

PREPARE FOR COMPLEX DISASTER AND CONSIDER EVACUATING TO PLACES OTHER THAN SHELTERS

Inquiries: Bosai Anzen-ka ☎042-338-680

【Check the hazard map】

Evacuation methods vary depending on the situation in the area you live in. 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. By putting a corresponding check mark ☐ on the table below you will be able to act smoothly in times of emergency. If your house is not in the below six areas, in principle, you should take shelter at home. However, if you live near a cliff and you notice a precursory phenomenon or signs of landslide such as cracks in the cliff, small stones falling and water overflowing from the cliff, leave the place and evacuate immediately.

Areas		Area you live in	Methods of evacuation
Estimated flood depth	0.5～ less than 3m	<input type="checkbox"/>	Can evacuate to 2F & higher ⇒Vertical evacuation <input type="checkbox"/> Cannot evacuate ⇒Horizontal evacuation <input type="checkbox"/>
	3～ less than 5m	<input type="checkbox"/>	Can evacuate to 3F & higher ⇒Vertical evacuation <input type="checkbox"/> Cannot evacuate ⇒Horizontal evacuation <input type="checkbox"/>
	5m or higher	<input type="checkbox"/>	Can evacuate to 4F & higher ⇒Vertical evacuation <input type="checkbox"/> Cannot evacuate ⇒Horizontal evacuation <input type="checkbox"/>
Flooding risk areas including house collapse (River bank erosion)		<input type="checkbox"/>	⇒Horizontal evacuation <input type="checkbox"/>
Flooding risk areas including house collapse (Overflowing flood water)		<input type="checkbox"/>	Reinforced cement concrete (RCC)⇒Vertical evacuation <input type="checkbox"/> Other than RCC ⇒Horizontal evacuation <input type="checkbox"/>
Landslide disaster danger zone		<input type="checkbox"/>	RCC and can evacuate to 3F & higher ⇒Vertical evacuation <input type="checkbox"/> Cannot evacuate⇒Horizontal evacuation <input type="checkbox"/>

Vertical evacuation



Evacuate to upper floor of your home or nearby building

Horizontal evacuation

Evacuate to relatives' home



Evacuate to the homes of relatives and friends or lodging facilities

If there's no relatives to go for evacuation



Evacuate to emergency shelter



Hazard map is also view-able here

EVACUATION INFORMATION SENDING METHOD

- Area e-mail
- E-mail distribution service
- Yahoo! Disaster alert app



◀To register for e-mail service

The phone number for “answer-back” system will change from July 20.

EMERGENCY RADIO BROADCAST SYSTEM

When experiencing difficulty to hear the announcement, check the contents by phone using “answer-back system” .
Until July 19: ☎(338)6910
From July 20: ☎050(5433)9162

【WHEN EVACUATION INFORMATION IS ANNOUNCED】

Please evacuate to places other than shelters as much as possible to prevent the outbreak of new coronavirus infections (COVID-19) as shelters will become quite crowded.

PCR TEST CENTER CONTINUES TO OFFER TESTING SERVICE

Tama City PCR Test Center set-up on May 14 has been used for testing when a local or family doctor determines that the patient needs it. There were 57 persons tested until June 25. It is also available in July and later so if you are worried of having infected with COVID-19, please consult your GP first. If not available, please contact a medical institution near you.

▽Inquiries: Health Promotion Section ☎042-376-9111

WHAT ABOUT SPENDING SOME REFRESHING HOLIDAYS AND DAYOFFS AT THE MIKATA NO MORI 's “COOL SHARE”?

▷Period: July 12～Sept. Sundays and holidays ※Also open on Mon. to Sat., daytime except on the 2nd & 4th Mondays ▷Hours: 9am～5pm ※Not accepting room reservations and payments during this hours. ▷Place: Mikata no Mori Community Hall's Lounge area ※There might be restrictions in the number of persons to be admitted as part of preventive measures against COVID-19.

▽Inquiries: Community and Life Section ☎042-338-6828, Mikata no Mori Community Hall ☎042-339-0825

LEARN NORDIC WALKING, TRY IT!

What about experiencing the joy of Nordic Walking around the city's abundant nature?

- ▷Time: Sat., July 25 9:30am~11:30am (Registration starts 9:15am) ※Will be cancelled if it rains
▷Meeting place: At the foot of Parthenon Tama's grand staircase
▷Eligible: Those residing, working and studying in Tama City ▷Capacity: 20 persons (in order of application)
▷Things to bring: Hat, drinks ※Wear workout clothes and comfortable walking shoes. Wearing mask is required. ▷Apply until Wed., July 22 by phone Sports Promotion Section ☎042-338-6954
▷Organized by: Tama City Sports Promotion Committee

PREVENT THE SPREAD OF NEW CORONAVIRUS DISEASE (COVID-19)

★Be careful of heat stroke, let's ventilate our rooms!

A typical home air conditioner only circulates air and does not provide ventilation. Open windows on opposite sides to create cross-ventilation; you may use exhaust fan and electric fan to ventilate room. Adjust the temperature setting of aircon since the room temperature tends to rise due to ventilation.

★Infectious disease prevention that every person should keep in mind

- Avoid crowded place ●Avoid closed-contact ●Avoid closed space ●Coughing etiquette
- Washing hands ●Ventilation

TOKYO METROPOLITAN EDUCATION CONSULTATION CENTER

With the help of interpreters, counseling is provided for foreign children and high school students regarding post-graduation paths and education. For more information, please contact below.

- ▷Consultation about education in general, Tokyo hotline telephone services about bullying ☎0120-53-8288
▷Consultation about entrance, advancement and the course to take after high schools ☎03-3360-4175
Every Friday 1pm to 5pm (Registration is until 4pm) (Closed on holidays, year-end and New Year)
Available languages: English, Chinese, Korean

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

7/12(Sun.) Nagayama Internal Medicine Clinic	2F KTA Bldg., 1426 Kotta	☎042-338-2355
7/19(Sun.) Seiseki Sato Clinic	1F, C-Annex Keio Seisekisakuragaoka SC, 1-7-5 Sekido	☎042-337-2715
7/23(Thu./Hol.) & 7/24(Fri./Hol.) Ai Clinic	1431-3 Kaidori	☎042-375-9581
7/26(Sun.) Kaitori-Uchida Clinic	1F, Nohburu Kaitori, 1-52-1 Kaidori	☎042-389-3646
8/2(Sun.) Tamura Clinic 2	3F, Lions Plaza Tama Center, 1-35 Ochiai	☎042-357-3671
8/9(Sun.) Tsurumaki Yagi Clinic	5-4-1 Tsurumaki	☎042-319-3449
8/10(Mon./Hol.) Kitazawa Newtown Clinic	4-17-1 Atago	☎042-376-3112
8/16(Sun.) Yahano Internal Med. & Gastroenterology	6F, Sakuragaoka Tomizawa Bldg., 1-11-9 Sekido	☎042-356-3761

*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!*

※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

Special lessons are held starting June while taking precautions against COVID-19. Please contact TIC for July schedules and other information.

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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: Yoko Sugai