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## INFORMATION ABOUT THE NEW CORONAVIRUS DISEASE (COVID-19)

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Information in easy Japanese for foreigners about the "new coronavirus disease" is available at Tama City's official website. Please check the latest information and do your best not to get infected from virus.

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

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

Changes may be held on various events and the usages of facilities in Tama City due to the effects of the new coronavirus infections. Contact the organizer of the event as well as the venue beforehand, or check the official website of Tama City <http://www.city.tama.lg.jp/> for the latest information.

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

### ●TO THOSE WHOSE PERIOD OF STAY EXPIRES IN APRIL 30<sup>TH</sup>

Many people visit the immigration office. To prevent the new coronavirus from spreading in Japan, we have created special rules for submitting documents to the immigration office.

- 1) If the expiration date written on the "Resident Card" is between March 1 and April 30, 2020, you can submit your documents to the immigration office one month after the specified expiry date on your card.
- 2) When your child was born between January 31 and March 31, 2020, you can go to the immigration office and submit your documents within a month after the 61<sup>st</sup> day of birth.

※There are no special rules for those who entered Japan for sightseeing and those who are preparing to leave Japan. When you are unable to return to your country due to the new coronavirus, you should go to the immigration office and submit necessary documents before your period of stay expires.

If you have any questions, please contact the immigration office.

▽For inquiries: Foreign Residents' Information Center (Monday~Friday 8:30am~5:15pm)

☎0570-013904

☎03-5796-7112 (IP,PHS, From overseas)

### ●Where to consult about the COVID-19 (New Coronavirus Disease)

Consultation is available in Japanese, English, Chinese and Korean.

New Coronavirus Call Center (COVID-19 Call Center): 0570-550571

From 9:00am~9:00pm (You can also consult on Saturday, Sunday and holidays)

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## CITY HALL (MAIN OFFICE) SAT. & SUN. OPENING CHANGES FROM APRIL

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In principle, Tama City Hall opens every 2<sup>nd</sup> Saturday and 4<sup>th</sup> Sunday during April to September.

▽For inquiries: Citizens' Affairs Section ☎042-338-6880

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## TAMA CITY SUPPORTS IN RAISING CHILDREN AND YOUTH

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Parents/guardians and everyone in the community are supporting children and young people to grow up the way they want to be, and a city to become a joyful one.

**Basic policies: 1. Support for healthy growth of children**

**2. Support families raising children**

**3. Community planning that supports parenting and child growth**

**4. Multifaceted support for children and youth**

In March 2020 (Reiwa 2), Tama City Child, Parenting and Youth Plan (FY Reiwa 2 - 6) has been devised.

▽For inquiries: Childrearing Support Section ☎042-338-6904

## ADVISORY CONCERNING FLOWERS AND GREENERY

### (Appointment is not necessary)

We will give you advice on general horticulture such as how to grow plants and damages caused by insects and disease. You can come directly to the venue or give us a call.

▽Days/Hours: Tuesday~Friday 10:00 a.m.~3:00 p.m. (Closed from 12:00nn~1:00pm)

▽For inquiries: Green Live Center ☎042-375-8716

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

4/12(Sun.) Yamazen Internal Medicine Clinic

1F Seisekisakuragaoka Garden House, 4-40-3 Ichinomiya ☎042-372-5588

4/19 (Sun.) Sasabe Clinic 1 & 2F Confohto Seiseki, 4-9-2 Sekido ☎042-375-7313

4/26(Sun.) Yahano Internal Med. & Gastroenterology Clinic ☎042-356-3761

6F Sakuragaoka Tomizawa Bldg., 1-11-9 Sekido

4/29 (Hol.) Miyuki Clinic 1-8-3 Renkoji ☎042-372-4853

5/ 3 (Hol.) Yamazen Internal Medicine Clinic

1F Seisekisakuragaoka Garden House 4-40-3 Ichinomiya ☎042-372-5588

Takei Pediatric Clinic 2-69-3 Sekido ☎042-357-3030

5/ 4(Hol.) Tamura Clinic 5F Tama Center Peperi Bldg., 1-32-1 Ochiai ☎042-356-0677

Tama City Children After-hours Clinic 4-19-5 Sekido ☎042-375-0909

5/ 5(Hol.) Miyuki Clinic 1-8-3 Renkoji ☎042-372-4853

Tama City Children After-hours Clinic 4-19-5 Sekido ☎042-375-0909

5/ 6(Substitute Hol.) Tama Center Clinic Mirai 1F Maghreb Parking, 1-38 Ochiai ☎042-316-8570

Nishida Children's Clinic 1F Flora Nagayama, 1-2-14 Nagayama ☎042-376-1001

5/10(Sun.) Nakamura Internal Med. Clinic 5-10-7Suwa ☎042-375-7757

\*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!

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, 5F, Cocolia Tama Center

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

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

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

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

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

**Closed in April** to prevent the spread of coronavirus infections  
5/11.18.25  
5/11.18.25  
5/7.14.21  
5/7.14.21  
5/9.16.23

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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: Sachiko Mori