

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

August 16 ~ present

~Vaccinations starting in Autumn 2023~

[Vaccinations starting in Spring 2023], from May 8 (Monday) to September 19 (Tuesday), is for people aged 65 and over and those with a high risk of severe illness, such as those with an underlying condition. Those who wish to be and are eligible for vaccination, should get vaccinated as soon as possible. From September 20 (Wednesday), the [Vaccinations starting in Autumn 2023] will commence. Vaccines that correspond to the Omicron strain XBB.1.5, which is the prevalent strain of the novel coronavirus, will be administered.

	Vaccinations starting in Spring 2023	Vaccinations starting in Autumn 2023
Duration	May 8 (Mon) to Sept 19 (Tues)	Sept 20 (Wed) to ~
Eligible persons	Of those who completed their primary series* (1) aged 65 and over (2) persons aged 5 to 64 who have an underlying condition, or who are deemed by a doctor to be at high risk of severe infection (3) Medical workers, workers at facilities for the elderly, etc. (4) People aged 5 to 11 who have not received the Omicron strain vaccination by May 7	Completed their primary series * Are 6 months or older (Whether you have an underlying condition or not is irrelevant.)

Primary series* : 1st and 2nd doses for those aged 5 and over, 1st~3rd doses for those aged 6 months to 4 years

◆ **Vaccination Interval:** At least 3 months after the last vaccination

◆ **Vaccine being administered:** Pfizer or Moderna monovalent vaccine against Omicron strain XBB.1.5

◆ **Number of vaccines:** One dose per person from September 20 (Wednesday) to March 2024

* Vaccines for those aged 6 months to 11 years old will start in October.

◆ **Venue:** 51 medical institutions across Ichinoseki *Ichinoseki General Gymnasium (U-Dome) is not a venue

◆ **Vaccination Ticket:**

① Individuals without an unused vaccination ticket

(Example: People aged 65 or over who received vaccination after May 2023, people aged 5 to 64 who received Omicron strain vaccine, etc.)

- ▷ Vaccination tickets will be sent out from Sept. 1 to those who've had a vaccine by June
- ▷ Vaccination tickets will be sent out at the end of September to those who've had a vaccine in July.
- ▷ Vaccination tickets will be sent out at the end of October to those who've had a vaccine in August.



【[List of venues](#)】

② Individuals who have an unused vaccination ticket

(Example: People aged 65 or over who have not been vaccinated since May 2023, people who have not been vaccinated against the Omicron strain, etc.)

▷ New vaccination tickets will not be sent out. You can receive vaccinations using your vaccination ticket.

③ Individuals who have moved from outside the city after a previous vaccination or who have lost their vaccination ticket

- ▷ Apply for issuance of vaccination ticket online or via the call center.



◆ **How to make a reservation:**

Make a reservation online, via the call center or by directly contacting a medical institution

① Choose a vaccination site and make a reservation following the instructions specified by the medical institution.

【[Vaccination ticket application form](#)】

② Pre-booking during regular visits

If you can confirm that you are eligible for vaccination before receiving your vaccination ticket, you can make an appointment in advance at your regular medical institution.

③ Omakase Reservation Postcard (for those over 18 years old)

Send back the postcard enclosed with the vaccination ticket to Ichinoseki City, and you'll be assigned a venue and date of vaccination.

◆Other:

- Those under the age of 15 must be accompanied by a guardian and have a guardian's consent (signature) on the screening form.
- People aged 16 and 17 do not require parental consent, however we advise that they are accompanied.
- Anyone who has contracted the novel coronavirus can still receive the vaccination, regardless of how long it has been since the infection, so long as their physical state has improved,

~Initial vaccinations for those over 6 months old~

		1 st and 2 nd doses for those 12 years and older	Children (5 to 11) First and second dose	Infant/Toddler (6months to 4 years of age) 1 st to 3 rd doses
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)
Vaccine being administered	Until Sept 19	Pfizer Bivalent vaccine for Omicron strain (BA.4-5)	Pfizer Pediatric Bivalent Vaccine for Omicron Strain (BA.4-5)	Pfizer original strain vaccine for infants
	From Sept 20	Pfizer Monovalent Vaccine for Omicron Strain (XBB.1.5)	Pfizer Pediatric Monovalent Vaccine for Omicron Strain (XBB.1.5)	Pfizer Omicron Strain (XBB.1.5) Monovalent Infant Vaccine
How to make a reservation		Internet/Call center 0120-033-567 (toll free number)		

Consultation regarding the vaccine/reservation call center

0120-033-567 (toll free number) Time: 9:00am~7:00pm (everyday)

【Inquiries】

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

Other Information**Japanese Classes**

"I want to study Japanese", "I want to know important information for my everyday life", we hold classes catering to foreign residents who'd like to interact in Japanese.

