

## ●Beware of heat stroke!

Avoid heat stroke by taking the following precautions:

- Avoid the heat; hydrate frequently, even if you're not thirsty.
- Condition your body for the heat and maintain your physical condition on a daily basis.



※For more information on preventing heat stroke, please visit the Ministry of the Environment website at <https://www.wbgt.env.go.jp> (in Japanese)

## ●Preventing heat stroke x coronavirus infection

### ~To prevent heat stroke and the spread of coronavirus infection~

To avoid heat stroke, remove your mask in the following situations:

• **Outdoors:** You do not need to wear a mask outdoors when you are approximately 2 meters apart from others, or when you are not talking at a distance of less than 2 meters.

• **Indoors:** You do not need to wear a mask indoors when you are approximately 2 meters apart from others and when there is little or no conversation occurring.

There is no uniform requirement for preschool children to wear masks. For more information on mask wearing, please visit the Ministry of Health, Labor and Welfare website at <https://www.mhlw.go.jp> (search for "Mask Use")

## ●Tama City's Coronavirus Phone Consultation Service

Consultations are offered by nurses and other healthcare professionals in cooperation with public health centers for those who have concerns about coronavirus infection (including those who are not receiving treatment at home).

▽Hours: 9 a.m. – 5 p.m. Monday-Friday (excl. public holidays) ▽Availability: Tama City residents

Call No. ☎042-376-9111 (Please state that you are seeking a coronavirus consultation when you call.)

※See the official website for more details. Inquiries: Health Promotion Division ☎042-376-9111



## ●Tablet interpretation service is now available in select foreign languages and Japanese Sign Language!

With the introduction of this service, we are now able to communicate more easily with non-native speakers of Japanese and those with hearing disabilities. If you need an interpreter, please ask a staff member at the counter.

### Supported Languages & Hours of Availability

① English, Chinese, Korean, Spanish, Portuguese, and Japanese Sign Language: 8.30 a.m. – 5 p.m.

② Vietnamese, Thai, Tagalog, French, Indonesian, Nepali, Hindi and Russian: 9 a.m. – 5 p.m.

▽Place: Tama City Hall Main Bldg. ▽Inquiries: Disability & Welfare Division ☎042-338-6903 FAX: 042-371-1200

## ●It will cause a fire! Please separate your garbage properly!

Recently, there have been two consecutive incidents of fires starting in garbage trucks. Please place any aerosol cans, mobile batteries, cassette-type gas cylinders and other similar items in the green box (for hazardous waste or put them out in a clear plastic bag.

Failure to follow the rules may result in injury to garbage collectors or to you.

### Book recommendations for students of Japanese

The main branch of Tama City Library has a section for those who study Japanese. Here are some of the picture books in both Japanese and English you'll find in this section of the library.

#### [Recommended books]

“Oyasuminasai Maisy-chan” (Maisy's Bedtime) “Maisy-chan no puuru” (Maisy's Pool)

Author: Lucy Cousins; Translation: Nagi Tomoko; Publisher: KAISEI-SHA Ltd.

Written in simple Japanese and English, these books describe the daily life of a little mouse girl, Maisy. The cute pictures are also popular.

## ●Events to celebrate Tama's 50<sup>th</sup> Anniversary: Kurashi, Tanoshi, Tama-shi

A variety of events will be held to mark the climax of Tama's 50<sup>th</sup> anniversary celebrations.



### Tama Center Summer Festival

In conjunction with the commemorative event to be held at Parthenon Tama, market and food stalls will be set up along Parthenon Boulevard. The Japanese Red Cross Society will also provide first aid training and blood donation services.

For more information, check out the official Tama Center Summer Festival Twitter and Facebook pages!

▽Dates: July 23-24 ▽Venue: Parthenon Boulevard

▽Inquiries: Tama Center Summer Festival Executive Committee Office ☎090-8946-9909 (weekdays 10 a.m. – 5 p.m.)

### Traditional Japanese Culture Experience Booth

This workshop is for residents of Tama City. Learn how to put on a summer kimono or try your hand at ikebana flower arrangement, Japanese calligraphy and the koto (Japanese harp).

▽ Time & Date: July 24, 10 a.m. – 3 p.m.

