

Ichinoseki Multilingual Information

Ichinoseki International Association

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

Regarding the COVID-19 Vaccination

October 19 ~ present

At this time, COVID-19 vaccinations are until March 31st, 2023 (Friday).

Those who wish to be vaccinated should do so as soon as possible.

There is a chance that national policy regarding those eligible and the vaccines used from here on will change.

【Omicron Variant-Targeted Bivalent COVID-19 Boosters Now Available】

Currently, COVID-19 vaccinations with the bivalent vaccine that targets both the original and the Omicron BA.1 variants are being offered, but from November a bivalent vaccine for the Omicron BA.4-5 variants will also be used.

Because both are expected to exceed the effectiveness of the original vaccine, those who wish to be vaccinated should do so with whatever vaccine they can receive sooner.

Those Eligible: People aged 12 and up who have received their 1st and 2nd Dose

Number of Doses: Currently 1 per person

Vaccination Interval: 5 months or more following the previous vaccination (2nd, 3rd, or 4th dose)
* **At the end of October, the vaccination interval is expected to be reduced.**

Vaccination Tickets:

- Already mailed to those who received their previous vaccination by May 2022.
- For those vaccinated between June and August, scheduled to be mailed from Oct. 27th (Thurs.) to Nov. 4th (Fri.).
- For those vaccinated from September on, will be mailed 1 month before they are eligible to be vaccinated.

**No charge
for
vaccines!**

Vaccines Administered: Vaccines to be used starting in November are as follows:

Vaccination Venue	Vaccines
Ichinoseki City Gym (U-Dome)	November: Moderna (Omicron BA.1 Booster) December: Pfizer (Omicron BA.1 Booster)
City Medical Facilities	Pfizer (Omicron BA.4-5 Booster)

* There may be changes to the vaccines used.

Vaccination Venues and Reservations:

There may be changes to venues and reservation methods.

**Please get vaccinated after
making an appointment.**

Reservation Method	Venue/Medical Facility
Online, or through the Call Center 0120-033-567 (No charge for calls)	Please confirm here . (Ichinoseki City)
Directly through the medical facility	

Please check for the newest updates here:

● Ichinoseki City Homepage



● Ichinoseki City LINE Account



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



Cost of Vaccines: Free

Vaccines Used: Pfizer Vaccine for Children under 5

Number of Doses: 3 doses

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

Vaccination Tickets:

- For those eligible in November 2022 (born Dec. 2017~May 2022), scheduled to be mailed in October.
- For those who will turn 6 months old in December 2022 and on, will be mailed by the end of the month prior to becoming eligible.

Notes: 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/Dates & Times: * Children must be accompanied by a guardian.

Iwate Prefectural Iwai Hospital（17 Odaira, Kozenji）				City Medical Facilities
1 st Dose	2 nd Dose	3 rd Dose	Time	Dates and Times are decided by each medical facility. *Vaccination dates and times differ by facility. 《Participating Medical Facilities》 ・Kato Kodomo Clinic（Yamanome） ・Saito Sanfujinka Clinic（Chuo-cho） ・Seishindo Clinic（Hanaizumi） ・Nanohana Clinic Senmaya（Senmaya） ・Abe Clinic（Higashiyama）
November 12 th （Sat.）	December 3 rd （Sat.）	January 28 th （Sat.）	9:00 am～ 12:00 pm	
November 19 th （Sat.）	December 10 th （Sat.）	February 4 th （Sat.）		
December 17 th （Sat.）	January 7 th （Sat.）	March 4 th （Sat.）		


**Those 12 and older who are not yet vaccinated,
Please consider vaccinating by year end**

COVID-19 will spread after the year-end and New Year holidays.

Receiving the Omicron bivalent booster is not possible unless you have received your 1st and 2nd doses.

Please consider getting vaccinated against the original variant before the end of the year.

Vaccinations for children (ages 5-11) will also continue to be offered at city medical facilities.

Those Eligible	Vaccination Venues	Vaccines Used	City Medical Facilities
1 st and 2 nd Doses for those aged 12 and up	Showa hospital (Tamura-cho)	Pfizer Vaccine (Original Variant)	Online, or through the Call Center 0120-033-567 (No charge for calls) 
1 st and 2 nd Doses for Children (5-11 yrs old)	Abe Naika Clinic (Takeyama-cho) Senwa Clinic (Sakuragi-cho) Seishindo Clinic (Hanaizumi) Tanifuji Naika Clinic (Senmaya)	Pfizer Vaccine for Children	
3 rd Doses for Children (5-11 yrs old)	Ichinoseki City Gym (U-Dome) Abe Naika Clinic (Takeyama-cho) Senwa Clinic (Sakuragi-cho) Seishindo Clinic (Hanaizumi) Tanifuji Naika Clinic (Senmaya) Nanohana Clinic Senmaya (Senmaya) Abe Clinic (Higashiyama)		



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

My Number Card Application and Issuing Window Opens

- Reception Dates: November 13th, 27th, December 11th, 25th, 2022; January 29th, February 12th, March 12th, 2023 (All Sundays)
* These dates may change. Please check when making a reservation.
- Time: 9:00 am~11:30 am
- 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).
- Other: ID photos will be taken at the weekend application window, so there is no need to prepare a photograph.



RSVP Only

【Inquiries】

Ichinoseki City Hall Civic Division 0191-21-8310

November Notification Adult Medical Examination Schedule

◇Breast cancer screening

- Venue: Ichinoseki Community Health Center
- Dates: November 9th (Wed.), 10th (Thurs.), 11th (Fri.) *15th (Tues.), 16th (Wed.), 17th (Thurs.), 18th (Fri.), *24th (Thurs.), 25th (Fri.), 26th (Sat.)
- Reception Hours: 9:30 am~10:30 am/1:30 pm~2:30 pm
*Reception hours for the 15th (Tues.) and the 24th (Thurs.) are from 1:30 pm~3:00 pm/5:30 pm~7:00 pm.

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

Notice of payment in November

**Beware of
Scams!!**

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. Please be careful.

- ① 5th term of National health insurance tax (general collection)
- ② 5th term of medical insurance premiums for the elderly (general collection)
- ③ 3rd term of Long-term Care Insurance fees (general collection)






Payment deadline: Wednesday, November 30th

【Inquiry】

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



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

