

From Tama Fire Dept.: SOME HINTS TO ENJOY YOUR SUMMER THIS YEAR

●PREVENT HEATSTROKE

Heatstroke also happens even when indoors, so make sure to check the room temperature. Here are some safety tips to avoid heat stroke: ◇Adjust your body condition to hot weather.◇Avoid high temperature, high humidity and direct sun exposure.◇Drink liquid before you feel thirsty, and do it deliberately.◇If you have to do physical activities, take extra breaks deliberately.◇Lead a well-regulated life.◇Never leave a child unattended in a vehicle.

●PREVENTING ACCIDENTS IN THE WATER

During the summer vacation period, as when many people go out for fun outdoor activities such as along the riverside or swimming pool, the number of drowning accidents also increases. To prevent accidents in the water, be extra careful with the following: ◇Stay within sight and reach of small children at all times when they're playing in the water (Infants and toddlers can even drown in a few inches deep inflatable pools) ◇Do not swim when you drink alcohol or have poor health condition. ◇Cancel the outing in case of stormy or bad weather ◇Wear life jackets when on the water such as in the sea or river.

▽Inquiries: Prevention Section, Tama Fire Department ☎042-375-0119

News from the Consumers Advisory Office

BE EXTRA CAREFUL FROM THE TRADERS OF THOSE UNWANTED ITEMS

There was a consultation from a client who received a phone call from a trader saying that "If you have unnecessary old clothes and shoes, I'll buy them", but when the caller visited the house, he was insistent to buy rings and accessories. In the end, she sold her valuable jewelries such as rings at a very low price. This kind of door-to-door buying is being regulated by law and the trader cannot demand the person to sell things without any prior approval or appointment. Also, when a contract has been made, a document that contain information such as the traders contact number and address, type of goods and cooling-off matters should be issued. The trader is after the jewelries so if he demands suddenly for jewelries, flatly refused it. Although there is an eight-day cooling-off from the day you received the document, there are many cases when you will not be able to contact the trader anymore and cannot get the goods back. Therefore, please be extra careful when dealing with them.

▽Counseling days: Monday~Friday, 1st & 3rd Sat. ※Closed on 1st & 3rd Thu., holidays and year-end & New year holiday.

▽Counseling hours: 9:30am~12:00nn, 1:00pm~4:00pm

▽Inquiries: Consumers' Life Center (Bellebs) ☎042-374-9595

AUGUST IS THE MONTH FOR PAYMENT OF CHILD SUPPORT ALLOWANCE

A child support allowance for the months of April to July shall be remitted to the account of recipients.

▽Date of remittance: Fri., Aug. 10 ※If you have not received it until late August, please inform the office.

●Do not forget to submit your current status report !

The form was already sent to recipients of the allowance. Please complete the form and make sure to submit it before the set deadline. The recipient him/herself must submit it directly to the counter.

※Not acceptable at Seiseki Sakuragaoka Stn. and Tama Center Stn. city office branches or by post.

▽Inquiries & submission: Submit by Fri., Aug. 31 to Childcare Support Section, 2F City Hall ☎042-338-6851

COMMEMORATING THE AQUA BLUE TAMA FOUNDATION AQUA FESTIVAL

There will be events at the pool and refreshment booths. Many events such as the split-the-watermelon game and children cheerleading, you will surely be in a festive mood.

▽Date/Time: Aug. 25 (Sat.), Aug. 26 (Sun.) 11:00am~4:00pm ▽Place: Bicycle parking space, etc.

▽Inquiries: Aqua Blue Tama ☎042-338-7667

①TREASURE HUNTING: To join, pick the numbered ball in the wave pool and win luxury prizes by lottery.

