

# Ichinoseki Multilingual Information

Ichinoseki International Association

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

No charge  
for  
vaccines!

## Regarding the COVID-19 Vaccination

November 17 ~ present

### 【Booster Vaccinations (3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Doses) for those 12 years and older】 ~Vaccination Interval Shortened to 3 Months~

For the past two years, COVID-19 cases have surged around the new year holidays. We ask that not only the elderly, but younger people as well consider getting the bivalent vaccine for the Omicron variant by the year's end.

Vaccination Venue	Vaccination Dates & Times	Vaccines Used	RSVP Method
City Medical Facilities (57 locations)	Decided by each medical facility	Pfizer/ Moderna (Omicron BA.4/BA.5)	Method decided by each medical facility (Internet/Call center/through the facility directly)
Ichinoseki City Gym (U-Dome) * Until the end of December	【December】 Fri. 6:30 pm - 9:00 pm Sat. 2:00 pm - 5:30 pm Sun. 8:30 am - 12:00 pm 1:00 pm - 4:30 pm	Pfizer (Omicron BA.1)	Online, or through the Call Center <b>0120-033-567</b> (No charge for calls)

### 【1<sup>st</sup> and 2<sup>nd</sup> Doses for those 12 years and older】

Uses the vaccines for the original variant. The Omicron variant-targeted bivalent vaccine is not available for the first two doses.

Vaccination Venue	Vaccines Used	RSVP Method
Showa hospital (Tamura-cho)	Pfizer Vaccine (Original Variant)	Online, or through the Call Center <b>0120-033-567</b> (No charge for calls)

### 【Vaccinations for Children (5-11 years old)】

Starting in December, vaccinations will be administered at the following four venues.

Vaccination Venue	Vaccines Used	RSVP Method
Abe Naika Clinic (Takeyama-cho) Senwa Clinic (Sakuragi-cho) Seishindo Clinic (Hanaizumi) Tanifuji Naika Clinic (Senmaya)	Pfizer Vaccine for Children	Online, or through the Call Center <b>0120-033-567</b> (No charge for calls)

## 【Vaccinations for Young Children (Aged 6 mos. to 4 years)】

~Please get the first vaccination by the end of the year!~

**Cost of Vaccines:** Free

**Vaccines Used:** Pfizer Vaccine for Children under 5

**Number of Doses:** 3 doses

The 2<sup>nd</sup> Dose is after an interval of 3 weeks, and the 3<sup>rd</sup> after an interval of 8 weeks.



**Notes:** Currently, COVID-19 vaccinations are scheduled until Friday, March 31<sup>st</sup>, 2023. Because it takes 11 weeks from the first to third dose, those who wish to be vaccinated by the end of March should get their first vaccination before the end of the year.

Vaccination Venues Starting in December				RSVP Method
Iwate Prefectural Iwai Hospital (17 Odaira, Kozenji)			City Medical Facilities	Methods differ by age group.
# of Doses	Dates	Time	•Kato Kodomo Clinic (Yamanome) •Saito Sanfujinka Clinic (Chuo-cho) •Seishindo Clinic (Hanaizumi) •Nanohana Clinic Senmaya (Senmaya) •Abe Clinic (Higashiyama)	<b>【Infants aged 6 mos. to 1 year】</b> Make an appointment by calling the Call Center  <b>【Toddlers aged 1 to 4 years】</b> Make an appointment Online or through the Call Center * Appts. for the 3 <sup>rd</sup> Dose can be made starting Saturday, Nov. 26 <sup>th</sup>
1 <sup>st</sup> Dose	Dec. 17 <sup>th</sup> (Sat.)	9:00 am~ 12:00 pm		
2 <sup>nd</sup> Dose	Jan. 7 <sup>th</sup> (Sat.)			
3 <sup>rd</sup> Dose	Mar. 4 <sup>th</sup> (Sat.)			

### Request from the Ichinoseki City Health Department ~Let's protect our local health care system from COVID-19!~

While our health care system is under strain from the drastic increase of COVID-19 patients, it is necessary to ensure medical treatment for other patients as well.

○ **Remain diligent in your daily COVID-19 prevention measures.**

- In addition to COVID-19, please get vaccinated for influenza as well, which will also surge this winter.
- Effective prevention measures include avoiding closed spaces, crowds, and close contact, and maintaining proper ventilation.

○ **Be prepared in case of infection.**

- Prepare in advance with fever-reducing painkillers, approved COVID-19 antigen test kits, and approximately 5 days' worth of food and drink in case you must quarantine at home.

○ **If you are showing possible COVID-19 symptoms...**

- If you do not have a high chance of severe illness (either due to age or an underlying condition), we ask for your cooperation in testing yourself with a rapid antigen test instead of visiting a clinic for an exam.
- If you test positive, please call the Iwate Confirmed Cases Registration Center (TEL: 0570-005-451) and begin self-isolation at home.
- If you are 65 years or older, pregnant, or have an underlying condition that puts you at risk of severe illness, please call to consult with your doctor or a medical facility ASAP to get tested.
- For elementary school-aged children or younger, please consult with your pediatrician.

【Inquiries】Ichinoseki City Health Department 0191-26-1415

#### Please check for the newest updates here:

● Ichinoseki City Homepage



● Ichinoseki City LINE Account



### 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  
Health Promotion Division 0191-21-2160 or the health and welfare section at any branch

### Other Information

#### Year-end garbage disposal



Ichinoseki or Daito garbage disposal centers

Garbage collection duty	
Collection until Friday, December 30, 2022	Collection from Wednesday, January 4, 2023

Acceptance of garbage (bringing in)
Garbage brought in will be accepted until 4:30 pm on Wednesday, December 28, 2022. Normal operations from Wednesday, January 4, 2023.

\* Please confirm with the garbage disposal calendar.

#### 【Inquiries】

Ichinoseki Garbage Disposal Center 0191-21-2157

Daito Garbage Disposal Center 0191-75-3149

#### Winter 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
December 24 (Sat) 10:00am ~ 3:00pm	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 use the application form on the [Ichinoseki Council of Social Welfare](#) website.
- Application date: Until Thursday, December 15

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

#### Notice of payment in December

There are repeated incidents of tax refund scammers posing as city employees.

The city will never ask you to visit an ATM or ask for your PIN number.

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

Payment deadline: Wednesday, December 28<sup>th</sup>

**Beware of  
Scams!**



#### 【Inquiry】

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

#### Cooperation with snow removal

When snowfall is heavy, vehicles to remove snow are dispatched.

In Ichinoseki, snow is first removed from roads with heavy traffic as well as bus and school commute routes.

Snow is removed from late at night to early morning. Ichinoseki City does not remove snow shoveled at home and put out in front of your residence.

#### 【Request for cooperation】






- Please shovel the areas in front of your home yourself

#### 【Caution】

- Do not park on the street
- Do not go near the snowplow



## 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="#">AMDA 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

