

Ichinoseki Multilingual Information

Ichinoseki International Association/Ichinoseki ILC Promotion Division
Translated excerpts from the public Ichinoseki newsletter, 'I-style'.

No charge for
vaccines!

Regarding the COVID-19 Vaccination

July 14 ~ present

~[2023 Spring Vaccinations] end in August~

The 2023 Spring Vaccinations (commenced on May 8) targeting people 65 years and over, those 5-64 years old who have a high risk of becoming seriously ill and medical workers, will end at the end of August.

If you wish to be vaccinated and fit the eligible criteria, please make an appointment, and receive your vaccine by the end of August.



[【List of vaccination venues】](#)



[【List of underlying conditions】](#)

~Vaccination against the Omicron Strain in Children Ages 5 to 11~

The Omicron strain-specific vaccine for children can be administered to children aged 5 to 11 who have finished the first (1st and 2nd) or third dose of the conventional strain vaccine and come under any of the following categories. Please schedule a vaccination appointment online or by calling the phone center.

Eligible persons	<ul style="list-style-type: none"> • Those who have not been vaccinated against the Omicron strain • Those who have been vaccinated against the Omicron strain by May 7 and have underlying diseases 		
Venue	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> ① Abe Naika Clinic (Takeyama-cho) ② Saito Sanfujinka Clinic (Chuo-cho) ③ Senwa Clinic (Sakuragi-cho) ④ Seishindo Clinic (Hanaizumi) </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> ⑤ Tanifuji Naika Clinic (Senmaya) ⑥ Nanohana Clinic Senmaya (Senmaya) ⑦ Abe Clinic (Higashiyama) </td> </tr> </table>	<ul style="list-style-type: none"> ① Abe Naika Clinic (Takeyama-cho) ② Saito Sanfujinka Clinic (Chuo-cho) ③ Senwa Clinic (Sakuragi-cho) ④ Seishindo Clinic (Hanaizumi) 	<ul style="list-style-type: none"> ⑤ Tanifuji Naika Clinic (Senmaya) ⑥ Nanohana Clinic Senmaya (Senmaya) ⑦ Abe Clinic (Higashiyama)
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~Initial vaccination for individuals 6 months and over~

We will continue to administer the first dose of the COVID-19 vaccine to those who have not received it and who have reached the age of six months (1st and 2nd doses for people aged five and over, and 1 to 3 doses for infants aged six months to four years).

	1 st and 2 nd Doses for those 12 years and older	Children (5 to 11) First and second dose	Infant/Toddler (6 months to 4 years of age) 1 st to 3 rd doses
Vaccination Venue	<p>Showa hospital (Tamura-cho)</p>	<p>Abe Naika Clinic (Takeyama-cho) Senwa Clinic (Sakuragi-cho) Seishindo Clinic (Hanaizumi) Tanifuji Naika Clinic (Senmaya)</p>	<p>Kato Kodomo Clinic (Yamanome) Saito Sanfujinka Clinic (Chuo-cho) Seishindo Clinic (Hanaizumi) Nanohana Clinic Senmaya (Senmaya) Abe Clinic (Higashiyama)</p>

Consultation regarding the vaccine/reservation call center

0120-033-567 (toll free number) Time: 9:00am~7:00pm (everyday)

【Inquiries】

Health Promotion Division (within the Ichinoseki Health Center)	0191-21-2160
Eastern Health Promotion Office (Senmaya branch)	0191-53-3952
Northern Health Promotion Office (Daito branch)	0191-72-4087



~[2023 Autumn Vaccinations] are scheduled to start in September ~

The vaccine targeting the currently prevalent strain, Omicron strain XBB.1, is scheduled to start in September. Vaccination tickets will be sent out sequentially from the end of August in order of (1) those who received the spring 2023 vaccination and (2) those who were not eligible for the spring 2023 vaccination. Vaccination tickets will not be sent to those who have an unused vaccination ticket, so please use the vaccination ticket you have. As the government has not announced the specific schedules of vaccination, details will be posted on the city website and announced in the next issue of "Public Relations Ichinoseki" once known.

Other Information

No more over-the-counter payments for high school student's medical expenses

From August 1 (Tuesday), medical subsidies will be in effect at medical institution counters across the prefecture for high school students (or individuals until the end of the fiscal year when they turn 18 years old). Medical expenses covered by medical insurance are subsidized. *Medical examinations, vaccinations, medicine container charges, room charges for hospitalization, etc., are not covered by the subsidies and must be paid.

◇How to receive the subsidy

①When visiting a medical institution in the prefecture

Show your 'recipient certificate' at the reception desk at medical institution

②When visiting a medical institution outside of the prefecture

(or if you did not present your 'recipient certificate' in ①)

Please pay upfront at the medical institution and bring the receipt to city hall to apply for benefits. The amount that was borne by you will be deposited into the designated bank account.

