

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

November 15 ~ 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.

As the government will supply additional Moderna vaccines in November, the vaccine used at some medical institutions will be changed from the Pfizer to Moderna to encourage vaccination before the end of the year. For the past three years, the novel coronavirus has been prevalent during the year-end and New Year holidays. Those who wish to be vaccinated should do so as soon as possible.




[【List of venues】](#)

~Takeda Vaccine (Novavax) Vaccination will be conducted~

To ensure vaccination opportunities for those who cannot be vaccinated with Pfizer's or Moderna's vaccine (mRNA vaccine), Takeda's vaccine (Novavax) will be available as follows.

Those who wish to be vaccinated should make an appointment by calling the call center.

| | |
|--------------------------------|--|
| Vaccination eligibility | People 12 years of age and older who cannot be vaccinated with mRNA vaccine for reasons, such as allergy. |
| Number of doses | One time per person, at least 6 months after the previous dose. *Twice for those who have never been vaccinated against COVID-19 (second dose with an interval of at least 3 weeks after the first dose) |
| Vaccination venue | Ichinoseki Hospital (Otemachi) |
| Dates and times | Tuesday, November 28 and Tuesday, December 19 (3:30 p.m. to 4:00 p.m.) |
| Characteristics of the vaccine | <ul style="list-style-type: none"> • Recombinant protein vaccine (inactivated vaccine) • Vaccine for conventional strains and does not contain Omicron strain components  <p>【Ministry of Health, Labour and Welfare】</p> |
| How to make a reservation | Call the Call Center (0120-033-567) (9:00am~7:00pm) |
| Other | Please note that those who have received Takeda's vaccine (Novavax) as the third or subsequent vaccine during the period from Wednesday, September 20 to Sunday, March 31, 2024, are not eligible to receive the Omicron strain-compatible vaccine during the same period. |

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: Until March 29, 2024 (Fri) weekdays 9:00am~5:00pm (Excluding national holidays/December 29 -January 3)
- 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 for holidays, December 28 and January 4
- 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: 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](#)



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

Year-end garbage disposal

| | Ichinoseki Garbage Disposal Center | Daito Garbage Disposal Center |
|------------------------------------|---|--|
| Garbage Collection | Until Dec 29 th (Fri) | |
| | From Jan 4 th (Thurs) | Higashiyama Area only) From Jan 3 rd (Wed) From Jan 4 th (all except Higashiyama area) |
| Acceptance of Garbage (brought in) | Until Dec 28 th (Thurs) 4:30pm | |
| | From Jan 4 th (Thurs) | |

* Please confirm with the garbage disposal calendar.

【Inquiries】Ichinoseki Garbage Disposal Center 0191-21-2157/Daito Garbage Disposal Center 0191-75-3149

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



【Inquiry】〈City road〉Ichinoseki City Hall, Road Management Division 0191-21-8523/ Construction and Development Division, Construction and Agriculture Center 0191-53-3973/ Industrial Construction Division of each branch office
〈National Highway4〉Mizusawa National Highway Maintenance Branch Office 0197-24-2187

December Notification Adult Medical Examination Schedule

◇Gastric cancer screening, colorectal cancer screening

| Date | Area | Time |
|-----------------------|------------------------------------|---------------|
| 8 th (Fri) | Ichinoseki Community Health Center | 6:30am~8:30am |

◇Cervical cancer screening

| Date | Area | Time |
|------------------------|--|---------------------------------|
| 15 th (Fri) | Senmaya Rural Environment Improvement Center | 9:30am~10:30am 1:00pm~2:00pm |

【Inquiries】Health Promotion Division 0191-21-2160

Notice of payment in December

- ① Fixed asset tax 3rd term
- ② National Health Insurance Tax (general collection) 6th term
- ③ Medical insurance premiums for the latter-stage elderly (general collection) 6th term

Payment deadline: Thursday, December 28th

【Inquiry】

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

Livelihood support consultations

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

- Date/Time: December 7th, 14th, 21st, 28th (every Thursday) 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: December 8th (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

Winter break food pantry

Distribution of food for single parent homes who are struggling in their daily lives.

You can also seek advice on day-to-day issues.









| Date/Time | Location | Who is eligible |
|---------------------------------------|--|---|
| December 23 (Sat) 10:00am ~ 2:00pm | Ichinoseki City General Welfare Center Senmaya Rural Labor Welfare Center | Single parents raising children on their own * A household with a child or children in the third year of high school or younger who are not working. |

- How to apply: Please use the application form on the [Ichinoseki Council of Social Welfare](https://www.ichinoseki-council.jp/) website.
- Application date: Dec 1st (Fri) 8:30am to 8th (Fri) 5:00pm

【Inquiries】Ichinoseki City Council of Social Welfare 0191-23-6020



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