▽ Venue: Lobby, Meeting rooms 3 & 4, Craft Lab, & Practice Rooms 1 & 2 of Parthenon Tama

▽ Inquiries: Culture and Lifelong Learning Promotion Office ☎042-338-6882

### Rota of on-duty doctors on holidays 9 a.m. – 5 p.m. Tama City Doctors' Association: <http://www.tama-med.or.jp/toban/>

7/17 (Sun.) Fusegawa Clinic, 1329 Ochikawa ☎042-373-5858

7/18 (Sun.) Tama Center Clinic Mirai ☎042-316-8570  
1F Maghreb Parking Bldg. 1-38 Ochiai

7/24 (Sun.) Nagayama Medical Clinic, 2F KTA Bldg., 1426 Kotta  
☎042-338-2355

7/31 (Sun.) Matsuda Hospital, 1-48-1 Kaitori ☎042-373-3205

8/7 (Sun.) Esaki Pediatric Clinic, 3-20-2 Ochiai  
☎042-376-5225

8/11 (Thu.) Tsurumakiyagi Clinic, 5-4-1 Tsurumaki  
☎042-319-3449

8/14 (Sun.) Karakida Ekimae Medical Clinic ☎042-376-3800  
104 Plaza Karakida, 1-1-7 Karakida

- 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 of on-duty doctors is subject to change

### Nighttime Clinic for Children (Pediatrics) (Health Center)

Please visit this clinic first if your child develops a sudden illness.  
(7:00 – 9:45 p.m.) ☎042-375-0909



**Emergency Dental Treatment on Public Holidays**  
(Dental Care) (9 a.m. – 3:30 p.m. Sundays/public holidays)  
☎042-376-8009 Please call in advance.

Information on Medical Institutions (available 24/7)

**Emergency Call Center (Tama Fire Dept.)** ☎042-375-9999  
**Fire Dept. Emergency Consultation Center** ☎#7119 (mobiles, PHS, push-button phones) ☎042-521-2323 (dial-up lines)  
**Tokyo Met. Med. Health Info Service (Himawari)**  
☎03-5272-0303

Medical Information in Foreign Languages  
(Tokyo Metropolitan Health and Medical Information Center)  
9 a.m. – 8 p.m. ☎03-5285-8181

### ★Life Counseling for Foreign Residents

Every 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month (1:30 – 4:30 p.m.) TIC Room (7F VITA)

\* By appointment only

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



Commissioned by Tama City

Note: There will be no Japanese classes in August.

Class	Venue	Time	Dates	
			July	September
Monday classes	Parthenon Tama (4F Meeting Room)	9:45-11:45	4 <sup>th</sup> / 11 <sup>th</sup>	5 <sup>th</sup> / 12 <sup>th</sup>
	Nagayama Community Center (5F Bellebs Hall)	9:30-11:30	4 <sup>th</sup> / 11 <sup>th</sup>	5 <sup>th</sup> / 12 <sup>th</sup>
Thursday classes	TIC Room (7F VITA)	10:00-12:00	7 <sup>th</sup> / 14 <sup>th</sup> / 21 <sup>st</sup>	15 <sup>th</sup> / 22 <sup>nd</sup> / 29 <sup>th</sup>
		19:00-21:00	7 <sup>th</sup> / 14 <sup>th</sup> / 21 <sup>st</sup>	8 <sup>th</sup> / 15 <sup>th</sup> / 22 <sup>nd</sup>
Saturday classes	TIC Room (7F VITA)	14:00-16:00	2 <sup>nd</sup> / 9 <sup>th</sup> / 16 <sup>th</sup>	3 <sup>rd</sup> / 10 <sup>th</sup> / 24 <sup>th</sup>

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

Published on the 10<sup>th</sup> of every month by the Culture & Lifelong Learning Office, Living & Culture Dept. Tama City Hall ☎ 042-338-6882



### Prepared & edited by: TAMA CITY INTERNATIONAL CENTER (TIC)

TIC Secretariat: 7F, VITA Commune, 4-72 Sekido, Tama City 206-0011 ☎ 042-355-2118 Fax 042-355-2104

E-mail: [tic@kdn.biglobe.ne.jp](mailto:tic@kdn.biglobe.ne.jp) URL: <https://www.tic-tama.jp>

Office hours: Mon.-Fri. 10 a.m. - 5 p.m. Closed Sundays, every 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month, 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: Tsutomu Mogami Translations: Amanda Wade