

BE PREPARED FOR THE 2ND AND 3RD WAVES OF COVID-19 (NEW CORONAVIRUS)

The lifting of the state of emergency imposed due to coronavirus does not mean that the virus has disappeared. If people get off guard now, many may be infected again on the second and third waves. A new life style has been announced by the Ministry of Health, Labor and Welfare to prevent infectious disease. For details, please refer to the website: ※Viewable also in English
HP https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000121431_newlifestyle.html

○Examples of practicing the “new lifestyle” (an excerpt from the Min. of Health, Labor and Welfare website)

- (1) Basic preventive measures against infection for each person (three basic counter-infection measures: (1) keeping physical distance, (2) wearing a mask, (3) washing hands)
 - Leave two meters (or at least 1m) of space between two persons as much as possible
 - When going out, choose outdoor rather than indoor.
- (2) Basic lifestyle for daily life :
 - Wash hands frequently
 - Disinfect hands
 - Ventilate rooms frequently
 - Practice coughing etiquette thoroughly
- (3) Lifestyle for each scene in daily life:
 - Use online shopping, too.
 - Go jogging in a small group
- (4) New working style :
 - Teleworking and rotational shiftwork
 - Staggering working hours

▽Inquiries: Health Promotion Section ☎042 (376) 9111

TO SAVE LIVES! SET UP TAMA CITY PCR TESTING CENTER

In cooperation with the Tama Medical Association, we have set up the “Tama City PCR Testing Center” and started testing from May 14. The testing will be conducted when a family doctor determines it is necessary. So, please contact your GP first if you are worried that you may have contracted COVID-19. If you do not have a family doctor, please contact a local medical institution near you.▽Inquiries: Health Promotion Section ☎042 (376) 9111

Consumer Affairs Agency

Mascot/symbol of

NEVER WORRY ALONE, CONSULT FIRST

Consumers Hotline 188 “Iyayan”

CONSULT WITH THE CONSUMERS HOTLINE “☎188”

“There is a possibility that the new coronavirus has spread through the tap water. I’m going to do the inspection, so please tell me your place.” “Since there is a subsidy, please tell me your personal and bank account information.” Are you in trouble concerning consumer problems such as those matters related to the spread of new coronavirus infectious disease and “has been damaged by dishonest business practices”? If so, it is important that you should consult immediately. Do not worry alone, call the consumer hotline which is accessible from anywhere in Japan by pressing the three-digit phone number “☎188”. A professional counselor will assist you in solving your problems.



NOW ACCEPTING APPLICATIONS BY POST

大変お待たせしました



HAVE YOU RECEIVED YOUR TAMA CITY SPECIAL CASH PAYMENT APPLICATION FORM?

(The amount of 100,000 yen will be paid to each person who are registered with the Basic Resident Registration System as of April 27, 2020.)

【Video on how to fill in the form】▶

On May 28, the application form was sent to the head of a household covered by the benefits. After confirming the contents, with reference on the entry examples, fill in the required information on the form; attach necessary documents and please send back using the enclosed “reply envelop”. For those who have already applied online, there is no need to send back the application form.



【You can check the application and payment status】▶

▽Application deadline: Must be postmarked by Monday, August 31

(Note: Please beware of fraud damages by benefits scammers.)



▽Inquiries: Special Cash Payment in-charge, General Affairs Contract Section

(Tama City New Coronavirus Call Center) ☎042(400)1612, fax 042(400)1370

PROVIDING EMERGENCY SUPPLIES

To be prepared for disaster, we provide disaster prevention supplies selected by the city and made an agreement with the supplier.

▽Period: Until Wednesday, March 31, 2021

▽Display of samples: Fri., July 31~Tues., Sept. 1 =Lobby, 1F City Hall; If not within the specified period=In front of below section on the 2F of City Hall ※For details, please refer to Tama City Official website

▽Inquiries: Disaster Prevention and Safety Section ☎042(338)6802

10% DISCOUNT ! “SUPPORT TAMA CITY RESTAURANTS TICKET # TAMAMESHI” NOW ON SALE

[【List of participating restaurants】▶](#)



Tama City supports the selling of “meal ticket” in order to help manage the operation of restaurants in the city, whose sales are affected due to the spread of coronavirus.

Participating local restaurants will sell “Support Tama City Restaurants Tickets” with an additional 10% to the purchase price from early June. Let’s support them.

▽Issuance/Sales: Participating restaurants recruited by Tama City “Support Tama City Restaurants Project”

※For details, please refer to Tama City Official website or each restaurant (Ticket sales start period varies depending on each restaurant)

▽Amount of tickets: 1 sheet 5,500 yen (500 yen × 11pcs.) meal ticket sold for 5,000 yen

▽Inquiries: Economy and Tourism Section ☎042(338)6909 or ☎042(338)6830

WE’RE STREAMING VIDEOS ON YouTube

Although the state of emergency that was declared to prevent the spread of coronavirus has been lifted, we will upload videos on YouTube channel which you can use when continuing to stay at home. Videos of crafts and gymnastics for children created at *Jidokan* (children’s center), exercises which can be done at home to maintain good health and messages to the local citizens from Tama City Mayor and public health nurses. Links of videos published on YouTube are posted on Tama City official website. Please make use of them.

▽Channel name: Tama City Official Channel

[【Tama City Official Channel】▶](#)

▽Inquiries: Secretary & Public Relations Section ☎042(338)6812



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

6/14(Sun.) Abe Tama Center Internal Medicine 2F, Tama Medical Bldg., 1-22-2 Tsurumaki ☎042-373-7755

6/21(Sun.) Karakida Eki-mae Clinic Rm. 104 Plaza Karakida, 1-1-7 Karakida ☎042-376-3800

6/28(Sun.) Watanabe Clinic 5-8-1 Toyogaoka ☎042-371-3321

7/ 5(Sun.) Suzuki Internal Medicine & Gastroenterology 5-4-10 Nagayama ☎042-371-2760

7/12(Sun.) Nagayama Internal Medicine Clinic 2F KTA Bldg., 1426 Kotta ☎042-338-2355

*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



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 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

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 Thurs. 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.

*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



For the opening of classes in June, please check the official website of Tama City and TIC, or ask TIC Office directly.

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E-mail: tic@kdn.biglobe.ne.jp URL: <https://www.tic-tama.jp>

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: Tsutomu Mogami