

NEW CORONAVIRUS (COVID) VACCINATION

●About initial vaccination, booster vaccination and children vaccination

Currently, the first and second doses as well as the third additional dose are administered to those aged 12 years and above, and the first and second doses for children aged 5 to 11 years. Please make an appointment if you wish to be vaccinated. For details, please refer to the official website.



●About fourth booster vaccination

The city is preparing for the vaccination system in case the fourth dose of the new coronavirus vaccine is regarded as an immunization under the Immunization Law, based on a notice from the national government. Whether or not to administer the fourth shots and who would be eligible, and the interval between the third shot will be decided after deliberations by the National Health Sciences Council's Subcommittee on Immunization and Vaccines.

New information will be announced through Tama Koho newsletter and the official website of Tama City as it becomes available.

▽Inquiries: COVID Vaccination Call Center ☎042-313-7003 (9am~5pm including Saturday, Sunday and holidays)

FAX 042-313-7754

(This article is based on the information as of April 22)

FOR THOSE WHO ARE RECEIVING COVID TREATMENT AT HOME

Tama City COVID Telephone Counseling

Public health nurses and other healthcare professionals will provide counseling for those who have worries about COVID (including those who are not receiving medical treatment at home), in cooperation with public health center.

▽Days/Time: Mon.~Fri. 9am~5pm (Closed on Sat., Sun. & holidays)

▽Eligible: Tama City residents

▽Telephone for consultation ☎042-376-9111

(Please say "Shingata corona denwa sodan" first.)



Tama City provide supplies for those recovering at home

Tama City delivers a supply of goods for about three days while waiting for the support from Tokyo Metropolitan Government to arrive.

▽Eligible: Tama City residents

▽Application & inquiries: Monday~ Friday 9am~5pm

(except on Saturday, Sunday and holidays)

Call by dialing the exclusive line for COVID

Supplies Support ☎080-7999-9680



[Common to both]

Note: Please refer to the official website for details ▽Inquiries: Health Promotion Section ☎042-376-9111

COLLECTING HAND STAMPS! PLEASE SHARE YOURS. HAND STAMP ART EXHIBITION

To commemorate the 50th anniversary of the implementation of the *shisei* (granting of a city status), painters Makoto Tagawa and Shinya Fukasawa will create an artwork using the "hands" of everyone who has made the past fifty years of Tama City and the coming peaceful fifty years. Your "hands" will be used to create a single large art work of nine meters wide, expressing "Everyone smiles and lively town, Tama" by connecting the hands of many people.

HOW TO MAKE HAND STAMP

Apply paint or stamp ink of your desired color to the palm of your hand, press it onto a plain colored drawing paper, let it dry, and then cut it out with scissors along the shape of your hand. Write your name and favorite words on the front of the cut-out hand stamp.

NOTE: On the back side, you need to write your age (10s, 50s, etc.). Those who have difficulty with handprints may use footprints. The completed work will be exhibited at the Parthenon Tama in July to commemorate the 50th anniversary of the city's establishment. Please refer to the official website for details.

▽Application & inquiries: Must arrive by Friday, June 10th. Send by post or you can bring your hand stamp directly to Peace and Human Rights Section, 7F VITA Commune, 4-72 Sekido 〒206-0011 ☎042-376-8311 **FAX**042-339-0491

A FIRE BROKE OUT FROM A GARBAGE TRUCK!

~ Spray cans should be disposed of as "hazardous waste" ~

Before throwing out your garbage, STOP! Think carefully! ? Your actions can prevent fires.

Follow the rules and manners of sorting, and dispose of garbage safely!

* A fire broke out in a garbage truck in Tama City. The cause of the fire is under investigation, but many spray cans and other "hazardous waste" were found in the garbage collecting truck, which had been disposed in "non-burnable" garbage bags.

* Spray cans, cassette gas canisters, lighters and so on, must be emptied of their contents and disposed of as "hazardous waste" (free of charge) without making holes in them. NEVER put them in the "Non-burnable Garbage" (pink plastic bags). Please refer to the official website for details.

▽Inquiries: Garbage Management Section ☎042-338-6836

NEWS FROM TAMA CITY LIBRARY

Tama City Library offers "e-book" lending service. This service is available to those who live, work, or study in Tama City. You must first visit the library in person and register as a user. Then, please register your password from the library website.

< Recommended E-book >

『KIJE JAPAN GUIDE 07

100 Beloved Mountains of Japan』 Publisher: Sekai Bunka Publishing

The book features Japanese mountains including portraits of Mt. Fuji and the 100 best mountains selected by Hisaya Fukada, "The 100 Best Mountains of Japan". You may want to try reading this book for the coming season. It is written in both Japanese and English.

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

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

5/15(Sun.) Yamazen Internal *Naika* Clinic(Internal Medicine) ☎042-372-5588
1F Seisekisakuragaoka Garden House,
4-40-3 Ichinomiya

5/22(Sun.) Suzuki *Naika Ichoka* (Internal Medicine & Gastroenterology) ☎042-371-2760
5-4-10 Nagayama

5/29(Sun.) Tama Nagayama Takada Clinic ☎042-400-5145
3F Medical Mall Nagayama, 3-6 Kaidori

6/5(Sun.) Abe Tama Center *Naika* (Internal Medicine) ☎042-373-7755
2F Tama Medical Bldg., 1-22-2Tsurumaki

- Limited to emergency cases only
- Bring along your health insurance card and the infant healthcare card.
- Phone the clinic before visiting.
* Make sure to visit during clinic hours.
* Clinics are subject change.

NIGHT CLINIC FOR CHILDREN (Pediatrics)

(Health Center = *Kenko Senta*) 19:00-21:45
Children are to first consult here for emergency illness
042-375-0909



MEDICAL INSTITUTIONS INFORMATION (24-HOURS)

Emergency Tel. Center (Tama Fire Dept.) ☎042-375-9999
Fire Dept. Emergency Consultation Center Tel. #7119
(Mobile, PHS, push phone); ☎042-521-2323 (dial phone
Tokyo Med. Health Info Service (Himawari) ☎ 03-5272-0303

EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Ctr.) Dental care 9:00-15:30 ☎ 042-376-8009
(Sunday, public holidays and New Year holidays)
*Appointment is necessary

MEDICAL INFORMATION IN FOREIGN LANGUAGES

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

★COUNSELING FOR FOREIGNERS *By appointment basis only!

Every 1st & 3rd Thursdays 13:30-16:30 TIC Room, 7F, VITA Commune (OPA)

※Projects
entrusted by Tama
City

★SCHEDULE OF JAPANESE CLASSES (TIC members can attend the classes for free)

Classes	Place	Time	Date	
			May	June
Monday Classes	Meeting Room, 4F Parthenon Tama	9:45~11:45	9・16・23	6・13・20・27
	Bellebs Hall, 5F <i>Nagayama Kominkan</i>	9:30~11:30	9・16・23	6・13・20・27
Thursday Classes	TIC Room (7F VITA)	10:00~12:00	12・19・26	16・23・30
		19:00~21:00	12・19・26	9・16・23
Sat. Class	TIC Room (7F VITA)	14:00~16:00	14・21・28	4・11・18

▲For above inquiries and reservations, please call TIC Secretariat ☎042-355-2118

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Open from Monday to Saturday 10:00-17:00 (Closed on Sun., 1st & 3rd Mon., New Year holidays and other special holidays)

※If you have any opinions concerning HAND in HAND in TAMA, or if you want a copy of this newsletter which is available in four languages (Japanese, English, Chinese and Hangul), please contact the above. Editing: Kumiko Murata