▽Date/Time: Aug. 25 11:50am~12:20nn; 3:50~4:20pm Aug. 26 11:50am~12:20nn

▽Place: Wave pool ▽Capacity: On the 25th=200 persons each; 26th=300 persons (Both are in order of arrival. Come directly to the place on the day of event)

②FAIR AT THE POOL: There are three games such as shooting. A reward shall be given depends on the number of wins. ▽Date/Time: Aug. 26 3:00~4:00pm ▽Place: Sundeck at the pool side

▽Capacity: 60 persons (Reception starts 30 mins. before the time on the day at the pool)

[Common to both ①②] Eligible: Primary schoolers and below (Below grade 2 must be accompanied by their guardians) ▽Fee: Pool admission fee

SUMMER VACATION CAMPAIGN “TOKYO CHILD-RAISING SUPPORT PASSPORT”

A summer vacation campaign has been implemented to encourage many people to avail the “Tokyo Child-raising Support Passport Project” where many companies and shops provide various services for the households with children aged under junior high school and for those pregnant women.

The co-sponsored shops who support child-raising are offering products with discounts and giveaways limited for summer vacation. By using the app or accessing the website <https://kosodate.pass.metro.tokyo.jp/> and filling in the necessary information, you will have the digital passport for smartphones.

Leaflets with the “paper passport” coupon are distributed at Child Support Section 2F City Hall, Seiseki Sakuragaoka Station and Tama Center Station city office branches, Childrearing Comprehensive Center, Tama Day Nursery Childrearing Center, Children’s Hall (including regional child-raising support centers)

▽Period covered: Until Friday, August 31 ▽Inquiries: Child Support Section ☎042-338-6904

NAGAYAMA WORK PLAZA SUPPORTS YOU IN FINDING JOBS

Nagayama Work Plaza is a branch office of Hello Work Fuchu which is jointly operated by Tama City. The full-time staffs give advices about employment and introduce to companies with job openings. There are ten computers with easy to browse jobs by touching screens. Just select your desired terms and conditions. Feel free to avail the service.

▽Hours open: 9:00am~5:00pm (Closed on Sat., Sun. and holidays) ▽Place: 1-5 Nagayama (4F, Bellebs Nagayama)

▽Mainly supports: Job search, job consultation and introduction, correction of resume and career history, advice about interviews and provide information concerning seminars and interviews organized by Hello Work Fuchu

▽Inquiries: Nagayama Work Plaza ☎042-375-0951

ROTA OF DOCTORS ON HOLIDAYS 9:00am-5:00pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

8/11(Sat./Hol.) Tama Nagayama Takada Clinic 3F Medical Mall Nagayama, 3-6 Nagayama ☎042-400-5145

8/12(Sun.) Tama Garden Clinic 3F Lions Plaza Tama Center, 1-35 Ochiai ☎042-357-3671

8/19(Sun.) Shii no Ki Internal Medicine Clinic Dai-5 Shii no Ki Bldg., 6-15-4 Ochiai ☎042-337-5711

8/26(Sun.) Atago Clinic Rm. 205, 4-53-1 Atago ☎042-374-7700

9/2(Sun.) Tama Clinic 5-10- Suwa ☎042-375-7753

9/9(Sun.) Fusegawa Clinic 1329 Ochikawa ☎042-373-5858

**Limited to emergency cases only. *Please phone the clinic before visiting and make sure to visit during clinic hours. *Bring along your health insurance card and the infant healthcare card (if applicable) to the clinic. *There might be changes of clinics on the list.*

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 Department Emergency Consultation Center

Tel. #7119 (Mobile, PHS, push phone); ☎042-521-2323 (dial phone)

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

EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) Dental care 9:00-15:30 ☎ 042-376-8009

(Sun., public holidays, year-end and New Year holidays)

* Appointment is necessary. Be sure to call beforehand.

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 Bldg.)

*※Projects entrusted by
Tama City*

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

*Tama Center Class (Monday 11:00-12:50) Cocolia Hall, 7F, Cocolia Tama Ctr. 9/3.10

*Nagayama Class (Monday 10:00-12:00) Rm. 302 *Higashi Nagayama Fukugo Shisetsu, etc.* 9/3.10

*Sakuragaoka Class (Thursday 10:00-12:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 9/6.13.20

" (Thursday 19:00-21:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 9/6.13.20

" (Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 9/8.15.29

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

*No
classes
in August*

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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