

NEW CORONAVIRUS DISEASE (COVID-19) SPREADING WIDELY

The number of people infected with the new coronavirus COVID-19 in Tokyo is rapidly increasing. On November 19, the Tokyo Metropolitan Government raised the coronavirus alert level to the highest level indicating that "infection is spreading".

In addition, the number of infected Tama City residents is also on the rise. Preventive measures being done by each and every one of us are important to prevent the spread of virus. We are asking for your continued cooperation.

▽ Inquiries: Health Promotion Division ☎042-376-9111, Fax 042-371-1235

KEEP YOU AND OTHERS SAFE FROM CORONAVIRUS

● When you go out, make sure to practice preventive actions to protect yourself as well as the people around you. If you are not feeling well, please refrain from going out.

Total number of Tama City residents infected with COVID-19 (As of November 19, 2020)

148 patients (143 have been discharged from the hospital)

Number of newly infected persons (November 6 ~ 19, 2020)

Tama City 9 persons

Tokyo Met. 4,371 persons

★HOW TO PREVENT INFECTION

DOING THE BASIC PREVENTIVE MEASURES IS IMPORTANT

To prevent from getting infected, it is necessary to gargle and wash your hands thoroughly, wear a mask properly, maintain social distancing and avoid the "Three Cs" =crowded places, close-contact settings, closed spaces

VENTILATE INDOORS

Always open the window a little to ventilate the room with temperature of approximately 18 degrees or higher. When the room temperature drops suddenly, the blood pressure will rise abruptly putting a strain on the heart and may cause myocardial infarction or cerebral infarction (stroke).

HUMIDITY SHOULD BE OVER 40%

In winter or dry season, it is said that the virus tends to spread in the air for a long period of time. You can use a humidifier or drying the laundry in the room is an effective way to make your home humid enough. As bacteria can also grow inside the humidifier, keep it clean and well-maintained.

STAYING ACTIVE WHILE PREVENTING VIRUS INFECTION

When the amount of activity decreases due to keeping oneself at home, it causes a decrease in muscle mass and cognitive function. So, keep your body and mind healthy by exercising, walking or doing gymnastics. (For information, please refer to December 20th issue of *Tama Koho*)

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

APPLICATION FOR COLLECTION OF BULKY WASTES DURING THE YEAR-END AND NEW YEAR'S HOLIDAY

As many households carry out large-scale cleaning at this time of the year, disposal of bulky waste and recyclable items is expected to increase in December. Please make sure to schedule the disposal of items. For the new year, applications are accepted from Monday, January 4, 2021.

• Collection of bulky waste:

Please be sure to apply in advance by calling on the exclusive line *Sodai Gomi Senyo Dial* or you can apply also online through the official website (there might be some limits on items).

※As to the day of collection, please refer to the "Garbage & Recycling Collection Calendar".

• Application for regular collection:

Apply by 3:00 pm the day before the requested date of collection. The last day in this year for collection is Tuesday, December 29 (Application is accepted until 3:00 pm December 28).

• For bringing in directly to the incineration plant:

In this year, application is accepted until 5:00 pm Monday, December 28 to be able to bring bulky wastes directly to the plant on Wednesday, December 30 until 4:30 pm.

※Not accepted on Saturday, December 26. ※The service will resume its operation in the new year from Monday, January 4.

※There might be possibility that you cannot bring the items on your preferred date due to the limited number of acceptable items.

BE SURE TO DISPOSE YOUR GARBAGE & RECYCLABLE ITEMS STRICTLY BEFORE 8:00 A.M.
 as there will be changes in collection time over the year-end and the New Year holiday period, garbage disposed after 8:00 am will not be collected.

▽Application: *Sodai Gomi Senyo Dial* ☎042-375-9713

[Not available on December 28 (Monday) 5:00 pm ~ 2021 January 4 (Monday) 8:30am]

▽Inquiries: Garbage Control Section inside ECO Plaza Tama ☎042-338-6836, Fax 042-356-3919

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

12/13(Sun.)	Sasabe Clinic	1 & 2F <i>Confohto</i> Seiseki, 4-9-2 Sekido	☎042-375-7313
12/20(Sun.)	Kaidori-Uchida Clinic	1F <i>Nohburu</i> Kaidori, 1-52-1 Kaidori	☎042-389-3646
12/27(Sun.)	Yamazken Internal Medicine Clinic	1F Seiseki Sakuragaoka Garden House, 4-40-3 Ichinomiya	☎042-372-5588
12/29 (Tue./Year-end)	Tsurumaki Yagi Clinic	5-4-1 Tsurumaki	☎042-319-3449
	〈Pediatrics〉 Maehara Pediatrics	5F Seiseki Sakuragaoka OPA, 4-72 Sekido	☎042-374-5028
12/30(Wed./Year-end)	Tamura Clinic	5F Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677
	〈Pediatrics〉 Takei Pediatrics	2-69-3 Sekido	☎042-357-3030
12/31(Thu./Year-end)	Miyuki Clinic	1-8-3 Renkoji	☎042-372-4853
	〈Pediatrics〉 Tama City's Night Clinic for Children	Municipal Health Center, 4-19-5 Sekido	☎042-375-0909
1/1 (Fri./ New Year's Day)	Ai Clinic	1431-3 Kaidori	☎042-375-9581
	〈Pediatrics〉 Tama City's Night Clinic for Children	Mun. Health Center, 4-19-5 Sekido	☎042-375-0909
1/2 (Sat./ New year)	Tamura Clinic	5F, Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677
	〈Pediatrics〉 Tama City's Night Clinic for Children	Mun. Health Center, 4-19-5 Sekido	☎042-375-0909
1/3(Sun./New year)	Tama Center Clinic Mirai	1F Maghreb Parking Bldg., 1-38 Ochiai	☎042-316-8570
	〈Pediatrics〉 Children's Clinic Shimizu	3F Shintosh Center Bldg., 1-24-1 Tsurumaki	☎042-373-0512
	Tamura Clinic (Only for patients with fever)	5F, Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677

**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 Telephone Center (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!*

※Projects entrusted by
 Tama City

Every 1st & 3rd Thursdays 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 10-12, etc.)	CareerMam Hall, 5F, Cocolia Tama Center	12/7.14.21	1/18.25
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 <i>Higashi Nagayama Fukugo Shisetsu, etc.</i>	12/7.14.21	1/18.25
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	12/3.10	1/7.14.21
"	(Thursday 19:00-21:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	12/3.10	1/7.14.21
"	(Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	*Online lessons only in Dec. 1/9.16.23	

▲ 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: Kumiko Murata