

Ichinoseki Multilingual Information

Ichinoseki International Association/Ichinoseki ILC Promotion Division

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

No charge
for
vaccines!

Regarding the COVID-19 Vaccination

March 17 ~ present

【2023 COVID-19 Vaccine Eligibility and Schedule】

【○ eligible △ some eligible x not eligible () number of shots】

《1st and 2nd doses for those ages 5 and over and 1st to 3rd doses for infants (6 months to 4 years of age)》

Eligible age group	April to March 31, 2024
Over 5 years of age	○ (1 st , 2 nd dose)
6 months to 4 years of age	○ (1 st to 3 rd dose)

《Omicron-specific vaccination for ages 5 years and older》 ※Infants (6months to 4 years old) are not eligible for vaccination

Eligible age group/classification		April to March 7 th	May 8 th to August	September
Over 12 years of age	Over 65s	△ (3 rd to 5 th dose) ※people who haven't been vaccinated against the omicron strain	○ (3 rd to 6 th dose)	○ (3 rd to 7 th dose)
	People with underlying medical conditions			
	Health care workers, workers in facilities for the elderly, etc.		x	○ (3 rd to 6 th dose)
	Persons other than the above			
5 to 11 years of age	People with underlying medical conditions	○ (3 rd to 4 th dose)	○ (3 rd to 5 th dose)	○ (3 rd to 6 th dose)
	Persons other than the above		△ (3 rd to 4 th dose) ※Those who have not been vaccinated against the Omicron strain by May 7	○ (3 rd to 5 th dose)

【April COVID-19 Vaccinations】

Eligible age group	Over 12	Children (5 to 11 years old)	Infants (6 months to 4 years)
Contents	<ul style="list-style-type: none"> • 1st and 2nd doses of original vaccines will continue to be administered • The Omicron-specific vaccination will end in April. Those who wish to be vaccinated, please be quick. 	<ul style="list-style-type: none"> • 1st and 2nd doses of original vaccines will continue to be administered • Since March 17, Omicron-specific vaccine has been administered to those who have completed their 2nd dose 	1st to 3rd doses of original vaccines are being administered
Venue	Ichinoseki hospital (Ote-machi) Showa hospital (Tamura-cho) Nanohana Clinic Senmaya (Senmaya)	Abe Naika Clinic (Takeyama-cho) Senwa Clinic (Sakuragi-cho) Seishindo Clinic (Hanaizumi) Tanifuji Naika Clinic (Senmaya) [Omicron-specific vaccination only] Saito Sanfujinka Clinic (Chuo-cho) Nanohana Clinic Senmaya (Senmaya) Abe Clinic (Higashiyama)	Kato Kodomo Clinic (Yamanome) Saito Sanfujinka Clinic (Chuo-cho) Seishindo Clinic (Hanaizumi) Nanohana Clinic Senmaya (Senmaya) Abe Clinic (Higashiyama)

【May and onward COVID-19 Vaccinations】

The Japanese Government has decided to administer a dose from September to December to those aged 5 and over who have completed their 2nd vaccination. Those aged 65 and over or have a high risk of complication can get an additional dose ahead of schedule from May-August.

In response to this, Ichinoseki will vaccinate as follows.