Eligibility Certificate for Ceiling-Amount Application GENDOGAKUTEKIYO NINTEISHO

If the medical expenses are high, please organize an "Eligibility Certificate for Ceiling-Amount Application" from your health insurance provider and present it at the medical institution reception desk. In some cases, such as when you do not show your certificate, you may need to return medical expenses that have already been subsidized.

【Inquiries】

Ichinoseki City Hall National Health Insurance and Pension Division 0191-21-8316
Or the Civic and Welfare Division at any branch office.

Monetary support for raising children at home

◇Those eligible

- ① Raising an eligible child without sending them to a childcare institution (daycare etc.)
- ② Living with the child
- ③ Having an address in the city
- ④ Not receiving public assistance
- ⑤ The applicant (and his/her spouse) are not receiving childcare leave benefits
- ⑥ Are not associated with organized crime, and do not engage in acts that violate public order/morals.

◇Target children

- ① Not enrolled in childcare institution
- ② They are the second or later sibling among siblings who have yet to complete high school
- ③ Have an address in the city
- ④ Over 8 weeks of age, and under 3 years old

◇Amount of payment・・10,000yen a month per child

◇Payment Period

From the month following the month the target child is over 8 weeks old to the month the child turns 3 (or until the month before, if their birthday falls on the first). *Payment will begin the month following the month of application if the application is delayed

◇How to apply

Submit application along with relevant documents.
Please check the [City's Homepage](#) for more details.

【Inquiries】

Ichinoseki City Hall Child Care Division
(within Ichinoseki Health Center)
0191-21-2172
Or any Civic and Welfare division at branch offices.



Ichinoseki City

Notice of payment in August

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 Municipal and Prefectural Tax (general collection) 2nd term
- ② National Health Insurance Tax (general collection) 2nd term
- ③ Medical insurance premiums for the latter-stage elderly (general collection) 2nd term

Payment deadline: Thursday, August 31st

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





My Number Card Application and Issuing Window Opens

RSVP Only

- Reception Dates/Time: August 27th, September 24th (All Sundays) 9:00 am~11:30 am
*These dates may change. Please check when making a reservation.
- Locations: Ichinoseki City Hall and each branch office's Civic and Welfare Division
* Cards can only be received at the head office or branch office of your residential area.
* Applications can be done at any office.
- Appointments/Inquiries: To make an appointment, call your office directly by the Wed. prior to your preferred date.
- Other: ID photos will be taken at the weekend application window, so there is no need to prepare a photograph.

Ichinoseki's Individual Number Card application guide: [Here](#)



【Inquiries】 Ichinoseki City Hall Civic Division 0191-21-8310 or the Civic and Welfare Division of every branch

August Notification Adult Medical Examination Schedule

◇ Cardiovascular examination, lung cancer screening, hepatitis virus screening

(Reception hours: 9:30am~11:00am / 1:30pm~2:30pm)

Date	Area	Venue
28 th (Mon)	Daito	Daito Community Center 大東コミュニティセンター
29 th (Tues)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター
30 th (Wed)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
31 st (Thurs)		

◇ Gastric cancer screening, colorectal cancer screening

(Reception hours: 6:30am~8:30am)

Date	Area	Venue
17 th (Thurs)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
	Murone	Murone Kyoku Roku Fureai Center
18 th (Fri)	Senmaya	Senmaya Rural Environment Improvement Center (Kamikomaba) 千厩農村環境改善センター(上駒場)
	Fujisawa	Nikoniko Dome ニコニコドーム
19 th (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
20 th (Sun)		
21 st (Mon)		
22 nd (Tues)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
	Daito	Daito Community Center 大東コミュニティセンター
23 rd (Wed)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター
24 th (Thurs)	Kawasaki	Kawasaki Gymnasium 川崎体育センター

◇ Cervical cancer screening

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

Date	Area	Venue
17 th (Thurs)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター
18 th (Fri)		
31 st (Thurs)	Daito	Daito Community Center 大東コミュニティセンター

◇ Breast cancer screening

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

Date	Area	Venue
2 nd (Wed)	Murone	Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター
3 rd (Thurs)		AM: Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター
3 rd (Thurs)	Kawasaki	PM: Kawasaki Civic Center 川崎市民センター
4 th (Fri)		Kawasaki Civic Center 川崎市民センター

In addition, tuberculosis medical examination is carried out.

For further details, check the Adult Medical Examination Schedule posted on Ichinoseki City's [Homepage](#).



Please cooperate with COVID prevention methods

- 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

Eastern Health Promotion Office (Senmaya branch) 0191-53-3952

Northern Health Promotion Office (Daito branch) 0191-72-4087

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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 | |

Further resources

<p>Iwate Prefecture</p> 	<p>Find link to comprehensive English Guide that includes important information</p>	
<p>Iwate International Association</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: 9:00am~8:00pm</p>
<p>Ichinoseki City English Guide</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>Ichinoseki International Association</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: 9:00am~6:00pm (Closed Thurs/holidays/ Dec.29~Jan.3)</p>
<p>Yorisoi Hotline</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>AMDA Medical Information Center 〔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: 10:00am~4:00pm (Monday~Friday)</p>

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

