

Ichinoseki Multilingual Information

Ichinoseki International Association/
Ichinoseki ILC Promotion Division

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



May Notification Adult Medical Examination Schedule

- Medical screenings for adults will start on May 7th (Tuesday) in Ichinoseki.
- There are "simultaneous examination" schedules that allow you to undergo several tests in a single day, including cardiovascular and cancer screenings. Check the schedule and take this opportunity to visit.
- Consultation slips and schedules were sent to eligible persons in mid-April. If you would like to apply for additional examinations or have recently moved to Ichinoseki, please contact one of the facilities listed below.
- A consultation form for all available examinations is provided to individuals who will turn 40 or 50 this year, as this is the recommended age to receive the examinations.

◇ **Simultaneous consultation** (reception hours: 6:45 am to 9:00 am)

Cardiovascular examination (basic medical examination, specific examination, examination of latter stage elderly)

Gastric cancer screening, colorectal cancer screening, lung cancer screening, Tuberculosis screening, hepatitis virus screening

Date	Area	Venue	Date	Area	Venue
7 th (Tues)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター	18 th (Sat)	Daito	Daito Community Center 大東コミュニティセンター
8 th (Wed)			19 th (Sun)		
9 th (Thurs)	Murone	Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター	20 th (Mon)		Daito Health Center 大東保健センター
10 th (Fri)			21 st (Tues)		
11 th (Sat)			22 nd (Wed)	Fujisawa	Nikoniko Dom ニコニコドーム
12 th (Sun)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター	23 rd (Thurs)		
13 th (Mon)			24 th (Fri)		
14 th (Tues)			25 th (Sat)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
15 th (Wed)			26 th (Sun)		
16 th (Thurs)			27 th (Mon)		
17 th (Fri)			28 th (Tues)	Higashiyama	Matsukawa Civic Center 松川市民センター Higashiyama Regional Exchange Center 東山地域交流センター
			29 th (Wed)		
			30 th (Thurs)		
			31 st (Fri)		



◇Cervical cancer screening

(reception hours: 9:45am~10:30am/1:15pm~2:00pm)

Date	Area	Venue
16 th (Thurs)	Fujisawa	AM: Nikoniko Dome ニコニコドーム/ PM: Fujisawa Civic Center Kinomi Bunkan 藤沢市民センター 黄海分館
17 th (Fri)		Nikoniko Dome ニコニコドーム

◇Breast cancer screening

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

Date	Area	Venue
10 th (Fri)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター
11 th (Sat)		

Please cooperate with prevention methods of infectious diseases

- 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
or the Northern/Eastern Health Promotion Offices

Consolidation of day duty operations at the Ichinoseki City Hall and Senmaya Branch Office as of Saturday, June 1.

The day duty operations of each branch office on Saturdays, national holidays, year-end holidays will be reviewed and covered by Ichinoseki City Hall and Senmaya branch office as on Sundays.

◇ Day duty content and response after consolidation

Duties covered	Venues
<p>■ Acceptance of notifications regarding family register (Death registration, birth registration, marriage registration, etc.)</p> <p>■ Inquiries by phone</p>	<p>● Ichinoseki City Hall</p> <p>● Senmaya Branch Office</p> <p>Operating time: 8:30am to 5:15pm</p>

Offices other than those listed above will not perform day shift work.

◇ Commencement: June 1st (Saturday)

【Inquiries】

Ichinoseki City Hall Civic Division 0191-21-8310



Livelihood support consultations

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

- Date: May 2nd, 9th, 16th, 23rd, 30th (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: May 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

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



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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 | |

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](#).