

## PREPARING FOR NOVEL CORONAVIRUS (COVID-19) VACCINATION

### Persons eligible to receive vaccines and priority groups

Foreign residents are also eligible to get shots. The order of priority is planned since vaccines are provided gradually. But it may be revised depending on the pharmaceutical approval of the vaccine.

(1) Frontline medical workers, etc. (implemented by Tokyo Met. Gov' t.) (2) Elderly persons (Age 65 & above by March 31, 2022), workers at elderly facilities (3) People with known medical conditions other than elderly. (4) Others

**Period when the vaccine program starts and the sending of vaccination tickets:** Not yet decided

### Place and how to get vaccinated:

A mass inoculation is planned on below facilities. We apologize for any inconvenience it may cause to the users of each facility for a long time, and we would appreciate your understanding and cooperation.

\*VITA Commune (Sekido Public Hall)

\*Bellebs Nagayama (Nagayama Public Hall and Consumers Life Center) \*LINK FOREST (3-5-3 Tsurumaki)

※ We will coordinate with the medical institutions in the city so that they can also provide shots.

### Vaccination is not compulsory.

You will be vaccinated at your own will. Inoculation will not be given without the consent of the recipient.

※ This article is based on information as of February 24th.

▽ For inquiries: Novel Coronavirus Vaccination Call Center (Available from March 15) ☎042-313-7003

## PLEASE CONTINUE TO COOPERATE IN PREVENTING THE SPREAD OF CORONAVIRUS (COVID-19) DISEASE



Please cooperate by doing the following points when you go out.

① Wear a mask ② Measure your body temperature before leaving ③ Refrain from going out when you are not feeling well ④ Avoid the "three C's" = crowded places, close-contact settings and closed spaces

## MARCH IS THE MONTH FOR PAYMENT OF CHILDREARING ALLOWANCE

The allowance for the months of January and February shall be remitted to designated account of beneficiary. Please make sure to inform us if there are any changes such as concerning fixed annuity and moving-out.

▽ Date of remittance: Thur., March 11 \*If you haven't receive it until late March, please contact us.

▽ For inquiries: Child Care Support Section, City Hall ☎042-338-6851

## PEOPLE AND ENVIRONMENTALLY FRIENDLY URBAN PLANNING TOWARDS A SUSTAINABLE CITY

As March is moving season many bulky garbage are disposed during this time. Please make a request for pick-up by phone and attach the required bulky garbage sticker on the item, and put it out at designated place on scheduled day of pick-up. You can also bring the garbage directly to the incineration plant.

※ For details, please dial the direct line for bulky garbage ☎042-375-9713

## DISTRIBUTING GARBAGE & RECYCLABLES COLLECTION CALENDAR 2021(Reiwa 3)

The calendar (April 2021 ~March 2022) is being distributed to all households in Tama City.

Please contact us if you have not received it by Wednesday, March 31.

▽ For inquiries: Garbage Control Section ( inside the ECO Plaza Tama) ☎042-338-6836

## NEWS from AQUA BLUE TAMA

**Opening hours and days closed will change from Thursday, April 1st.** The changes are made to reconsider the facility management practices as countermeasures against the spread of COVID-19.

▽ Hours open: Swimming Pool= 9:00am to 7:30pm Workout Rooms=9:00am to 7:45pm

\* Reception desk is until 6pm or 6:30 pm depending on the procedures needed. ▽ The facility will be closed at 8:00pm.

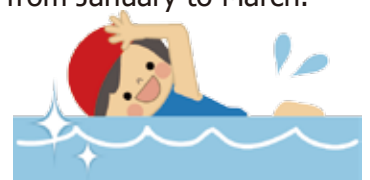
▽ Days closed: Every Tuesdays (1st & 2nd Tuesdays in July. No days closed in Aug.) and New Year holidays

\* The pool is also closed during facility inspection days for about three weeks from January to March.

\* There are days when it is not available due to the city-sponsored programs.

\* Please refer to the official website for details (<http://www.tama-pool.org/>)

▽ For inquiries: Aqua Blue Tama ☎042-338-7667



## LIBRARY NEWS

### "GURI AND GURA" series...

**You can read them in English!**



Did you know the "Guri and Gura Series" which has been loved by many Japanese children and beyond generations since the first edition in 1963?

(Author: Rieko Nakagawa, Illustrator: Yuriko Yamawaki, Publisher: Fukuinkan Shoten)

The Tama Municipal Library also has an English version (Charles E. Tuttle Publishing) of the book.

You will enjoy the world of adventure of two wild mice.

Some has CDs enclosed. "Guri and Gura" is also available in Korean language. The "Guri and Gura's playtime book of seasons" is not included in our collections.

The Tama Municipal Library launched a digital library, "Tama City Digital Library," on January 25, 2021 (Reiwa 3). Foreign language books are also available. You can read them by

accessing the e-library from the Tama Municipal Library website.

To borrow books, you need to register your library user card and password.

For inquiries : Tama City Municipal Library ☎042-373-7955



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

|                 |  |  |               |
|-----------------|--|--|---------------|
| 3/14(Sun.)      | Ouike Internal Medicine Clinic                     | 2F, Tohtaru Bldg., 1-2-2 Higashi Terakata              | ☎042-355-7001 |
| 3/20(Sat./Hol.) | Nagayama Internal Medicine Clinic                  | 2F, KTA Bldg., 1426 Kotta                              | ☎042-338-2355 |
| 3/21(Sun.)      | Suzuki Internal Medicine & Gastroenterology Clinic | 5-4-10 Nagayama  | ☎042-371-2760 |
| 3/28(Sun.)      | Fusegawa Clinic                                    | 1329 Ochikawa  | ☎042-373-5858 |
| 4/4 (Sun.)      | Yamazen Internal Med. Clinic                       | 1F, Seisekisakuragaoka Garden House, 4-40-3 Ichinomiya | ☎042-372-5588 |
| 4/11(Sun.)      | Sasabe Clinic                                      | 1 & 2F, Confohto Seiseki, 4-9-2 Sekido                 | ☎042-375-7313 |

\* 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)

|   |  | Projects entrusted by Tama City |              |
|---|--|---------------------------------|--------------|
|   |  | Ask TIC Office for details.     |              |
| *Tama Center Class (Monday 10:00-12:00)   | CareerMam Hall, 5F, Cocolia Tama Center        | 3/1.8.15                        | 4/5.12.19.26 |
| *Nagayama Class (Monday 10:00-12:00)      | Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc. | 3/1.8.15                        | 4/5.12.19.26 |
| *Sakuragaoka Class (Thursday 10:00-12:00) | TIC Rm., 7F, VITA Commune (OPA)                | 3/4.11.18                       | 4/8.15.22    |
| " (Thursday 19:00-21:00)                  | TIC Rm., 7F, VITA Commune (OPA)                | 3/4.11.18                       | 4/8.15.22    |
| " (Saturday 14:00-16:00)                  | TIC Rm., 7F, VITA Commune (OPA)                | 3/6.13.27                       | 4/10.17.24   |

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

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Prepared & edited by: **TAMA CITY INTERNATIONAL CENTER (TIC)**

TIC Secretariat: 7F, VITA Commune, 4-72 Sekido, Tama City 206-0011 ☎ 042-355-2118 Fax 042-355-2104

E-mail: [tic@kdn.biglobe.ne.jp](mailto:tic@kdn.biglobe.ne.jp) (HP) URL: <https://www.tic-tama.jp>

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: Kumiko Murata