■Date/Time: Every Saturday 2:00pm to 3:00pm

■Admission: free

■Address: Nanohana Plaza 3F (Ichinoseki Omachi 4-29)

■How to apply: email your name and phone number

【Contact】Ichinoseki International Association

0191-34-4711 (i-intl@snow.ocn.ne.jp)

Notice of payment in September

①National Health Insurance Tax (general collection) 3rd term

②Medical insurance premiums for the latter-stage elderly (general collection) 3rd term

③Long-term care insurance premium (general collection) 2nd term

Payment deadline: Monday, October 2nd

【Inquiry】Ichinoseki City Hall Tax Payment Division

0191-21-8261

Or Ichinoseki City Tax Savings Association

About the 42nd Ichinoseki International Half Marathon

The 42nd Ichinoseki International Half Marathon will be held with the area around the Ichinoseki City Gymnasium Udome as the start and end points. Please be aware of traffic restrictions in the area.

■ Date: September 24th, 2023 (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

* For details please check the [homepage](#)

【Inquiries】

Ichinoseki International Half Marathon

Office 0191-31-3111/

HQ on the day of the marathon:

0191-31-2727



【Ichinoseki International Half Marathon】





My Number Card Application and Issuing Window Opens

RSVP Only

- Reception Dates/Time: September 24th (Sunday) 9:00 am~11:30 am
*These dates may change. Please check when making a reservation.
- 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: Make a reservation by phone by September 20th (Wednesday), to the Ichinoseki City Hall Civic Division or Civic and Welfare Divisions at any branch office.
- Other: ID photos will be taken at the weekend application window, so there is no need to prepare a photograph.

Ichinoseki's
Individual
Number Card



【Inquiries】 Ichinoseki City Hall Civic Division 0191-21-8310 or the Civic and Welfare Division of every branch

September Notification Adult Medical Examination Schedule

◇ Cardiovascular examination, lung cancer screening, hepatitis virus screening

(Reception hours: 9:30am~11:00am / 1:30pm~2:30pm)

Date	Area	Venue
1 st (Fri)	Daito	Daito Community Center 大東コミュニティセンター
4 th (Mon)	Murone	Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター
5 th (Tue)	Senmaya	Senmaya Rural Environment Improvement Center (Kamikomaba) 千厩農村環境改善センター(上駒場)
6 th (Wed)	Fujisawa	Nikoniko Dome ニニコドーム
7 th (Thurs)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
8 th (Fri)		
9 th (Sat)		
11 th (Mon)		
12 th (Tue)		
13 th (Wed)		Ichinoseki Natural Recreation Village Management Center (Genbi) 一関自然休養村管理センター(厳美)
14 th (Thurs)		Hagisho Civic Center 萩荘市民センター
19 th (Tue)		Ichinoseki Community Health Center 一関保健センター
20 th (Wed)		Sun Abilities Ichinoseki サン・アビリティーズ一関
21 th (Thurs)		Ichinoseki Community Health Center 一関保健センター
22 nd (Fri)		Ichinoseki Community Health Center 一関保健センター

◇ Colorectal cancer screening

(Reception hours: 9:30am~11:30am)

Date	Area	Venue
16 th (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター

◇ Cervical cancer screening

(reception hours: 9:30am~10:30am/1:00pm~2:00pm)

Date	Area	Venue
1 st (Fri)	Daito	Daito Community Center 大東コミュニティセンター

◇ Breast cancer screening

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

Date	Area	Venue
14 th (Thurs)	Daito	Daito Community Health Center 大東保健センター
15 th (Fri)		Daito Community Center 大東コミュニティセンター
16 th (Sat)		
28 th (Thurs)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
29 th (Fri)		

*September 15 reception times:

1:30pm~2:30pm/5:00pm~7:00pm

In addition, tuberculosis medical examination is carried out.

For further details, check the Adult Medical Examination Schedule posted on Ichinoseki City's [Homepage](#).



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

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

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

- Ichinoseki City Hall 0191-21-2111
- Senmaya Branch 0191-53-2111
- Kawasaki Branch 0191-43-2111
- Hanaizumi Branch 0191-82-2211
- Higashiyama branch 0191-47-2111
- Fujisawa Branch 0191-63-2111
- Daito Branch 0191-72-2111
- Murone branch 0191-64-2111

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 - 8:00am
- Open year-round
- Phone number: 019-605-9000
Or dial #8000

