

## INFORMATION ON NOVEL CORONAVIRUS (COVID-19) INFECTIONS

### For those who are experiencing difficulties in life due to COVID



#### <Special benefits shall be provided for low-income households with children>

As the effects of the coronavirus disease continue for long time, the special benefits shall be provided to support the livelihood of single-parent and both parents who are low-income households as support for increased spending such as food expenses.

You may need to apply for this benefit depending on your requirements. For more information, please contact the Childcare Support Section.

▽For inquiries & application: Childcare Support Section ☎042-338-6851

#### <Distribution of foods for free>

▷ Date/Time: ① June 5, Sat. 9am - 12nn ② 2pm-5pm ③ June 12, Sat. 9am - 12nn

▷ Where to pick-up: ① Kenshu-shitsu Rm. 704, Nikoh-Sangyo • NSP Kenko Fukushi Plaza

② Tama Volunteers & Citizens' Activities Support Center

③ Shigoto & Kurashi Support Station (Work and living support center)

▷ Eligible: Must be residing or studying in Tama City, experiencing difficulty in making a living, household with children who are college students or below.

▷ Contents: One set for several days such as rice, ready-to-eat-meals (retort pouch food) and instant ramen

※The number of sets are limited (to be distributed in order of application)

※Has free counseling at Shigoto & Kurashi Support Station on the day.

▷ Things to bring: Bags to carry foods

▷ Organized by: Tama Area Business/Enterprises and Universities Liaison Comm. (YURUTAMANET)

▷ In cooperation with: Shigoto & Kurashi Support Station, Tama City Social Welfare Corp. Network Liason Comm.

▷ Supported by: Tama City, Tama City Board of Education

▽For inquiries & application: May 18 (Tue.)~26 (Wed.) Apply by phone to Tama Volunteers & Citizens' Activities Support Center ☎042-373-6611. Please tell your name, address, telephone number, number of persons in your household and preferred place to pick-up the food.

### Vaccination for new coronavirus (COVID-19) will begin

Inoculation to the elderly (those born before April 1, 1957) will begin now. We will inform you of the vaccination schedule for people aged 16 to 64 as soon as the details are decided.

You can access the information on COVID vaccination in foreign languages by scanning the QR code below.

Tama City Official website

To all non-Japanese, you can check the information on coronavirus COVID-19 vaccination here



## INFORMATION ABOUT TAX PAYMENT

Taxes are indispensable source of revenue in providing services for citizens such as education and welfare. We thank you for your cooperation in paying your taxes within the due date.

The last day for payment of each tax is different such as for municipal tax, metropolitan tax, property tax, urban planning tax, light vehicle tax classification, national health insurance tax and long-term care insurance premium. And payment can be made at various locations and methods.

If you are having difficulty to pay within the due date, please contact us as soon as possible.

▽For inquiries: Tax Collection Section ☎042-338-6852 Insurance and Pension Section ☎042-338-6840

## PARENTS IN THE MIDST OF CHILD REARING

**We will support you! So that you will have a peace of mind when you get pregnant, give birth, and raise your children.**

If you become pregnant, please come first to Yurikago TAMA (interview for pregnancy).

▽For inquiries: Health Promotion Section (Health Center) ☎042-376-9111



## SPECIFIC HEALTH CHECK-UP FOR FISCAL YEAR 2021 WILL START IN MAY

With the health checkup, the risk of lifestyle diseases such as dyslipidemia and diabetes will be examined. Lifestyle-related diseases are illnesses that have no subjective symptoms at first, and when they are noticed, the disease progresses and often interferes with life.

By finding the risk of illness early and taking action can prevent it or slow down its progression.

▷ Implementation period: From May 2021 to January 31, 2022

\*If the coronavirus infection spreads widely, the period of implementation may change.

▷ Implementing medical institutions: 54 institutions in Tama City

\*For details, please refer to the information enclosed with the "jushin-ken" (health check-up coupon) sent individually or the official website of Tama City.

▷ Eligible persons: Tama City National Health Insurance subscribers aged 40 years and above

▷ Expenses: Free (Some of the examinations that you can take at the same time are charged)

The health check-up coupon will be sent to you in late May.

▽For inquiries: Insurance and Pension Section ☎042-338-6824

### ROTA OF DOCTORS ON HOLIDAYS

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

5/16(Sun.)	Watanabe Clinic	5-8-1 Toyogaoka	☎042-371-3321
5/23(Sun.)	Tama Nagayama Takada Clinic	3-6 Kaidori	☎042-400-5145
5/30(Sun.)	Yahano Internal Medicine & Gastroenterology Clinic	6F, Sakuragaoka Tomizawa Bldg., 1-11-9 Sekido	☎042-356-3761
6/6(Sun.)	Abe Tama Center Internal Medicine	2F Tama Medical Bldg., 1-22-2 Tsurumaki	☎042-373-7755

*\* 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  
(On Sundays and public holidays) \* 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)

Tokyo Med.Health InfoService (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)

*Projects entrusted by Tama City*

### 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	5/10.17.24	6/7.14.21.28
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	5/10.17.24	6/7.14.21.28
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA)	5/13.20.27	6/3.10.17
" (Thursday 19:00-21:00)	TIC Rm., 7F, VITA Commune (OPA)	5/13.20.27	6/3.10.17
" (Saturday 14:00-16:00)	TIC Rm., 7F, VITA Commune (OPA)	5/15.22.29	6/5.12.19

▲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: Sachiko Mori