

NEW CORONAVIRUS DISEASE (COVID-19)

THE INFECTED TAMA CITY RESIDENTS HAVE BEEN INCREASING

The number of people infected with coronavirus (COVID-19) in Tama City has been increasing since mid-July, and spread rapidly since late September. Although the number of infected cases has declined a little in October it is important for each and every one of us to continue doing preventive measures to prevent the spread of infection. Once again, please cooperate in taking appropriate precautions.

Prevent infection: Protect yourself and others

○Actions to be taken by every person to prevent infection

- ※When coughing and sneezing, cover your mouth and nose with a mask, tissue paper or handkerchief. For sudden cases, you may use your sleeves.
- ※Try to get enough sleep, take a well-balanced diet, and do moderate exercise to boost your immunity.
- ※Your mask should always cover your mouth and nose properly.
- ※Avoid touching parts of your body where viruses can enter easily such as your eyes, nose and mouth.
- ※Take your body temperature before going out, and stay home when you are not feeling well.
- ※Wash your hands thoroughly and frequently; use hand sanitizer to clean your hands.

○Preventive measures when having gatherings

- ※Ventilate the room regularly; let fresh air in for about five minutes every 30 minutes.
- ※Avoid sharing towels and cups; disinfect items that are shared with others such as microphones every time someone uses.
- ※Wear a mask when having conversation with others or singing in chorus as tiny droplets can travel in the air for about 2-meter away
- ※Serve dishes for each person and not on the shared large plate. After eating, wear a mask.
- ※Disinfect thoroughly those things that many people touch such as door knobs, switches and chairs
- ※Do not sit directly across from each other; sit diagonally apart.

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

EVERY NOVEMBER 12th - 25th IS THE PERIOD FOR THE NATION'S “ELIMINATION OF VIOLENCE AGAINST WOMEN MOVEMENT”

Tama City is comprehensively and deliberately promoting the activities to eliminate violence against women based on the “Ordinance to Promote Equality between Women and Men in Tama City” and “Tama City Women and Men Coexistence Action Plan”.

We are focusing on the promotion of activities during the above period.

TAMA Women’s Center provides the following advisory:

- ※Legal counseling for women
- ※Counseling about all matters concerning women
- ※LGBT Telephone Counseling

▽Inquiries: TAMA Women's Center ☎042-355-2110

FROM THE TAMA CITY LIBRARY: INTRODUCTION OF A BOOK

"Japanese Pickled Vegetables"

129 Homestyle Recipes for Traditional Brined, Vinegared and Fermented Pickles

Author: Machiko Tateno Publisher: Charles E. Tuttle Publishing Year published: 2019

The book introduces 129 recipes that you can easily make without using special tools. Recipes includes Japanese traditional pickles such as pickled plums, pickled bran, and pickled scallions as well as quickly prepared ones which you can easily feel and enjoy the taste of the season.

SANRIO PUROLAND WINTER DISCOUNT CAMPAIGN FOR TAMA CITY RESIDENTS

- ▽**Date:** Sunday, November 1 to Thursday, December 31 During the opening hours of the park
*Except on days closed set by Sanrio Puroland
- ▽**Eligible:** Those who are residing or working in Tama City
- ▽**Admission fee:** Sanrio Puroland passport special discounted coupon = 1,500 yen
※One coupon is valid up to five persons.
- ▽**How to avail:** After making prior reservation, purchase a ticket at the ticket booth, the representative of a group must present the "Sanrio Puroland Discount Coupon" together with a document proving one's identity that he/she is residing or working in Tama City such as a driver's license and health insurance card.
- Discount coupons are available at Tama Center Station city office branch, Sekido and Nagayama Public Halls, Aqua Blue Tama, etc.
- ▽**Inquiries:** Sanrio Puroland Guest Center ☎042-339-1111
Economy & Tourism Section, City Hall ☎042-338-6830

THE 30th FILM FESTIVAL TAMA CINEMA FORUM

- The film festival in Tama City is celebrating its 30th anniversary this year.
- ▽**Date/Time:** Nov. 21 (Sat.) - 27(Fri.) & 29 (Sun.) *No showing on the 24th (Tue.)
- ▽**Venue:** Fuchu no Mori Art Theater's Dream Hall (1-2 Sengencho, Fuchu City), Nagayama and Sekido Public Halls *For details, please refer to the website of TAMA Eiga Forum Exec. Comm <http://www.tamaeiga.org/>
- ▽**Inquiries:** Tama Eiga Forum Exec. Comm. (at Nagayama Public Hall) ☎080-5450-7204
Nagayama Public Hall ☎042-337-6661

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

11/15(Sun.) Seiseki Sato Clinic	Annex-C, Keio Seiseki Sakuragaoka SC, 1-7-5 Sekido	☎042-337-2715
11/22(Sun.) Takeshima Internal Med. Clinic	3-11-3 Ochiai	☎042-338-5665
11/23(Hol.) Nagayama Internal Med. Clinic	2F KTA Bldg., 1426 Kotta	☎042-338-2355
11/29(Sun.) Suzuki Internal Med. & Gastroenterology Clinic	5-4-10 Nagayama	☎042-371-2760

*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 Ctr.) 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. Ctr.(Tama Fire Dept.) ☎042-375-9999
Fire Dept. Emergency Consultation Center Tel. #7119
(Mobile, PHS, push phone); ☎042-521-2323 (dial phone)
Tokyo 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 Thursdays 13:30-16:30 TIC Room, 7F, VITA Commune (OPA Bldg.) ☎042-355-2118
*Projects entrusted by Tama City

★SCHEDULE OF JAPANESE CLASSES (TIC members can attend the classes for free)

*Tama Center Class (Monday 10-12, etc.)	CareerMam Hall, 5F, Cocolia Tama Ctr.	11/2./9.16.30	12/7.14.21
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	11/2./9.16.30	12/7.14.21
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	11/5.12.19	12/3.10
"	(Thursday 19:00-21:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	11/5.12.19	12/3.10
"	(Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	11/7.14.21	12/5.12.19

▲ 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