

# Ichinoseki Multilingual Information

Ichinoseki International Association/  
Ichinoseki ILC Promotion Division

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



## 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

① People born between April 2, 1990 and April 1, 2000 who have not been vaccinated with MR3 and Phase 4 ② April 2, 1975 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 the Civic and Welfare Division at branch offices

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- Period: Until March 31, 2025 (Monday)
- 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

## Disaster prevention administrative information on Ichinoseki Mail

Distributes disaster information and broadcast contents of the outdoor public relations MAST, etc. The information can be accessed by using the following methods.

- To receive information through the app, please download from the QR code below



Android



iOS

- To receive information via email, please send an empty message to the following address

Email : [ichinoseki\\_shobo@x.bmd.jp](mailto:ichinoseki_shobo@x.bmd.jp)

【Inquiries】 Fire Department Fire Department  
0191-25-5912

## The COVID-19 Call Center will close

The call center will cease operations on March 31st, Sunday, together with the conclusion of the free COVID-19 vaccine program. Future vaccinations will be announced on the city website and in the upcoming newsletters.

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

## JR Ofunato Line will be suspended

Some trains will be suspended due to daytime construction on the line. Please check the JR East website for details.

- Date: May 14th (Tuesday) - 17th (Friday), 21st (Tuesday) - 24th (Friday)

【Inquiries】 JR East Inquiry Center 050-2016-1600

### Livelihood support consultations

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

- Date: April 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: April 12<sup>th</sup> (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

### 50th Ichinoseki Citizen Marathon Competition

- Date: April 29 (Monday/public holiday)
- Venue: Around Ichinoseki General Gymnasium
- Who can enter: People who live or work in Ichinoseki
- Application cut off: April 8th (Monday) 5:00pm

#### 【Inquiries】

Ichinoseki General Gymnasium 0191-31-3111



### 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



- 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

Multilingual Information Newsletters are available at the Ichinoseki International Association's office and the Ichinoseki Library.

Or visit the Ichinoseki International Association [homepage](#)/[Instagram](#)/[Facebook](#)/  
Ichinoseki City Hall [English Guide](#).