

# Ichinoseki Multilingual Information

Ichinoseki International Association

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

No charge  
for  
vaccines!

## Regarding the COVID-19 Vaccination

December 18 ~ present

### 【Omicron Booster Vaccinations (3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Doses) for those 12 and up】

The current vaccination schedule for COVID-19 has been decided nationally until March 31<sup>st</sup>, 2023.  
Those who wish to get vaccinated should be sure to do so before March 31<sup>st</sup>.

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) * In some cases, may be gradually replaced with the BA.1 vaccine.	Method decided by each medical facility <a href="#">Online</a> , or through the Call Center <b>0120-033-567</b> (No charge for calls) or through the facility directly)

- Those who have caught COVID-19 before can also get vaccinated once they have recovered, regardless of when they were infected.
- The Omicron bivalent booster is limited to 1 dose per person.

### 【January COVID-19 Vaccination Venues (1<sup>st</sup> and 2<sup>nd</sup> Doses)】

Because the Omicron bivalent booster is only available for those aged 12 years and older who have completed their 1<sup>st</sup> and 2<sup>nd</sup> vaccinations, the initial original doses are still being administered. Vaccinations are also available for children (aged 5-11) as well as young children (aged 6 months to 4 years).

	1 <sup>st</sup> and 2 <sup>nd</sup> Doses for those 12 years and older	Children (5-11 years old)	Young Children (Aged 6 mos. to 4 years)
Vaccination Venue	Showa hospital (Tamura-cho)	Abe Naika Clinic (Takeyama-cho) Senwa Clinic (Sakuragi-cho) Seishindo Clinic (Hanaizumi) Tanifuji Naika Clinic (Senmaya)	Kato Kodomo Clinic (Yamanome) Saito Sanfujinka Clinic (Chuo-cho) Seishindo Clinic (Hanaizumi) 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

Please check for the newest  
updates here:

- Ichinoseki City Homepage



- Ichinoseki City LINE Account



## Please stay thorough in everyday COVID-19 preventive measures!

The symptoms and spread of the COVID-19 virus are increasing the burden on medical facilities. To prevent the spread of COVID-19, we request everyone's cooperation to keep up appropriate preventive measures.

### ○ Requests for Basic Preventive Measures

- Please wear nonwoven cloth masks and thoroughly wash and disinfect your hands as appropriate.
- Please be sure to ventilate and watch humidity levels at your home and workplace.
- We request that those wishing to be vaccinated do so as soon as possible in order to continue preventing symptoms and serious illness.

### ○ Requests to Lessen the Burden on Medical Facilities

- We ask that those who are younger than 65 years of age, with no underlying conditions and a low risk of serious illness, make use of the Iwate Testing Kit Delivery Center if they develop a fever or other symptoms.
- For the New Year holidays, the city is also offering antigen test kits (see below).
- If symptoms continue, please consult with your doctor, in person or by phone, during weekday working hours when possible.

### Over Winter Holidays, Test Kits for those with Symptoms but low risk of Serious Illness

To prevent the spread of the virus as well as ensuring the availability of doctors on duty for the medical care system during the New Year holidays, antigen test kits will be offered free of charge. For more details, please see the Ichinoseki City Homepage.

**Those Eligible** Residents of Ichinoseki City or Hiraizumi Town (including long-term visitors) who have symptoms of fever, cough, etc. \*Does not include those without symptoms. However, those who are at high risk of serious illness (those who are 65 years or older, who have underlying conditions, who are or may be pregnant, or who have a continuously high fever) are not eligible.

**Dates/Times** December 29<sup>th</sup> (Thurs)~January 3<sup>rd</sup> (Tues)  
9:00 am-12:00 pm, 1:30 pm-5:00 pm

**Venues** Ichinoseki Community Health Center, Senmaya Branch City Hall, Hiraizumi Health Center

**To Apply** Application forms can be filled out at participating centers the same day. Forms can also be downloaded from the Ichinoseki City Homepage.

**Notes**

- Can be applied for once per person.
- Please do not transfer, trade, or sell any test kits received.
- Please use the test kit yourself after referring to the instructions. (These test kits include a cotton swab to be inserted into the nasal cavity to gather a test sample.)

**Requests**

- In the case of a positive result, please register the necessary information with the Iwate Confirmed Cases Registration Center.
- Those who have symptoms or are at risk of serious illness should consult with their doctors, in person or by phone.



[Distribution of Antigen Test Kits](#)

【Inquiries】Health Promotion Division 0191-21-2160

## Other Information

### Beware of Scams!

#### Notice of payment in January

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

Payment deadline: Tuesday, January 31<sup>st</sup>



#### 【Inquiry】

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

#### January Notification Adult Medical Examination Schedule

##### ◇Breast cancer screening

Additional exam days have been added for those who have not yet had a breast cancer exam this year. Those who do not have their examination ticket at hand should inquire below.

**Date:** January 14<sup>th</sup> (Saturday)

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

**Venue:** Ichinoseki Community Health Center

#### 【Inquiries】

Health Promotion Division 0191-21-2160

#### My Number Card Application and Issuing Window Opens

● **Reception Dates:** January 29<sup>th</sup>, February 12<sup>th</sup>, March 12<sup>th</sup>, 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).

#### 【Inquiries】

Ichinoseki City Hall Civic Division 0191-21-8310

**RSVP Only**

#### 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】

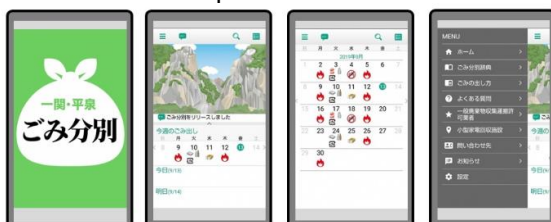
- Do not park on the street.
- Do not go near the snowplow.
- Do not put snow out onto the street.



#### Trash Separation App

Guides on “How to Sort Household Waste” and “How to Put Waste Out for Collection” can be confirmed on the city’s Trash Separation App.

Japanese Version






English version



\* For more details on how to download these apps, please refer to these sites: [Japanese Vn./English Vn.](#)

【Inquiries】 Ichinoseki City Hall Lifestyle and Environment Division 0191-21-8341

## 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

