

Ichinoseki Multilingual Information

Ichinoseki International Association/
Ichinoseki ILC Promotion Division

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



Year-end garbage disposal

	Ichinoseki Garbage Disposal Center	Daito Garbage Disposal Center
Garbage Collection	Until Dec 30 th (Mon)	
	From Jan 3 rd (Fri)	From Jan 2 nd (Thurs)
Acceptance of Garbage (brought in)	Until Dec 28 th (Sat) 11:30am	Until Dec 27 th (Fri) 4:30pm
	From Jan 4 th (Sat)	From Jan 6 th (Mon)

* Please confirm with the garbage disposal calendar.

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

Notice of payment

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 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: Monday, January 6th, 2025

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



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

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

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

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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 City Library.

Or visit the Ichinoseki International Association [homepage](#)/[Instagram](#)/[Facebook](#)/

Ichinoseki City Hall [English Guide](#).

December Notification Adult Medical Examination Schedule

Please contact the Health Promotion Division if you do not have a medical examination ticket at hand.

◇ Colorectal cancer screening

◇ Gastric cancer screening, colorectal cancer screening

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

◇ Cervical cancer screening *reservations required for morning examinations

Date	Area	Time
21 st (Sat)	Ichinoseki Community Health Center	9:30am~10:30am 1:00pm~2:00pm

Those who do not have a cervical cancer screening ticket, apply here.



Those who'll undergo cervical cancer screening in the morning, reserve here.



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 Wear a mask.

【Inquiries】

Health Promotion Division 0191-21-2160
or the Northern/Eastern Health Promotion Offices

Livelihood support consultations

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

- Date: December 5th, 12th, 19th, 26th (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

【Inquiries】

Ichinoseki City Council of Social Welfare 0191-23-6020

《 Mobile consultation (Reservation required) 》

- Date/Time: December 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 Hanaizumi Branch 0191-82-4002 Daito Branch 0191-71-1177
Senmaya Branch 0191-53-2885 Fujisawa Branch 0191-63-5122

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

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 22 (Sun) 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 [website](#).
- Application date: Until Dec 9th (Mon) 5:00pm

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

Application form→



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.



[Ichinoseki City](#)

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.