

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

October 16 ~ present

~ Vaccination corresponding to Omicron strain XBB.1.5 is available~

Vaccinations for Omicron strain XBB.1.5 are now available for people aged 6 months and older.

Those who have completed the initial vaccination(*) are eligible to receive one vaccination per person between Wednesday, September 20 and Sunday, March 31, 2024, with an interval of at least three months from the previous vaccination, regardless of the type of COVID vaccine they have received so far.

Those who have not yet received the initial vaccination (*) may also receive the vaccination.

(*) *First dose*: 1st and 2nd doses for those who are 5 years old or older, and 1st to 3rd doses for those who are 6 months to 4 years old.



[【List of venues】](#)

Vaccination tickets have already been sent to those who received the previous vaccination by July.

If you have not received your vaccination ticket more than 3 months after your last vaccination, please call the Ichinoseki City Call Center (0120-033-567).

Vaccination tickets for those who received their last vaccination in August are scheduled to be sent out on Wednesday, October 25.

Vaccinations will be available free of charge until Sunday, March 31, 2024. Those who wish to receive the vaccination should make an appointment using the appointment method designated by the medical institution.

*Please note that the vaccine to be used may change during the program due to circumstances supply.

The novel coronavirus has been prevalent over the year-end and New Year holidays for the previous three years. People who are more likely to suffer from serious illnesses, such as the elderly, can receive the XBB.1.5 compatible vaccinations from autumn 2023. Young people can also be vaccinated.

Reservations and enquiries regarding COVID-19 vaccination

Ichinoseki COVID-19 Vaccination Call Center

0120-033-567 (toll free number)

Time: 9:00am~7:00pm (everyday)

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



There are many ways to apply for the Individual Number Card

~You can apply for Individual Number Cards through the post~

- Period: November 1 (Wed) ~ March 29 2024 (Fri) weekdays 9:00~5:00 (excludes holidays)
- Post offices you can apply at: Ichinoseki, Ichinoseki Chuou-cho, Hanaizumi, Ohara, Surisawa, Okita, Senmaya, Konashi, Higashiyama, Murone, Usuginu, Fujisawa, Kinomi
- Other: Photographs will be taken at the post office.

*Cards can be picked up at the main or branch office of the city hall in your area of residence.

RSVP Only

~Individual Number Card onsite group application~

Upon advance reservation from groups or organizations of approximately five or more people, staff members will go to business establishments and meeting places within Ichinoseki to accept Individual Number Card applications on site.

- Opening days: Every Wednesday and Thursday until March 7, 2024 *Except holidays
- How to make an appointment: Email, post, or bring the application form for on-site application to the Civic Division of Ichinoseki City Hall by Tuesday (or Monday if Tuesday is a holiday) of the week prior to the desired date.

Send application e-mail to: shimin@city.ichinoseki.iwate.jp

Submit application form to:

7-2, Takeyama-cho, Ichinoseki City, 021-8501

Citizen Section, Ichinoseki City Hall

Individual Number Card
onsite group [application](#)



*To prevent duplication of dates, please check availability and make a tentative reservation in advance.

- Other: Application forms for on-site application are available on the Ichinoseki City website, Civic Division of Ichinoseki City Hall and Citizen's Welfare Division of each branch office.

RSVP Only

~My Number Card Application and Issuing Window Opens~

- Reception Dates/Time: 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.

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

Ichinoseki's
Individual Number
Card [application](#)



Livelihood support consultations

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

- Date: November 2nd, 9th, 16th, 30th (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: November 10th (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

Notice of payment in November

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 5th term of National health insurance tax (general collection)
- ② 5th term of medical insurance premiums for the elderly (general collection)
- ③ Nursing care insurance premium (general collection) 3rd period

Payment deadline: Thursday, November 30th

We recommend bank transfer for payment of city taxes.

** Application forms for bank transfer are available at financial institutions.*

【Inquiry】

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

November Notification Adult Medical Examination Schedule

Breast Cancer screenings are happening in Nov

◇Venue: Ichinoseki Health Center

Date	Reception hours
7 th (Tue)	1:30pm~2:30pm/ 5:00pm~7:00pm
8 th (Wed)	9:30am~10:30am/ 1:30pm~2:30pm
9 th (Thur)	
13 th (Mon)	
14 th (Tue)	
16 th (Thur)	1:30pm~2:30pm/ 5:00pm~7:00pm
17 th (Fri)	9:30am~10:30am/ 1:30pm~2:30pm
18 th (Sat)	
20 th (Mon)	
21 st (Tue)	
25 th (Sat)	

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



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|-----------------------|--------------|---------------------|--------------|----------------|--------------|
| ●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

<u>Iwate Prefecture</u> 	Find link to comprehensive English Guide that includes important information	
<u>Iwate International Association</u> 	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
<u>Ichinoseki City English Guide</u> 	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.	
<u>Ichinoseki International Association</u> 	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)
<u>Yorisoi Hotline</u> 	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
<u>AMDA Medical Information Center</u> [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

