

### Notice of payment in June

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 1<sup>st</sup> term of City prefectural tax (general collection)  
Payment deadline: Monday, June 30

We recommend bank transfer for payment of city taxes.

*\* Application forms for bank transfer are available at financial institutions.*

#### 【Inquiry】

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

### Livelihood support consultations

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

- Date: June 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> (every Thursday)
- Time: 10:00am - 3:00pm
- Location: Ichinoseki City General Welfare Center
- 【Inquiries】 Ichinoseki City Council of Social Welfare  
0191-23-6020

#### 《 Mobile consultation (Reservation required) 》

- Date/Time: June 13<sup>th</sup> (Fri) 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

### Adult Dental Examinations

Information and examination tickets were sent to eligible persons in May.

Those who wish to be examined should make an appointment at a dental institution within Ichinoseki and visit by the deadline.

If you do not have your medical examination ticket, please contact the relevant department for it to be reissued.

- Eligible: Those who are 20, 30, 40, 50, 60, or 70 years old as of Tues, March 31, 2026
- Medical examination deadline: Tues, March 31, 2026
- Copayment: 50 and 70 years old: Free  
20, 30, 40, and 60 years old: 700 yen



#### 【Inquiries】

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

### Ichinoseki Shake-out Drill

Drills will be conducted simultaneously in Ichinoseki at the time\* that the Iwate-Miyagi Nairiku Earthquake occurred. This is a drill in which all participants take immediate action to ensure their own safety, such as using nearby objects to shield their heads, presuming that the city is experiencing an earthquake with a seismic intensity of lower 6.

- Date: Friday, June 13, 2025, at 8:43 a.m.
- Location: Each person's current location in the city at the time of training
- Other: FM ASMO, the outdoor public speaker MAST and Fujisawa Announcement Broadcast will broadcast the start of the drill



提供: 効果的な防災訓練  
と防災啓発提唱会議

DROP! Take COVER! HOLD ON!

\*On June 14 2008, 8 : 43am the Iwate-Miyagi Nairiku Earthquake occurred

【Inquiries】 Fire Department HQ Disaster Prevention Division 0191-25-5913

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](#).

### June Notification Adult Medical Examination Schedule



- If you do not have your medical examination ticket, please apply via the contact information or the QR code on the right.

◇ **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
1 <sup>st</sup> (Sun)	Daito	Daito Community Health Center 大東保健センター	14 <sup>th</sup> (Sat)	Daito	Daito Community Center 大東コミュニティセンター
2 <sup>nd</sup> (Mon)		Sarusawa Tradition Community Hall 猿沢伝承交流館	16 <sup>th</sup> (Mon)		
3 <sup>rd</sup> (Tues)			17 <sup>th</sup> (Tues)		
4 <sup>th</sup> (Wed)	Fujisawa	Nikoniko Dome ニコニコドーム	18 <sup>th</sup> (Wed)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
5 <sup>th</sup> (Thurs)			19 <sup>th</sup> (Thurs)		
6 <sup>th</sup> (Fri)			20 <sup>th</sup> (Fri)		
7 <sup>th</sup> (Sat)			21 <sup>st</sup> (Sat)		
8 <sup>th</sup> (Sun)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター	23 <sup>rd</sup> (Mon)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
9 <sup>th</sup> (Mon)			24 <sup>th</sup> (Tues)		
10 <sup>th</sup> (Tues)			25 <sup>th</sup> (Wed)		
11 <sup>th</sup> (Wed)	Fujisawa	Fujisawa Civic Center Kinomi Bunkan 藤沢市民センター黄海分館	26 <sup>th</sup> (Thurs)	Senmaya	Senmaya Ishinkan 千厩維新館
12 <sup>th</sup> (Thurs)			27 <sup>th</sup> (Fri)		
13 <sup>th</sup> (Fri)		Local Culture Preservation Center 郷土文化保存伝習館	28 <sup>th</sup> (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
			29 <sup>th</sup> (Sun)		

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

- 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



### 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(9:00-17:00).

[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.

### Emergency telephone consultation service

Call when you are uncertain whether you should go to the hospital or not.  
Staff such as nurses are available for consultation.



#### 《Emergency Consultation Service》

- Hours: 24 hours (open all year round)
- Phone: 019-656-1774 or dial #7119

#### 《Children's Emergency Hotline》

- Target: Families, children under 15 years old that live in Iwate Prefecture
- Hours: 7:00pm - 8:00am (open year-round)
- Phone number: 019-605-9000 or dial #8000