

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

September 14 ~ present

~Vaccines for 12 years of age and older~

Pfizer's Omicron strain XBB.1.5 have been available since Wednesday, September 20 for persons aged 12 years and older. Moderna's Omicron strain XBB.1.5 will begin on Monday, October 2.

The vaccination regime will downscale after January 2024, so those who wish to receive the vaccination should do so before December 2023.

~Vaccines for children 6 months to 11 years old~

Starting on Wednesday, October 4, vaccinations for Omicron strain XBB.1.5 for persons aged 6 months to 11 years will be conducted as follows. Those who wish to be vaccinated should make an appointment online or through the call center (0120-033-567).



[\[Online reservation\]](#)

《5-11 year olds》

	Persons who have not received their first and second vaccinations	Persons who have received their first and second vaccinations
Vaccine intervals	After the 1 st dose, leave a three-week interval between the 2 nd dose	Three-month interval between shots
Vaccine type	Pediatric monovalent vaccine, Pfizer's Omicron XBB.15	
Vaccination Venue	Abe Naika Clinic (Takeyama-cho) Seishindo Clinic (Hanaizumi) Tanifuji Naika Clinic (Senmaya)	Abe Naika Clinic (Takeyama-cho) Saito Sanfujinka Clinic (Chuo-cho) Senwa Clinic (Sakuragi-cho) Seishindo Clinic (Hanaizumi) Tanifuji Naika Clinic (Senmaya) Nanohana Clinic Senmaya (Senmaya) Abe Clinic (Higashiyama)

《6months~4 year olds》

	Persons who have not received the 1st to 3rd dose	Persons who already received their 1st-3rd dose
Vaccine intervals	After the first dose, wait 3 weeks for the second dose. After the second dose, wait 8 weeks for the third dose.	Three-month interval between shots
Vaccine type	Infant monovalent vaccine for Pfizer's Omicron strain XBB.1.5	
Vaccination Venue	Kato Kodomo Clinic (Yamanome) Seishindo Clinic (Hanaizumi) Nanohana Clinic Senmaya (Senmaya)	Kato Kodomo Clinic (Yamanome) Saito Sanfujinka Clinic (Chuo-cho) Seishindo Clinic (Hanaizumi) Nanohana Clinic Senmaya (Senmaya) Abe Clinic (Higashiyama)

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



Flu Shot Subsidy for Children & Seniors

■ Subsidized Period: Oct. 1st (Sun) ~ Jan. 31st, 2024 (Wed)

■ Please refer to the city [homepage](#) for info on:

* Those eligible and subsidized amounts

* Eligible Medical Facilities

- Please make a reservation in advance at a medical facility.
- Vaccination tickets and pre-vaccination questionnaire are distributed by participating facilities.
- Those wishing to get vaccinated at a non-participating facility should inquire at the numbers below.

■ Note:

- ① It is no longer necessary to wait before receiving the COVID-19 vaccine. Those who are worried about side effects, please speak with your doctor.
- ② Vaccines cannot be administered to those with a fever greater than 37.5°C or a serious illness.

③ In some cases, the doctor may decide to postpone vaccination. Please consult with your doctor on a day you're in good health to be vaccinated.

【Everyday Precautions are Important】

Vaccines are not guaranteed to completely prevent infection. Please be thorough with infection prevention measures such as mask-wearing, handwashing, and gargling.

【Inquiries】

《About Flu Shots for Children》

Children and Domestic Affairs Division 0191-21-5409 or Eastern/ Northern Health Promotion Office

《About Flu Shots for Seniors》

Health Promotion Division 0191-21-2160 or Eastern/ Northern Health Promotion Office



Review the way you use your health provider

Many patients use emergency medical facilities (*) on holidays and at night, without seeing a doctor during weekdays or daytime hours. (* Prefectural hospitals and other hospitals that accept seriously ill patients requiring urgent hospitalization or surgery)

The congestion of emergency medical institutions on holidays and at night may cause delays in the treatment of severely ill patients.

~Requests when visiting medical institutions~

◆ See your regular health provider (family physician) during office hours

A family physician is a medical institution that provides daily health management and initial treatment.



