

● Please fill out our Foreign Citizen Survey!

Questionnaires were sent to foreign residents of Tama City in November. If you have received this questionnaire, please complete it by Wednesday, January 3, 2024. Your answers will be used in efforts to create a more livable city for both Japanese and foreign residents.

[Inquiries](#) Culture & Lifelong Learning Promotion Division ☎042-338-6882

● Plan ahead when applying to dispose of oversized items during the Year-end & New Year holidays!

December is the month for general house cleaning and there will be more opportunities for you to put out your garbage/recyclables, etc. Please plan accordingly.

If you want items collected and/or to take them to the garbage disposal facility, you must apply in advance.

◎Phone applications for regular collection: by 3 p.m. on the weekday immediately preceding your desired collection date. Applications will be accepted through 3 p.m. on Thursday, December 28 for collection on Friday, December 29.

◎For direct disposal at a garbage disposal facility: if you have applied by 5 p.m. on Thursday, December 28, you may take your items to the garbage disposal facility through 4:30 p.m. on Friday, December 29 (you must call ahead to make an appointment to bring items in). Applications for the New Year will be accepted from Thursday, January 4.

✕For those busy on weekdays: apply by 5 p.m. on Friday, December 22 to be able to bring your items to the garbage disposal facility on Sunday, December 24.

[Inquiries](#) Oversized garbage hotline ☎042-375-9713 Resources Recycling Promotion Division ☎042-338-6836

● Be on the alert for house fires!

Some 360 people have died in house fires over the past five years in the area covered by the Tokyo Fire Dept. To avoid starting a fire, you need to know the locations where the risk of fire is high.

◎Major causes of residential fires: (1) Cigarettes, (2) Kerosene stoves, (3) Stove tops

Be sure to put out cigarettes and dispose of cigarette butts properly, never smoke in bed, never dry laundry near a kerosene stove, and never leave the kitchen while cooking. The best way to minimize fire damage is to take prompt first-aid firefighting action.

◎First-aid firefighting: (1) Call the fire service promptly, (2) Extinguish flames promptly, (3) Evacuate promptly

Always be prepared with a fire extinguisher and make sure it is in a safe place. Check household fire alarms regularly in preparation for emergencies. These devices should be replaced once every ten years.

[Inquiries](#) Fire Prevention Inspection Section, Tama Fire Department ☎042-375-0119

● From Consumer Affairs: That email or SMS may be spam. Do not click on the URL!

We have received a succession of complaints from people who have received emails from a major mail order site stating, "Unauthorized access has been confirmed. Please check your personal information immediately." On clicking the links provided in such emails and entering personal information, recipients then fall victim to credit card fraud. This is the work of scammers purporting to be a major mail order site. Email / SMS spam from scammers pretending to be banks and/or mobile phone companies are also on the increase. To protect yourself from fraud, do not click on the URL links provided. If you accidentally access the URL, do not enter personal information. If you need to contact the company, use the official website, mobile phone app, or legitimate support service.

[Consultation Services](#) Monday – Friday, 1st and 3rd Saturdays of the month (except 1st and 3rd Thursdays, national holidays, and year-end and New Year holidays)

[Office Hours](#) 9:30 a.m. – noon, 1 p.m. – 4 p.m.

[Inquiries](#) Consumer Affairs Center Consumer Consultation Office (BELLEBS Nagayama) ☎042-374-9595

● Tama Central Library

Tama Central Library opened on July 1, 2023 in Tama Central Park.

The second floor features a plaza where visitors to the library can chat. There are also books in foreign languages, picture books with CDs, and books for studying Japanese. The first floor is a quiet place to read and study, offering a wide range of materials, including English books for adult readers.

Library hours: 9:30 a.m. – 8 p.m.

Library holidays: 1st and 3rd Thursday of the month (open if the day falls on a national holiday), year-end and New Year holidays, and special periods for maintenance/stocktakes

[Inquiries](#) Tama Central Library ☎042-373-7955

●Coronavirus consultation services

◎Tama City Coronavirus Telephone Consultation Service ☎042-376-9111

Office hours 9 a.m. – noon, 1 p.m. – 5 p.m. Monday-Friday (Excluding public holidays)

Note Please state that you are seeking a coronavirus consultation when you call.



◎Please see the official website for the latest information on coronavirus vaccinations.

Inquiries Coronavirus Vaccination Call Center ☎042-313-7003 (9 a.m. – 5 p.m. excl. Sundays and holidays)

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

12/17 (Sun) Abe Tama Center Medical Clinic
☎042-373-7755
Tama Medical Bldg. 2F, Tsurumaki 1-22-2

12/24 (Sun.) Nakamura Naika ☎42-375-7757
Suwa 5-10-7

12/29 (hol.) Miyuki Clinic ☎042-372-4853
Renkoji 1-8-3
Ezaki Pediatric Clinic ☎042-376-5225
Ochiai 3-20-2

12/30 (hol.) Hijirigaoka Hospital ☎042-338-8111
Renkoji 2-69-6
Takei Pediatric Clinic ☎042-357-3030
Sekido 2-69-3

12/31 (hol.) Tama Center Clinic Mirai ☎042-316-8570
Magreb Parking Bldg. 1F, Ochiai 1-38
Tama Kodomo Quasi-Night Clinic
☎042-375-0909
Sekido 4-19-5 (inside the Health Center)

- 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)

Please visit this clinic if your child has an emergency.
(19:00~21:45) ☎042-375-0909



EMERGENCY DENTAL TREATMENT ON HOLIDAYS

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

Note Please call in advance

INFORMATION ON MEDICAL INSTITUTIONS (24/7)

Emergency Call Center (Tama Fire Dept.) ☎042-375-9999
Fire Dept. Emergency Consultations ☎#7119 (mobiles, PHS, push-button phones) ☎042-521-2323 (dial-up phones)

Tokyo Met. Med. Health Infor Service "Himawari" ☎03-5272-0303

MEDICAL INFORMATION IN FOREIGN LANGUAGES (Tokyo Metropolitan Health and Medical Information Center)

9:00 – 20:00 ☎03-5285-8181

★Counselling for Foreign Residents Every 1st & 3rd Thursday of the month (13:30-16:30) TIC Room

✳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 Rooms 3&4 (December 4, 11 classes will be held in the Career Mum Hall, 5F Cocolia)	9:45 - 11:45	4 th / 11 th / 18 th	15 th / 22 nd / 29 th
	Nagayama Kominkan 5F, BELLEBS Hall	9:30 - 11:30	4 th / 11 th / 18 th	15 th / 22 nd / 29 th
Thursday classes	TIC Room (7F VITA Commune)	10:00 - 12:00	7 th / 14 th	11 th / 18 th / 25 th
		19:00 - 21:00	7 th / 14 th	11 th / 18 th / 25 th
Saturday classes	TIC Room (7F VITA Commune)	14:00 - 16:00	2 nd / 9 th / 16 th	13 th / 20 th / 27 th

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

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Closed Sundays, every 1st and 3rd Monday of the month, national holidays, year-end 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, Korean and easy Japanese); please contact the office if you would like a copy.

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