

●NEW CORONAVIRUS DISEASE (COVID-19) HAVE YOU APPLIED FOR THE SPECIAL CASH PAYMENT?

Tama City has begun accepting online applications on May 1st and from June 1st for postal applications. If you haven't applied yet or in case of application deficiencies, please apply or resubmit your application as soon as possible. As to application deadline, application should be postmarked on or before Monday, August 31st. Please apply within the deadline.

▽Who are eligible: Those who have resident registration in Tama City as of April 27, 2020 (Reiwa 2)

▽For inquiries: Special Cash Payment in-charge, General Affairs Contract Section (Tama City New Coronavirus Call Center) ☎ 042-400-1612 Fax 042-400-1370

●NEW CORONAVIRUS DISEASE (COVID-19) AND HEAT STROKE

To prevent from getting infected from novel coronavirus, it has been said that wearing a mask is effective in preventing droplet infections. However, compared with the case when not wearing one the heart rate, respiratory rate, the level of carbon dioxide (CO₂) in the blood and sensible temperature may become higher which can be a burden on your body. When outdoor, you can remove your mask to prevent heatstroke if you can secure enough distance (2 meters away or more) between people.

SOME PRECAUTIONS TO PREVENT HEATSTROKE

- ① **Drink plenty of fluids even if you don't feel thirsty.** *One glass of water each hour (1-2 liters throughout the day) *Drink water before and after bathing as well as after you wake up in the morning.
- ② **Avoid heat, wear loose-fitting clothing and use a parasol or wear a hat.** If you feel a little sick, get into a cool area indoor or into the shade.
- ③ **When wearing a mask** *Avoid strenuous or vigorous exercise *Be extra careful when the temperature and humidity are high
- ④ **Manage your physical condition regularly** *Do health check and measure body temperature at fixed time every morning. *If you're not feeling well, take a rest at home.

WHEN YOU GET HEATSTROKE

Move to a cool or shady area ⇒ Loosen the clothes to let the heat go away ⇒ *Moisten skin with damp towels or handkerchiefs. Use fan or electric fan to cool the body. *Place cold PET bottles or ice on both sides of neck, under the armpits and groin

※If the condition is serious, call an ambulance. It is important to start cooling the body immediately to bring down the temperature while waiting for medical assistance.

HOW TO REPLENISH FLUIDS AND SALT TO A PERSON WHO MAY BE EXPERIENCING HEATSTROKE

When conscious and can respond clearly: Give a sports drink that can supplement fluids and salt at the same time

When having unconsciousness and nausea: Pouring water to patient's mouth to drink should be avoided; IV drips (intravenous drips) should be done at the medical institutions.

VENTILATE THE ROOM FREQUENTLY EVEN WHEN USING AIRCONDITIONER

*Make two openings in the room such as windows and door *Use electric fan and ventilating fan together *Reset the temperature of air conditioner after ventilation

▽For inquiries: Health Promotion Section ☎042-376-9111

●NEW CORONAVIRUS DISEASE (COVID-19) AND FLOOD DAMAGES

It is now a season when typhoon and regional heavy rainfalls occur that likely to cause storm and flood damages. With the spread of new coronavirus disease (COVID-19), it is necessary to take a different approach when evacuating to prevent crowding of evacuees at the emergency evacuation shelters. Once again, please check various matters concerning evacuation.

PLEASE CHECK HOW YOU WILL EVACUATE

The methods to evacuate vary depending on the situation of the area you are residing. Please check on how you should evacuate by referring to "Tama City Flood and Landslide Disaster Hazard Map" distributed to all households in March 2020.

HOW TO EVACUATE

Vertical evacuation ⇒Evacuate to the upper floor of your house or nearby building

Horizontal evacuation⇒Evacuate to relatives' home • • Evacuate to the homes of relatives, friends or lodging facilities *When there is no relatives to go for evacuation • • Evacuate to emergency shelter
▽For inquiries: *Bosai Anzen-ka* ☎042-338-6802

**●From Tama Fire Department:
PLEASE COOPERATE IN THE PROPER USE OF AMBULANCE!**

Call an ambulance at times like these:

* Lose consciousness (Unresponsive) * Non-stopping convulsion * Losing lots of blood due to injury
* Severe burns * Having difficulty to breath since something stuck in the throat and getting unconscious
* Traffic accident, drowning and has fallen from a height * Child has hives, he/she looked pale
* Something is wrong with the child's condition

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

●THIS YEAR, TOO! PLAYING IN THE WATER IN A PARK

Each person should take thorough measures against coronavirus infections so that everyone can enjoy playing without worrying.

▽Period: Until Monday, August 31

▽Place: Tsurumaki Higashi Park, Ipponsugi Park, Kotta-Kaidori Fureai Hiroba Park

▽Inquiries: *Koen Ryokuchi-ka* ☎042-338-6827

PRECAUTIONS Let's compromise (give-and-take) to maintain social distancing and avoid crowding

※In case of cancellation due to the spread of coronavirus infections, we will inform you through the official website of Tama City.

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

8/16(Sun.) Yahano Internal Med. & Gastroenterology 6F, Sakuragaoka Tomizawa Bldg., 1-11-9 Sekido ☎042-356-3761

8/23(Sun.) Yamazen Internal Med. Clinic 1F, 4-40-3 Ichinomiya ☎042-372-5588

8/30(Sun.) Tama Kazemachi Clinic B-100, Brillia Tama Newtown, 2-2 Suwa ☎042-338-6611

9/06(Sun.) Fusegawa Clinic 1329 Ochikawa ☎042-373-5858

9/13(Sun.) Nakamura Internal Med. Clinic 5-10-7 Suwa ☎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



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)

* Be sure to call first. Appointment is necessary.

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!

Every 1st & 3rd Thurs. 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 10:00-12:00) Cocolia Tama Center, etc.

9/7.14.28

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

9/7.14.28

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

9/3.10.17

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

9/3.10.17

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

9/5.12.26

Special lessons held since June while taking precautions against COVID.

Some classes are also held in Aug. this year. Contact TIC office for more info.

▲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: Sachiko Mori