[Family physician guidebook](#)

◆ If you have no choice but to see a doctor on holidays or at night, use the doctor on duty.

If you need to see a doctor on duty, please call the medical institution before you visit.

On-duty doctor info can be found at the City Hall (0191-21-2111), Ichinoseki City Fire Department (0191-25-0119) or the City Hall website.



[Ichinoseki・Hiraizumi
Holiday・Night Doctors on duty](#)

◆ Get health checks and take care of your health on a daily basis.

Get an annual health check and use the outcome to improve your lifestyle habits. After understanding the prevention and treatment of diseases, take care of your health through things such as diet and exercise.

【Inquiries】 Health Promotion Division (within the Ichinoseki Health Center) 0191-21-2160

◆ For nighttime and holiday consultations for children, call the Children's Emergency Consultation Line

The Children's Emergency Consultation Line is a telephone counseling service for children's illnesses and accidents. Experienced nurses will advise you.

● Children's Emergency Consultation Line
019-605-9000 or #8000

● Consultation hours: 7:00pm-8:00am

* From PHS, dial lines, and IP phones, please use 019-605-9000



[Iwate Prefecture Pediatric
Emergency Medical
Consultation by Phone](#)

◆ Use ambulances appropriately!

Ambulances are for people who need to be transported to hospitals urgently due to sudden illness or injury.

If you use an ambulance for reasons such as "if you go to a hospital by ambulance, you will be given priority" or "ambulances are free," you will delay the response to those who are in immediate need of one.

* Please refer to "Symptoms for which you should not hesitate to call an ambulance" in the "Family Doctor Guidebook".



My Number Card Application and Issuing Window Opens

RSVP Only

- Reception Dates/Time: October 29th, November 26th, December 24th, January 28th 2024, February 25th, March 10th (All Sundays) 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: Please make an appointment by phone at the head office or branch office by the Wednesday before the desired date. (Reservations are accepted weekdays from 8:30 a.m. to 5:15 p.m.)

- Other: ID photos will be taken at the weekend application window, so there is no need to prepare a photograph.

*The Myna Point Support Desk on the first floor of Ichinoseki City Hall will close at the end of September.

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

Ichinoseki's
Individual
Number Card



Livelihood support consultations

Those worried about their livelihoods/financial situation please consult with us.

- Date: October 5 to 26 (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: October 13th (Friday) 10:00am~3:00pm
- Location: Hanaizumi General Welfare Center/Daito Health Center/Senmaya Rural Labor Welfare Center/Social Welfare Council Fujisawa Branch

【Inquiries】

Ichinoseki City Council of Social Welfare
0191-23-6020 Hanaizumi Branch 0191-82-4002 Daito Branch 0191-71-1177 Senmaya Branch 0191-53-2885 Fujisawa Branch 0191-63-5122

Check details of residence certificates

A survey form will be sent to each household in target areas to confirm residence certificate details.

- Date of dispatch: October 20 (Fri.)
- Subjects: Takasaki - Sekigaoka 6 wards, Miyashita - Chuo, Okita area, Toriumi area, Nakagawa area, Nagasaka 8-10 wards, Takouzu area, Murone 10-13 wards, Yanagisawa - Senjudo
- (1) Address (2) Name, furigana (3) Date of birth (4) Sex (5) Relationship to head of household (6) Real estate register/Head of the Family.

*Foreign residents: nationality, region, status of residence, etc.

【Inquiries】Ichinoseki City Hall Civic Division 0191-21-8310

Notice of payment in October

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.

Beware of Scams!



- ① 3rd term of City prefectural tax (general collection)
- ② 4th term of National health insurance tax (general collection)
- ③ 4th term of medical insurance premiums for the elderly (general collection)

Payment deadline: Tuesday, October 31st

【Inquiry】

Ichinoseki City Hall Tax Payment Division
0191-21-8261

Or Ichinoseki City Tax Savings Association

October Notification Adult Medical Examination Schedule

◇Breast cancer screening

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

Date	Area	Place
1 st (Sun)	Hanaizumi	Hanaizumi General Welfare Center

◇Colorectal cancer screening

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

Date	Area	Place
22 nd (Sun)	Ichinoseki	Ichinoseki Community Health Center







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

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

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

