

● Think you might have COVID-19?

- ◆ The classification of COVID-19 will be downgraded to a Category V infectious disease as of May 8. For details, please visit the official website.
- ◆ The decision to wear a mask is a personal one. If you are in doubt about mask wearing, please refer to the Ministry of Health, Labor and Welfare website:
URL <https://www.mhlw.go>.
- ◆ Please seek advice if you develop symptoms.
Tama City COVID-19 Phone Consultation Service ☎042-376-9111
9:00-17:00 Monday – Friday (excl. holidays)
Note: Please state that your call concerns COVID-19 at the beginning of your

Official
website



Mask
policy



● “Spring 2023 COVID-19 Vaccination Campaign” to run May 8 – August 31 (Free)

Vaccines Omicron-targeting bivalent vaccines (Pfizer, Moderna)

Eligibility Those who have already received initial vaccination (1 or 2 times) (regardless of whether or not they have received additional vaccinations (3-5 times)) and are (1) 65 years of age or older, (2) 5 years of age or older with an underlying medical condition, or (3) work at a medical institution or elderly care facility, can receive a single-dose vaccination once at least three months have elapsed from the previous vaccination.

※If you do not fall under categories (1)-(3) above, please wait for the Autumn 2023 Vaccination Campaign, which is due to kick off in September.

Vouchers

(1) Residents aged 65 and above: Vouchers for the “Spring 2023 COVID-19 Vaccination Campaign” designating the date, time, vaccination site and the vaccine to be used will be sent out to those who have received the omicron-targeting bivalent vaccination three or more months previously.

※If you have yet to have omicron-targeting bivalent vaccination, you can make an appointment for vaccination using the vouchers sent out by Tama City in September 2022.

(2) Residents aged 5 and over with an underlying medical condition or who work at a medical institution or elderly care facility: If you wish to be vaccinated, please make an appointment after applying for a vaccination voucher.

How to apply for a vaccination voucher Please contact the Coronavirus Vaccination Call Center either using the application form on the official website or by phone.

Making an appointment You can make an appointment either via the Tama City Vaccine Appointment website or by calling the Coronavirus Vaccination Call Center.

○Children (5-11 year-olds)

Children can receive one additional dose of the omicron-targeting bivalent vaccine through August 31, 2023. Those who have received an additional dose of the omicron-targeting bivalent vaccination by May 7 and have an underlying medical condition may receive another additional dose of this vaccine under the Spring 2023 COVID-19 Vaccination Campaign. Those who wish to be vaccinated should make an appointment after applying for a voucher as detailed above.

○Infants (6 months-4 years old), children aged 5 and above who have yet to be vaccinated against COVID-19 First-time doses of the conventional vaccine will be administered through March 31, 2024. Appointments can be made using vouchers previously sent out by Tama City.

Vaccination against COVID-19 is not mandatory.

Inquiries Coronavirus Vaccination Call Center☎042-313-7003
(9:00-17:00 excl. Sundays and public holidays) FAX 042-313-7754

Dedicated
vaccination website



● Specific Health Checkups/Latter-Stage Elderly Health Checkups from May onwards!

Even if you have no subjective symptoms, your health may be deteriorating. Have a health checkup once a year to check the state of your health. The City sent out health checkup vouchers to eligible residents at the

end of April. If the deadline for checkups is approaching, you may not be able to receive a checkup at the medical institution of your choice. We recommend you go sooner rather than later.

Cut-off date January 31, 2024

Applicable medical institutions 47 locations within Tama. For details, please refer to the Health Checkup Guide enclosed with your voucher or the official website.

Eligibility Residents aged 40 and over with Tama City National Health Insurance coverage (specific health checkups) or those covered by the Latter-stage Elderly Healthcare System (latter-stage elderly health checkups)

Things to bring Your health insurance certificate and health checkup voucher (if you do not have one you will need to apply for reissue)

Inquiries Insurance & Pension Division [Call ☎042-338-6824 for Special Health Checkup inquiries, Call ☎042-338-6807 for Latter-Stage Elderly Health Checkup inquiries]

ROTA OF ON-DUTY DOCTORS 9:00-17:00 TAMA CITY DOCTORS ASSOC.: <http://www.tama-med.or.jp/toban/>

5/14 (Sun.) Karakida Ekimae Clinic ☎042-376-3800
104 Plaza Karakida, 1-1-7 Karakida

5/21 (Sun.) Nakamura Clinic ☎042-375-7757
5-10-7 Suwa

5/28 (Sun.) Yamazen Clinic ☎042-372-5588
1F Seisekisakuragaoka Garden House,
4-40-3 Ichinomiya

6/4 (Sun.) Aragaki Clinic ☎042-373-0514
3F Shintosh Center Bldg. 1-24-1 Tsurumaki

6/11 (Sun.) Sasebe Clinic ☎042-375-7313
1/2F Comfort Seiseki 4-9-2 Sekido

- Emergency cases only
- Be sure to bring your health insurance card and infant healthcare card (if applicable)
- Please visit during clinic hours
- ✳Always call in advance
- ✳This list is subject to change

NIGHT CLINIC FOR CHILDREN (Pediatric)

Please visit this clinic first if your child develops a sudden illness (19:00-21:45) ☎042-375-0909



EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(9:00-15:30 Sundays & public holidays) ☎042-376-8009

Note Please call in advance

INFO on MEDICAL INSTITUTIONS (available 24/7)

Emergency Call Center (Tama Fire Dept.) ☎042-375-9999
Fire Dept. Emergency Consultation Service ☎#7119 (mobiles, PHS, push-button phones) ☎042-521-2323 (dial-up phones)
Tokyo Met. Medical Health Info Service 'Himawari'
☎03-5272-0303
Medical Info in Foreign Languages (Tokyo Met. Health & Medical Information Center) 9:00-20:00 ☎03-5285-8181

★**Counseling for Foreign Residents** Every 1st & 3rd Thursday of the month (1:30-4:30 p.m.) TIC Rm (7F VITA)

✳By appointment only

★**Japanese Class Schedule** (Classes are free for TIC members)



Commissioned by Tama City

	Venue	Time	Dates	
			May	June
Monday classes	Parthenon Tama 3/4F Meeting Room	9:45-11:45	8 th / 15 th / 22 nd	5 th / 12 th / 19 th / 26 th
	Nagayama Kominkan 5F Bellebs Hall	9:30-11:30	8 th / 15 th / 22 nd	5 th / 12 th / 19 th / 26 th
Thursday classes	TIC Room (7F VITA Commune)	10:00-12:00	11 th / 18 th / 25 th	8 th / 15 th / 22 nd
		19:00-1:00	11 th / 18 th / 25 th	8 th / 15 th / 22 nd
Saturday classes	TIC Room (7F VITA Commune)	14:00-16:00	13 th / 20 th / 27 th	3 rd / 10 th / 24 th

△For reservations and inquiries regarding the above, please call the TIC Office ☎ 042-355-2118

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Office hours: Mon.-Fri. 10 a.m.-5 p.m. Closed Sundays, every 1st & 3rd Monday of the month, national holidays, year-end and new year holidays and extra holidays.

✳If you have any comments or requests regarding this publication, please send them to the above address. This newsletter is available in four languages (Japanese, English, Chinese and Korean); please contact the TIC Office if you would like a copy.

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