

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 1st term of City prefectural tax (general collection)
- Payment deadline : Tuesday, June 30

We recommend bank transfer for payment of city taxes.

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

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

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 12, 2026, 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

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

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

Change to new disaster prevention weather information



New disaster-prevention weather information will be introduced from May 29, 2026. The updated system will clearly present five alert levels, helping residents easily understand what actions they should take. When evacuation information is issued by the city, please evacuate immediately. The new disaster-prevention weather information can be accessed using the QR code.

	大雨 Heavy rain	河川氾濫 Flood	土砂災害 Landslide	高潮 Storm surge
Equivalent to Alert Level 5	Level 5 Emergency Warning (Heavy rain)	Level 5 Emergency Warning (Flood)	Level 5 Emergency Warning (Landslide)	Level 5 Emergency Warning (Storm surge)
Equivalent to Alert Level 4	Level 4 Urgent Warning (Heavy rain)	Level 4 Urgent Warning (Flood)	Level 4 Urgent Warning (Landslide)	Level 4 Urgent Warning (Storm surge)
Equivalent to Alert Level 3	Level 3 Warning (Heavy rain)	Level 3 Warning (Flood)	Level 3 Warning (Landslide)	Level 3 Warning (Storm surge)
Alert Level 2	Level 2 Advisory (Heavy rain)	Level 2 Advisory (Flood)	Level 2 Advisory (Landslide)	Level 2 Advisory (Storm surge)

(Source: Japan Meteorological Agency [website](#))

【Inquiries】 Ichinoseki City Fire Department, Disaster Prevention Division, 0191-25-5913

★Useful Apps and Websites for Disasters★

There are apps and websites where you can access disaster information in Japan. They are available in various languages. [Cost] Free



Useful Apps and Websites for Disasters

(Cabinet Office, Government of Japan)

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 st (Mon)	Daito	Daito Community Center 大東コミュニティセンター	16 th (Tues)	Fujisawa	Fujisawa Civic Center Kinomi Bunkan 藤沢市民センター黄海分館	
2 nd (Tues)			17 th (Wed)			
3 rd (Wed)	Fujisawa	Local Culture Preservation Center 郷土文化保存伝習館	18 th (Thurs)	Senmaya	Senmaya Ishinkan 千厩維新館	
4 th (Thurs)		Nikoniko Dome ニコニコドーム	19 th (Fri)			
5 th (Fri)			22 nd (Mon)	Daito	Daito Community Health Center 大東保健センター	
6 th (Sat)			23 rd (Tues)		Daito Worker's Sports Center 大東勤労者体育センター	
8 th (Mon)			Ichinoseki	Ichinoseki Community Health Center 一関保健センター	24 th (Wed)	Ichinoseki
9 th (Tues)		25 th (Thurs)				
10 th (Wed)	26 th (Fri)					
11 th (Thurs)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター	27 th (Sat)			
12 th (Fri)			28 th (Sun)			
14 th (Sun)			29 th (Mon)			
15 th (Mon)			30 th (Tues)	Senmaya Rural Environment Improvement Center 千厩農村環境改善センター		

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

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 March 31, 2027
- Medical examination deadline: Wed, March 31, 2027
- 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

Pools are opening

- ① Ichinoseki Swimming Pool: Date/Time: June 27 (Sat) to Sept 9 (Sun) 10:00am to 12:00pm/1:00pm to 7:00pm or until sundown
- ② Hanaizumi Swimming Pool: Date/Time: June 27 (Sat) to Sept 9 (Sun) 10:00am to 12:00pm/1:00pm to 7:00pm or until sundown *Toddler pool only
- ③ Higashiyama B&G Kaiyo Center: Date/Time: June 27 (Sat) to Sept 9 (Sun) 9:00am to 12:00pm/1:00pm to 9:00pm

《Further details》

■ Regular holidays: ①② None ③ Every Monday

■ Admission:

Child below elementary school age: free
High school students and younger: 100yen
General: 200yen

*Swimming caps are a must

【Inquiry】

- ① Ichinoseki Swimming Pool 0191-23-8020 or (off season) Ichinoseki Hirose U-Dome 0191-31-3111
- ② Kamu Pal 0191-82-1086
- ③ Higashiyama Gymnasium 0191-35-1141

Garbage Sorting App

Guides on “How to Sort Household Garbage” and “How to Put Garbage Out for Collection” can be confirmed on the city’s Garbage Sorting App. (Available in multiple languages)



Android



iOS

*For more info, check out Ichinoseki [HP](#)

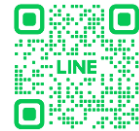
【Inquiries】 Ichinoseki City Hall Lifestyle and Environment Division 0191-21-8341

Tips when visiting a medical institution

- Visit a doctor during open hours
- Have a regular physician
- For weekend and evenings, visit a doctor on duty
- Wear a mask when visiting a medical institution



[Ichinoseki City](#)



You can also confirm the list of doctors on duty on holidays via the Ichinoseki City website/official LINE account.



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 techo*) 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: 7:00 p.m. – 8:00 a.m. (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 City Library.

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

Ichinoseki City Hall [English Guide](#).

Further resources

<p><u>Iwate Prefecture</u></p> 	<p>Find link to comprehensive English Guide that includes important information</p>	<p>TEL: 019-651-3111</p>
<p><u>Iwate International Association</u></p> 	<p>Consultation for foreign residents about various issues such as foreign residency qualifications (visa) and troubles in everyday life. Japanese family and friends of foreigners are also welcome.</p>	<p>TEL: 019-654-8900 Hours: 9:00–20:00</p>
<p><u>Ichinoseki City English Guide</u></p> 	<p>Find link to comprehensive English Guide that includes important information such as what to do in an emergency, where evacuation centers are, welfare incentives, how to dispose of garbage, and how to go about notification procedures at city hall.</p>	<p>TEL: 0191-21-2111</p>
<p><u>Ichinoseki International Association</u></p> 	<p>Consultation services for foreign residents available. Staff can speak English and have tools to assist in other languages.</p>	<p>TEL: 0191-34-4711 Hours: 9:00–18:00 (Closed: Sundays/holidays Dec.29–Jan.3)</p>
<p><u>Yorisoi Hotline</u></p> 	<p>Are you having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement, or human trafficking? Consultation can be made by toll-free number, Facebook messenger, or through an online chat system</p>	<p>Specialized line for foreigners in Iwate, Miyagi, Fukushima: 0120-279-226</p>
<p><u>AMDA Medical Information Center</u> 〔特定非営利活動法人 AMDA 国際医療情報センター〕</p> 	<p>Telephone Consultation for medical matters Free consultation & interpreting service Connection fees will apply</p>	<p>TEL: 03-6233-9266 Hours: 10:00–16:00 (Monday–Friday)</p>