 <sup>rd</sup> Dose	When the 4 <sup>th</sup> dose can be administered	Dispatch date of vaccination tickets (for those 60+) or Vaccination reservation postcards (for those 18-59)
April 2022	September 2022	August 23 <sup>rd</sup> , 2022 (Scheduled)
From May 2022 on	From October 2022 on *To be announced once national policy is decided.	

#### 《COVID-19 Vaccinations from October》


- Currently, the COVID-19 vaccine administration period has been decided by the country until September 30<sup>th</sup>, so please be sure to get vaccinated by September 30<sup>th</sup>.
- The vaccine administration period is expected to be extended, but it has not yet been specified.
- Additionally, it is expected that a vaccine for the omicron variant will begin starting in mid-October, but details such as who will be eligible and vaccination intervals have not yet been announced.
- As soon as national policy has been decided, we will share this information on the city newsletter and homepage.

#### ■ Changes to Vaccines Used at Some Medical Facilities

The following medical facilities have until now administered the Pfizer vaccine, but will now be administering the Moderna vaccine.

- Oikawa Naika Ichouka Clinic (Narugami) • Kageyama Clinic (Nishizawa)
- Kasahara Jibi-inkoka Clinic (Godai-cho) • Okutama Health Clinic (Senmaya-cho, Okutama)
- Higashiyama Hospital (Higashiyama-cho, Matsukawa)

### 1<sup>st</sup> through 3<sup>rd</sup> Dose Vaccinations from September

	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 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.

### 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

### Seek Consultations and Exams at Medical Facilities on Weekdays when Possible ~We thank you for your cooperation!~

Currently, at several medical institutions there are incidents of medical workers isolating at home due to infection or becoming a close contact. Staff shortages due to the increase of infections among medical workers are increasing the day-to-day burden of treatment for COVID-19 alongside general medical care.

In order to reduce the burden on our medical facilities and ensure medical emergencies receive appropriate care, we request that all residents of the city, when feeling unwell, receive consultations and exams on weekdays during the day if possible. Also, we once again request that everyone continues to consistently follow basic infection prevention methods.

#### <Inquiries to Medical Facilities for COVID-19 Treatment & Tests>

##### ○ Inquiries and Examinations at Medical Facilities

- Please check at nearby medical facilities beforehand if COVID-19 treatment and testing is available.
- When possible, please receive consultations and exams during the day on weekdays.

##### ○ Inquiries to the Medical Consultation Center

- For cases when medical facilities cannot be reached (such as at night or on holidays), please call the Medical Consultation Center.
  - In order to be seen for an exam promptly, please call during the day on weekdays when possible.
- Phone: 019-651-3175 Fax: 019-626-0837



List of medical  
facilities offering COVID-  
19 treatment and exams

## Other Information

### Notice of payment in September

- ① 3<sup>rd</sup> term of National Health Insurance tax (general collection)
- ② 3<sup>rd</sup> term of medical insurance premiums for the elderly (general collection)
- ③ 2<sup>nd</sup> term of Long-term Care Insurance fees (general collection)

Payment deadline: Wednesday, September 30<sup>th</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

- September Opening Hours: Sept. 11<sup>th</sup>, 25<sup>th</sup> (Sunday), 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

### About the 41<sup>st</sup> Ichinoseki International Half Marathon

The 41<sup>st</sup> Ichinoseki International Half Marathon will be held with the area around the Ichinoseki City Gymnasium Udome as the start and end points. Because of that, please be aware of traffic restrictions in the area.

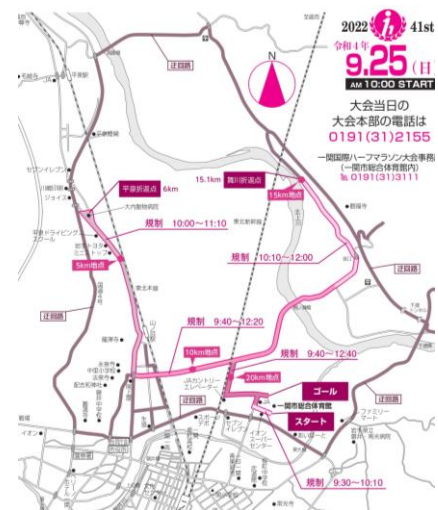
- Date: September 25<sup>th</sup>, 2022 (Sunday)
- Time: 10:00am start
- Place: 【START】AEON Super Center North Exit  
【GOAL】Ichinoseki Gym Ichinoseki City Gymnasium Ishinose Bridge
- Traffic Restriction Times: 9:30am~12:40pm

#### 【Requests for Cooperation】

- ◇ Except for participants, no one (including family and friends) will be allowed to enter the marathon site.
- ◇ Please refrain from cheering along the route of the course.
- ◇ Please obey directions from police and staff members at the site.

#### 【Inquiries】

Ichinoseki International Half Marathon Office 0191-31-3111/  
HQ on the day of the marathon: 0191-31-2155



Please look [here](#) for more details.  
(Ichinoseki Half Marathon)



### September Notification Adult Medical Examination Schedule

- ◇ Cardiovascular examination, lung cancer screening, hepatitis virus screening (reception hours: 9:30am~11:00am/1:30pm~2:30pm)
- ◇ Colorectal cancer screening (reception hours: 9:30am~11:30am)
- ◇ Breast cancer screening (reception hours: 9:30am~10:30am/1:30pm~2:30pm)

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

<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

