

ROTA OF ON-DUTY DOCTORS ON YEAR END HOLIDAYS 9am-5pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

12/4 (Sun)	Takeshima Internal Medicine Clinic	3-11-3 Ochiai	☎042-338-5665
12/11 (Sun)	Matsuda Clinic	1-48-1, Kaidori,	☎042-373-3205
12/18 (Sun)	Seiseki Sato Clinic	Keio Seisekisakuragaoka S.C. C.Bldg., 1-7-5, Sekido	☎042-337-2715
12/25 (Sun)	Tama Nagayama Takada Clinic	3F Medical Mall Nagayama, 3-6, Kaidori	☎042-400-5145
12/29 (Thr)	Miyuki Clinic	1-8-1, Renkoji	☎042-372-4853
-Year End	Karakida Childeren Clinic	Karakida Center Bldg. 2F., 1-53-9, Karakida	☎042-355-8505
12/20 (Fri)	Ai Clinic	1431-3, Kaidori	☎042-375-9581
-Year End	Maehara Children Clinic	Seisekisakuragaoka Opa 5F., 4-72, Sekido	☎042-374-5028
12/31 (Sat)	Tamura Clinic	Tama Center Pepeli Bldg. 5F., 1-32-1, Ochiai	☎042-356-0677
-Year End	Tama City Children Semi-Night Clinic	City Health Center Facility., 4-19-5, Sekido	☎042-375-0909
1/1 (San)	Tamura Clinic	Tama Center Pepeli Bldg. 5F., 1-32-1, Ochiai	☎042-356-0677
New Year	Tama City Children Semi-Night Clinic	City Health Center Facility., 4-19-5, Sekido	☎042-375-0909
1/2 (Mon)	Hijirigaoka Hospital	2-69-6, Renkoji	☎042-338-8111
New Year	Tama City Children Semi-Night Clinic	City Health Center Facility., 4-19-5, Sekido	☎042-375-0909
1/3 (Tue)	Tama Center Clinic Mirai	Maghreb Parking Bldg. 1F., 1-38, Ochiai	☎042-316-8570
New Year	Children Clinic Shimizu	Shintosh Center Bldg 3F., 1-24-1, Tsurumaki	☎042-373-0512
1/8 (Sun)	Yamazen Internal Medicine Clinic	Seiseki Sakuragaoka Gardenhouse 1F., 4-40-3, Ichinomiya	☎042-372-5588
1/9 (Mon)	Saito Internal Pulmonology Clinic	Nagayama 4-2-6-202	☎042-373-2522
Holiday			
1/15 (Sun)	Suzuki Internal Gastroenterology	5-4-10, Nagayama	☎042-371-2760

- 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 (Pediatrics)

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



INFORMATION ON MEDICAL INSTITUTIONS (24-HOURS)

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. Med. Health Info Service (Himawari)
☎03-5272-0303

EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) ☎042-376-8009
(9:00-15:30: Sundays and public holidays)
* Note: Please call in advance.

MEDICAL INFORMATION IN FOREIGN LANGUAGES

(Tokyo Metropolitan Health and Medical Info Center)
9:00-20:00 ☎03-5285-8181

Covid 19 Vaccine

Omicron vaccine (BA.4-5 vaccine) for 12 years and older

We will send vaccination tickets for the Omicron vaccine in mid-December to those aged 12 and over who received the second dose of conventional vaccine in October 2022.

■**For those who are over 60 years of age:** The city will send a vaccination ticket after specifying the vaccination date and time, group vaccination venue, and vaccine to be used in advance (the specified vaccination date and time are written on the vaccination ticket. It is changeable. For details, please refer to the notice enclosed with the vaccination ticket).

■**For those who are between 12 to 59 years of age:** You can start booking as soon as the vaccine ticket arrives to your home.

▽Contact: Covid 19 Vaccine call center ☎042-313-7003 (9am to 5pm including Saturdays and Sundays and holidays).



Covid 19
special site

From Tama Fire Department:

Be careful when handling gasoline and kerosene in winter

In winter, when the air is dry, the likelihood of a static electricity fire at a gas station increases. In addition, there are more opportunities to use gasoline or kerosene as fuel for heaters. Understand the dangers of gasoline and other hazards and reaffirm safe handling.

Those who use self-serve gasoline station should take care of the following

- Turn off the engine
- Be careful not to use the wrong fuel
- Touch the static electricity removal sheet

•Do not add additional oil •Refuel with correct operation •Be careful not to misplace the refueling cap •Do not put it in the container by yourself. Turn off the engine •Be careful not to use the wrong fuel •Touch the static electricity removal sheet •Do not add additional oil •Refuel with correct operation •Be careful not to misplace the refueling cap •Do not put it in the container by yourself.
 ▽Contact: Fire Prevention Inspection Section, Prevention Division, Tama Fire Department
 ☎042-375-0119

Plan ahead to apply for bulky garbage during the year-end and New Year holidays!

In December, there are more opportunities to take out garbage and resources due to year end cleaning, so please plan the arrangement accordingly.

Collection of bulky garbage

If you do not apply in advance, you will not be able to collect it or bring it to the cleaning plant. Be sure to dial 042-375-9713 ☎(except December 28 (Wed) 5 p.m. ~ 2023, January 4, (Wed) 8:30 a.m.) or the Internet procedure on the official website (PC only. Subject to Limitation of items. It will take several days to complete the procedure). Please check the "Garbage and Resource Collection Calendar" for the collection date.

▽Inquiries: Garbage Management Division ☎042-338-6836 FAX: 042-356-3919

Information from Tama City Library

The Tama City Library lends out e-books. If you live, work, or study in Tama City, you can utilize the service by performing user and password registration. Please bring items which can identify your name, address, and date of birth to the library counter. Friendly staff will explain the details.

<Recommended E-book>

"Fair, then partly piggy" (English Version)

Texts and illustration by Shiro Yadama. Translated by Keith Holeman. Published by Iwanami Shoten

The main character is a boy in the third grade of elementary school, Noriyasu Hatakeyama. He is proud that he keeps diary every day. One day, his mother read his diary without his permission, and he got angry. Angry Noriyasu decided to write a "diary for tomorrow" full of nonsenses. Next morning, what he wrote in the diary the day before became reality one after another... It is a long-selling series of books that you can enjoy accompanied by plenty of illustrations. You can also borrow Japanese editions of the same title e-book. Please enjoy comparing them.

▽Inquiries Tama City Library Main Library ☎042-373-7955

★**Daily life consultation for foreigners** Every 1st and 3rd Thursday of the month (1:30-4:30 p.m.)TIC Rm.(7F VITA)

* By appointment only

*Commissioned by Tama City

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

	Venue	Time	Dates	
			December	January
Monday classes	Parthenon Tama 4F Meeting Room	9:45~11:45	5th·12th, 19th	16th·23rd·30th
	Nagayama Kominkan 5F Bellebs Hall	9:30~11:30	5th·12th, 19th	16th·23rd·30th
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	1st·8th·15th	12nd·19th·26th
		19:00~21:00	1st·8th·15th	12nd·19th·26th
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	3rd·10th·17th	14th·21st·28th

△For reservations and inquiries regarding the above, please call the TIC Office Tel. 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 mo., national holidays, year-end and new year holidays and extra holidays.

※If you have any comments or requests regarding Hand in Hand in Tama, please send them to the above address. This newsletter is available in four languages (Japanese, English, Chinese and Korean); please contact the TIC Secretariat if you would like a copy. Editing: Toshiaki Nagano Translations: Midori Okita