

## INFORMATION RELATED TO THE NOVEL CORONAVIRUS DISEASE

### <Practicing safety measures by each person is important to prevent the spread of coronavirus>

The number of persons infected with COVID-19 is also increasing in Tama City. No one knows when and who will be infected. People who think that they will not be infected have the possibility to be exposed to the virus, too.

Every person should take preventive measures in order to stop the spread of coronavirus.

Once again, we are asking for your cooperation.

### “FIVE SCENARIOS” WHERE INFECTION RISK INCREASES

#### ◆Social gatherings with food and drinks being served etc.

(1) Due to the effects of alcohol and food, people feel relax and cheerful, and become less cautious at the same time. Hearing may be dulled and will have the tendency to speak louder.

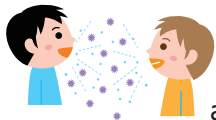
(2) Especially when a large number of people stay for a long period of time in an enclosed space which is divided only with a “fusuma”, the chances of exposing to the virus increased.

Also, by passing around drinks and sharing chopsticks increases the risk even more.

#### ◆Eating and drinking with a large group for a long time

(1) Compared to a short meal, longer gatherings such as business meetings with eating and drinking and bar-hopping will increase the risk of getting and spreading coronavirus.

(2) Larger groups (more than 5 people) increase the risk of infection since people tend to speak louder resulting to spread more droplets.



#### ◆Talking without a mask

(1) Having a conversation at a close distance without wearing a mask will increase the chance of infection through droplets and microdroplets. Some cases of infection have been reported which involved singing at karaoke without a mask.

(2) Please be careful even in the car or bus when traveling or commuting.

#### ◆Shared living in a small space

The risk of infection increases as closed spaces are shared for a long period of time. Cases of transmission have been reported as having taken place in restrooms and other common areas of dormitories.

#### ◆Changing environment

When people have a breaktime from work or switching location, they tend to let their guard down and increase the risk of infection. Several cases of virus transmission have been confirmed as likely having taken place in the lounge or rest areas, smoking areas and changing rooms.

If you have problems concerning COVID-19, please contact

**TOKYO CORONAVIRUS SUPPORT CENTER FOR FOREIGN RESIDENTS (TOCOS)**

☎0120-296-004 10:00 a.m. to 5:00 p.m. (Mon. ~ Fri.) \*Free counseling. Interpretation service available in 14 languages.

## ABOUT STORES/SHOPS IN TAMA CITY

In accordance with the infection prevention guidelines set by each business/industry, Tama City provides various support such as distributing the city's original infection prevention stickers to those practicing appropriate infection prevention measures.

Every citizens are also encouraged to take basic prevention measures against coronavirus such as wearing masks and sanitizing hands properly before entering the store/shops to make you feel safe

▽For inquiries: Economy & Tourism Section, City Hall ☎042(338)6830



## TAMA PLUM BLOSSOMS

It's now the season when fragrant plum blossoms are blooming. Let's go out to feel the slightly early coming of spring, but please make sure to take proper preventive measures against coronavirus infection before leaving to keep you safe and healthy.

-Ipponsugi Park

-Tokyo Met. Sakuragaoka Park

-Tama Central Park (Ume-no-Tani)

▽For inquiries: Economy and Tourism Section, City Hall

☎042(338)6909



Please check the latest updates on plum blossoms



Tama Chuo Park (Ume-no-tani)

## TO PARENTS/GUARDIANS OF CHILDREN WHO WILL BECOME NEW FIRST GRADERS

A notice on school admittance containing information such as the school to which the child enters and the date and time of entrance ceremony has been sent to parents of children who will become first graders at municipal elementary or junior high school in April 2021. Those who have not received the notice yet, please contact the section in-charge immediately.

Also, those who will be entering national schools, private schools or metropolitan schools, please submit immediately the original written consent document for admission or the school admission permit together with the notice of admittance.

Inquiries & submission: School Support Section ☎042(338)6876



## CHILD ALLOWANCE AND CHILD REARING ALLOWANCE:

### February is the month for payment

The allowance shall be remitted to designated account of beneficiary by February 15, Monday.

Please inform us if you did not receive it by the end of February.

Please do not forget to submit your application, in case you have not done it yet due to birth or moving.

Inquiries & submission: Child Care Support Section ☎042(338)6851

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

2/14(Sun.) Yahano Internal Medicine & Gastroenterology Clinic	6F Sakuragaoka Tomizawa Bldg., 1-11-9 Sekido	☎042-356-3761
2/21(Sun.) Abe Tama Center Internal Medicine 2F Tama Medical Bldg., 1-22-2 Tsurumaki		☎042-373-7755
2/23(Hol.) Karakida Kodomo Clinic (Pediatrics) 2F Karakida Center Bldg., 1-53-9 Karakida		☎042-355-8505
2/28(Sun.) Karakida Eki-mae Clinic	Rm. 104, Plaza Karakida, 1-1-7 Karakida	☎042-376-3800
3/7 (Sun.) Seiseki Sato Clinic	1F, Annex-C Keio Seiseki Sakuragaoka SC	☎042-337-2715

*\* 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 ☎ 042-375-0909

Children are to first consult here for emergency illness

#### 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 Dept. Emergency Consultation Center Tel. #7119

(Mobile, PHS, pushphone); ☎042-521-2323 (dial phone)

TokyoMed.HealthInfoService(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)

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

*Tama Center Class (Monday 10:00-12:00)	CareerMam Hall, 5F, Cocolia Tama Center	2/1.8.15	3/1.8.15
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	2/1.8.15	3/1.8.15
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA)	2/4.18.25	3/4.18.25
" (Thursday 19:00-21:00)	TIC Rm., 7F, VITA Commune (OPA)	2/4.18.25	3/4.18.25
" (Saturday 14:00-16:00)	TIC Rm., 7F, VITA Commune (OPA)	2/6.13.27	3/6.13.27

▲For above inquiries and reservations, please call TIC Secretariat ☎042-355-2118

*Projects entrusted by Tama City*

Ask TIC Office for details.

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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 Korean), please contact the above. Editing: Sachiko Mori