	2023 Spring Vaccinations (May 8 to Aug)	2023 Autumn Vaccination (Sept)
Eligible persons	Those who have completed their 2nd dose and fall under the following: 1) Aged 65 and over 2) People aged 5 to 64 who have underlying medical conditions or who are deemed at high risk of severe infection by a doctor 3) Workers who provide services in places where people are at high risk of becoming severely ill such as medical institutions, facilities for the elderly, facilities for the disabled 4) Children (5-11) who have not been vaccinated against the omicron strain by May 7	Persons aged 5 and over who have completed their 2nd dose
Period between vaccines	At least 3 months after last vaccination	To be decided
Vaccines administered	Omicron-specific vaccine * Children (5-11) are given pediatric vaccines	To be decided
Venue	Medical Institutions across Ichinoseki (currently being adjusted)	
Vaccination Ticket	【Over 65s】 • Tickets will be delivered to those who have been vaccinated against the Omicron strain by February. • If you haven't been vaccinated against the Omicron strain, please use the vaccination ticket that has already been sent to you. 【People aged 5 to 64】 • Return postcards will be sent in late April to those who have been vaccinated against the Omicron strain by February. Those who wish to be vaccinated by August should apply for a vaccination ticket. • Those who have not been vaccinated against the Omicron strain should use the vaccination ticket that was already sent.	【Over 65s】 • Beginning in late August, tickets will be sent toward the end of the month before the one in which you are eligible for your vaccine. 【People aged 5 to 64】 • For people vaccinated between May and August, we will begin sending tickets in succession at the end of August, one month before the month you're eligible for vaccine. • Those who were not eligible for vaccination from May to August, tickets will be sent out in late August.
How to make a reservation	① Internet or call center ② Directly at a medical institution If you can confirm that you are eligible to be vaccinated before your ticket arrives, you can make an appointment in advance at your regular clinic. ③ Leave-it-to-us reservation postcard (65 and over) The city can allot vaccination location, date, and time if you return the postcard enclosed with the vaccination ticket.	
Other	• The 1st and 2nd doses for those ages 5 and over and the 1st and 3rd doses for infants (6 months to 4 old) will continue to be administered until March 31, 2023. • The current taxi/bus tickets given to seniors over 65 and recipients of welfare tickets for the disabled will discontinue on March, 2023.	

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 (within the Ichinoseki Health Center) 0191-21-2160

Eastern Health Promotion Office (Senmaya branch) 0191-53-3952

Northern Health Promotion Office (Daito branch) 0191-72-4087

Please check for the newest updates here:

- Ichinoseki Homepage



- Ichinoseki LINE Account



Other Information

The Ichinoseki Disaster Prevention Map has been renewed

The updated Ichinoseki Disaster Prevention Map will be distributed to all households. Place it somewhere easily viewable and confirm places that are dangerous in the event of a disaster as well as how to obtain disaster information. The web version of the Ichinoseki Disaster Prevention Map has also been renewed.



【Inquiry】Fire Department HQ
Disaster Prevention Division 0191-25-5913 [Web version](#)



My Number Card Application and Issuing Window Opens



● Reception Dates: April 9th, 23rd, May 14th, 28th, June 25th, July 23rd, August 27th, September 24th (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 and Welfare Division

* Cards can only be received at the head office or branch office of 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
Or the Civic and Welfare Division of every branch

The 42nd Ichinoseki International Half Marathon

■ Date: September 24 (Sunday)
◇Event/Capacity: half 2,000 people
10kms 500 people



[Information](#)

■ Fee: 4,000yen

■ Eligible people: 18 years and over (excluding high school students) and can run unassisted

■ Application: April 1 (Sat) to June 30 (Fri)

【Inquiries】

Ichinoseki General Gymnasium U-dome)
0191-31-3111

Subsidized vaccination costs for mumps and rubella

(1) Mumps

● Target demographic: 1 to 2 year olds who are registered as Ichinoseki residents.

* Not applicable to those who have had mumps or who have been vaccinated before.

(2) Adult rubella



If a pregnant woman gets rubella in the early stages of pregnancy, her child may develop congenital rubella syndrome (causing deafness, congenital heart disease). It's especially recommended to be protected for people who wish to become pregnant and their family members. Those who have previously received a grant are not eligible.

● Target: Registered residents of Ichinoseki

①People born between April 2, 1990 and April 1, 2000 who have not been vaccinated with MR3 and Phase 4 ②April 2, 1974 to Women born between April 1, 1979 ③ People born between April 2, 1979 and April 1, 1990

● Grant amount: MR 4,700 yen, Rubella 3,000 yen (only once)

* The difference between the cost of the vaccine and the subsidy amount will be borne by you. Full subsidy for people in welfare households

● Preliminary examination slip and vaccine ticket: Issued by the medical institution where the examination is conducted. Please bring a form of ID.

* For people in welfare households, it will be issued at the Ichinoseki City Hall Welfare Division or each branch.

■ Period: Until March 31, 2024

■ Vaccine times and holidays: Please contact each medical institution



■ How to receive it: (1) Make a reservation with a medical institution (2) Receive an explanation about the vaccine at a medical institution and decide whether or not you'd like to go ahead with it.

【Inquiries】

Children and Domestic Affairs Division (within the Ichinoseki Health Center) 0191-21-5409
Or the Northern/Eastern Health Promotion Offices



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
AMDA 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

