

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

The city administration is making every effort to protect the safety and security of residents from the threat of COVID infection as soon as possible.

Foreign residents are also eligible to receive shots. The order of priority is planned since vaccines are distributed at a slower pace. Due to the limited supply of vaccines in Japan as a whole, it is expected that the amount of vaccine supply for Tama City residents in April will be extremely low. The schedule of inoculation is as follows:

**Vaccination schedule** (Eligible are Tama City residents age 16 and older)

Who are eligible	April	May	June	July	Aug.& later
Elderly persons living in the facilities such as nursing homes and staffs of those facilities		vaccination			
Senior citizens (Age 65 & above by March 31, 2022)	coupon sent	Vaccination booking is sched. to begin in early May priority groups vaccination to start on May 12			vaccination
Those with pre-existing illness (chronic disease) other than senior citizens	scheduled to mail in mid-April			coupon sent	vaccination
All other residents				coupon sent	vaccination

**For inquiries:**  
COVID-19  
Vaccination Call  
Center  
☎042-313-7003  
※9am to 5pm  
including Sat.,  
Sun., and  
holidays

**Vaccination method:** Inoculation shall be conducted by "mix method" = mobile vaccination to facilities for the elderly, mass vaccination and individual vaccination. From May, the mobile vaccination to facilities for the elderly and mass vaccination will begin, and an individual vaccination will be added as soon as the city medical institutions become ready.

(1) Mobile vaccination (facilities for the elderly):

Tama City Medical Association dispatches doctors and nurses to facilities for the elderly to inoculate them

(2) Mass vaccination (public and private facilities)

- Sekido Public Hall (VITA Commune): Wed., Thu., Sat., Sun. & holiday 9am ~ 7:30pm (plan)
- Nagayama Public Hall (Bellebs Nagayama): Wed., Thu., Sat., Sun. & holiday 9am ~ 7:30pm (plan)
- Link Forest (3-5-3 Tsurumaki) : Sat., Sun. & holiday 9am ~ 7:30pm (plan)

(3) Individual vaccination (city medical institutions):

As soon as the medical insitutions in Tama City become ready (about fifty locations).

### Process:

※General flow until the day of vaccination . . . ① A vaccination coupon will be mailed to you.

②Please make an appointment by booking your preferred vaccination site and time.  
(You can book online or through the AI call center.)

③Fill in the prevaccination questionnaire (For those with chronic disease, please consult with your family doctor before completing the form)

※On the day of vaccination . . .

① Measure your body temperature before you leave home (Please refrain from getting vaccinated if your temperature is 37.5 degrees or higher, or if you are not feeling well)

② Registration site (Verify your ID and appointment; check your vaccination questionnaire)

③ Preliminary check-up (A doctor will examine your health condition)

④ Vaccination

⑤ Vaccination certificate issued (Vaccine information is attached to the vaccination coupon)

⑥ Monitoring (You have to wait at the site for about 15 min. after vaccination; for about 30min. if you ever had allergic reaction in the past)

## TIPS TO PREVENT THE SPREAD OF CORONAVIRUS (COVID-19) DISEASE

The lifting of the state of emergency does not mean the virus has gone. Practicing preventive measures by each person is important to stop the spread of coronavirus. Especially, when attending parties such as welcome and farewell gathering, and participating in ohanami, a Japanese-style picnic with sakura flowers viewing you have to be more careful. So, we are asking for your continued cooperation.

- ◇Wear a mask
- ◇Avoid crowded place and time
- ◇When shopping, be organized with a list to make your way through the store quickly.
- ◇Take advantage of delivery services and take-out food
- ◇Avoid staying at restaurants for long time
- ◇Use "cashless" payments (electronic payments)



If you have worries or problems concerning COVID-19, please contact

## TOKYO MULTILINGUAL CONSULTATION NAVI (TMC Navi)

☎ 03-6258-1227 10:00 a.m. to 4:00 p.m. (\*Not available on Sat., Sun. and holidays)

Language support: Easy Japanese, English, Chinese, Korean, Vietnamese, Tagalog, Nepali, Spanish, Portuguese, etc. \*Consultation is free of charge.

※The "Tokyo Coronavirus Support Center for Foreign Residents (TOCOS)" that served as a consultation desk for foreigners regarding COVID-19, has ended its operation on March 31, 2021.

### NORDIC WALKING TRIAL LESSON

▽Date/Time: Sat., April 24 9:30am ~11:30am (Registration starts 9:15am) ※Will be cancelled if it rains.

▽Meeting place: Tama Chuo Park (in front of Obirin University Tama Academy Hills Hiroba)

▽Eligible: Those living, working or studying in Tama City who can walk for about 3 km. ▽Limited to 20 participants (in order of application) ▽Route: Tama Chuo Park~Takarano Park~Narahara Park~

Tsurumaki Daini Park~Tsurumaki Nishi Park~Tama Chuo Park ▽Things to bring: Hat, towel, drinks, cold-weather gear, nordic walking poles (if you have) ※Wear comfortable clothes and walking shoes, use a bag that makes your both hands free.

▽Organized by Tama City Sports Promotion Comm. Council

▽Application & inquiries: Apply by Thu., April 22 by phone to Sports Shinko-ka ☎042-338-6954

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

4/18(Sun.) Nakamura Internal Medicine Clinic	5-10-7 Suwa	☎042-375-7757
4/25(Sun.) Miyuki Clinic	1-8-3 Renkoji	☎042-372-4853
4/29(Hol.) Kaitori-Uchida Clinic	1F Nohburu Kaidori, 1-52-1 Kaidori	☎042-389-3646
5/2(Sun.) Tsurumaki Yagi Clinic	5-4-1 Tsurumaki	☎042-319-3449
" Maehara Pediatrics	5F Seisekisakuragaoka OPA, 4-72 Sekido	☎042-374-5028
5/3(Hol.) Ai Clinic	1431-3 Kaidori	☎042-375-9581
" (Pediatrics) Nishida Kodomo Clinic	1F Flora Nagayama, 1-2-14 Nagayama	☎042-376-1001
5/4(Hol.) Tama Center Clinic Mirai	1F Maghreb Parking Bldg., 1-38 Ochiai	☎042-316-8570
" (Pediatrics) Kodomo Clinic Shimizu	3F Shintoshii Center Bldg., 1-24-1 Tsurumaki	☎042-373-0512
5/5(Hol.) Miyuki Clinic	1-8-3 Renkoji	☎042-372-4853
" (Pediatrics) Karakida Kodomo Clinic	2F Karakida Center Bldg., 1-53-9 Karakida	☎042-355-8505
5/9(Sun.) Saito Internal Med. & Respiratory Medicine	Rm. 202, 4-2-6 Nagayama	☎042-373-2522
5/16(Sun.) Watanabe Clinic	5-8-1 Toyogaoka	☎042-371-3321

\* 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	4/5.12.19.26 5/10,17,24
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	4/5.12.19.26 5/10,17,24
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA)	4/8.15.22 5/6,13,20
" (Thursday 19:00-21:00)	TIC Rm., 7F, VITA Commune (OPA)	4/8.15.22 5/6,13,20
" (Saturday 14:00-16:00)	TIC Rm., 7F, VITA Commune (OPA)	4/10.17.24 5/5.12.19

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

Published by Culture & Lifelong Learning Promotion Section, Living & Culture Dept., Tama City Hall ☎042-338-6882 every 10th of the mo.



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: Tsutomu Mogami