
ABOUT NEW CORONAVIRUS INFECTION

★INFORMATION

On Tama City's official website, information for foreigners about the "new coronavirus infection" written in "easy Japanese" is updated from time to time; such as tips on how to prevent infectious disease, responses in case of suspected infection, introduction of sites and apps that provide information in foreign languages, and consultation desks for foreign tourists.

Please check the latest information through the official website and try to prevent from getting infected.

(HP) <http://www.city.tama.lg.jp/0000010602.html>

※The official website of Tama City is also viewable in English, Chinese and Korean language.

★PREVENTION

●HANDWASHING

Wash your hands often with running water and soap.

Especially if you came from the outside or after

coughing, wash your hands thoroughly before touching your mouth, nose, eyes, etc.

Alcohol-based sanitizer is also effective.

●COUGHING MANNERS

When you are coughing or sneezing, wear a mask.

If you cough or sneeze suddenly, cover your nose and mouth with a tissue, etc.

Try to avoid going to crowded places.

★EVENTS MAY BE CANCELLED OR POSTPONED

Due to the effects of the new coronavirus infections, many events published in the Tama *Koho* publication including those issued in the past, may be canceled, postponed, or may be held by changing the contents. Please contact the organizer of the event beforehand, or check the official website of Tama City <http://www.city.tama.lg.jp/>

▽For inquiries: Secretary and Public Relations Section ☎042-338-6812

JOIN THE RESIDENTS' ASSOCIATION AND NEIGHBORHOOD ASSOCIATION IN YOUR AREA TO GET TO KNOW YOUR NEIGHBOR

Residents' association and neighborhood association are groups of people living in the community cooperating with each other while regarding highly the relationships between residents in a local area. So, let us join the association. You may discover new things by taking part in the community activities, be familiar with the area where you reside and deepen interchanges with neighbors. If you do not know your community network, please feel free to contact us.

▽For inquiries: Community and Life Affairs Section ☎042-338-6828

CHILDREARING ALLOWANCE: MARCH IS THE MONTH FOR PAYMENT

Payment is every other month on odd numbered month. The child support allowance for the months of January and February will be remitted to designated account of recipient this month.

▽Date of remittance: Wed., March 11 ※Please inform us if you didn't receive it by the end of March.

▽For inquiries: Childrearing Support Section ☎042-338-6851

PEOPLE AND ENVIRONMENTALLY FRIENDLY URBAN PLANNING TOWARDS A SUSTAINABLE CITY

As March is moving season many bulky garbage are being disposed during this period. Make a request for pick-up by phone and attach the required bulky garbage sticker on the item. Please put the garbage out on scheduled day of pick-up and on designated place of disposal. You can also bring the garbage directly to the incineration plant. ※For details, dial the direct line for bulky garbage ☎042-375-9713

▽For inquiries: Garbage Control Section (inside the ECO Plaza Tama) ☎042-338-6836

DISTRIBUTION OF THE "GARBAGE AND RECYCLABLES COLLECTION CALENDAR FOR FISCAL YEAR 2020"

The calendar for April 2020 to March 2021 will be distributed to all households in Tama City. Please contact us if you have not received it by Tuesday, March 31.

▽For inquiries: Garbage Control Section (inside the ECO Plaza Tama) ☎042-338-6836

COMPREHENSIVE CHILDREARING CENTER "TAMAKKO" KOSODATE HIROBA (CHILDCARE HIROBA)

Kosodate Hiroba is a space where children can play leisurely and spend a relaxing time together with their parents. Everyone can play freely with many playthings, toys and picture books. A "refresh" temporary childcare program is also provided.

Please refer to the website for details: <http://tamakko.jp/>

※Due to the widespread outbreak of the novel coronavirus disease, the facility will be temporarily closed until Sunday, March 15. However, please check the official website of Tama City for the latest information (<http://www.city.tama.lg.jp/>) as there might be a case when even after Monday 16th, the facility will be closed depending on how the situation of an infectious disease develop.

▽Days/Hours open: Monday~Saturday 10:00 a.m.~4:00 p.m.

▽Eligible: Preschool children and their family

▽For inquiries: *Kosodate Sogo Center "Tamakko" Childcare Hiroba & Temporary Childcare Office*
☎042-375-0104

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

3/15(Sun.)	Seiseki Sato Clinic	1F, Annex-C, Keio Seisekisakuragaoka SC, 1-7-5 Sekido	☎042-337-2715
3/20(Fri./Hol.)	Nagayama Internal Medicine Clinic	2F, KTA Bldg., 1426 Kotta	☎042-338-2355
3/22(Sun.)	Kaitori-Uchida Clinic	1F, Nohburu Kaitori, 1-52-1 Kaidori	☎042-389-3646
3/29(Sun.)	Suzuki Internal Med. & Gastroenterology	5-4-10 Nagayama	☎042-371-2760
4/5(Sun.)	Ai Clinic	1431-3 Kaidori	☎042-375-9581
4/12(Sun.)	Yamazen Internal Medicine Clinic	1F Seisekisakuragaoka Garden House, 4-40-3 Ichinomiya	☎042-372-5588

**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 first in advance.

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! ※Projects entrusted by Tama City
Every 1st & 3rd Thursdays 13:30-16:30 TIC Room, 7F, VITA Commune (OPA Bldg.)

★**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.	3/2.9.16	4/6.13.20	
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	3/2.9.16	4/6.13.20	
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	3/5.12.19	4/9.16.23	
"	(Thursday 19:00-21:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	3/5.12.19	4/9.16.23
"	(Saturday 14:00-16:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	3/7.14.21	4/4.11.18

▲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