


Influenza
Novel Coronavirus


**Subsidies for vaccination fees are available until Friday, January 31**




Those who wish to be vaccinated should make an appointment at a medical institution as soon as possible.  
Pre-medical checkup sheets and vaccination tickets are available at medical institutions.

Types	Influenza (Pediatric)	Influenza (Senior) Novel Coronavirus (Senior)
<b>Eligible persons</b>	Those with an address in Ichinoseki, ① Persons between the ages of 1 to 12. (2 shots at 2-4 week intervals) ② Persons between the ages of 13 and 15 (third year of junior high school) (1 shot)	Those with an address in Ichinoseki, ① Persons 65 years and older ② Persons aged 60-64 as of the date of vaccination whose immune function is equivalent to level 1 in the physical disability certificate for heart, kidney, respiratory system human immunodeficiency virus.
<b>Grant amount</b>	2,100 yen per dose (only injection-type is covered) * Full subsidies for those living in households on public assistance and households exempt from residence tax.	Influenza: 2,600 yen per visit Novel Coronavirus: 11,800 yen per visit *Full subsidies for those living in households on public assistance.

**【Inquiries】**  
 《Pediatric Influenza》  
 Children and Domestic Affairs Division  
 0191-21-5409




**《Senior Influenza/Senior Novel Coronavirus》**  
 Health Promotion Division  
 0191-21-2160



**January Notification Adult Medical  
Examination Schedule**

Additional dates will be added for women over 40 who have not been examined for breast cancer in Ichinoseki this year and last year.  
 If you do not have the screening form on hand, please apply by using the 2D code on the right.



◇**Breast Cancer screenings**

Date	Venue	Reception times
11 <sup>th</sup> (Sat)	Ichinoseki	9:30am~10:30am
12 <sup>th</sup> (Sun)	Health Center	1:30pm~2:30pm

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

**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

### Notice of payment in January

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 City prefectural tax (general collection) 4<sup>th</sup> term
- ② National Health Insurance Tax (general collection) 7<sup>th</sup> term
- ③ Medical insurance premiums for the latter-stage elderly (general collection) 7<sup>th</sup> term
- ④ Long term care insurance premium (general collection) 4<sup>th</sup> term

Payment deadline: Friday, January 31<sup>st</sup>

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

### Consultation by Sendai Immigration and Immigration Bureau

Free consultation on immigration and status of residence procedures for foreign nationals.

- Date: Friday, February 7, 1:00pm-4:00pm (30 minutes per consult)
- Place: Nanohana Plaza
- Target: Foreign residents in Iwate Prefecture, Japanese residents, and persons in charge at companies with business offices in Iwate Prefecture
- Capacity: 3 groups
- Application: By phone or QR code by January 31 (Fri.)

RSVP Only



【Inquiry】

Iwate International Association 019-654-8900

### Livelihood support consultations

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

- Date: January 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> (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: January 10<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 Hanaizumi Branch 0191-82-4002 Daito Branch 0191-71-1177  
Senmaya Branch 0191-53-2885 Fujisawa Branch 0191-63-5122

### Let's enjoy the Japanese New Year!

An exchange event for foreign residents to experience traditional Japanese New Year's culture such as mochi pounding, New Year's calligraphy, karuta, and more.

- Date/Time: Sunday, January 19, 10:00am-11:30am
- Place: Nanohana Plaza 2F
- Target: Foreign residents who live or work in Ichinoseki City and those who are interested in supporting the daily lives of foreign residents.
- Capacity: 30 people
- Application: Please call or fill out the QR code form (<https://x.gd/nE53h>) by 3:00 p.m. on Friday, January 10, 2025.

【Inquiries】

Ichinoseki International Association  
0191-34-4711  
Email [i-intl@snow.ocn.ne.jp](mailto:i-intl@snow.ocn.ne.jp)



### 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



### 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.