

COVID-19 VACCINATION Accepting reservations for those 16 years & older

All bookings for those aged 65 years and older who wished to be vaccinated have been closed. The second round of vaccinations will be completed by the end of July.

Tama City sent out the vaccination coupons for people aged 16 to 64 on June 30. If you do not receive it by Sat., July 10, please contact the (Novel Coronavirus) COVID-19 Vaccination Call Center (☎042-313-7003) (in Japanese only). We will start accepting reservations on Mon., July 5, so please make an appointment if you wish to be vaccinated. Vaccination coupons will also be sent to those aged 12 to 15 years old in July. For more details, please refer to the special edition of Hand in Hand in Tama.

RECHECK YOUR EVACUATION METHOD IN PREPARATION FOR HEAVY RAIN

Evacuation site (other than shelters)

There are three options for evacuation. Think about what kind of evacuation you can do and which one applies to you. First of all, please check if your house is in the danger zone by using the "Tama City Flood and Landslide Hazard Map" distributed to all households in March 20. If there is no applicable one, in principle, evacuate at home. ※Hazard maps are also available on the official website.

- ◆Home and vertical evacuation → Upper floor of home or nearby building
- ◆Horizontal evacuation → ●Relatives evacuation: Evacuate to relatives, friends' homes, accommodation facilities
- Vehicle evacuation (For a short time or when you can take care of your health)
 - ・Aqua Blue Tama multi-story parking space, Nikoh Sangyo NSP Kenko Fukushi Plaza parking space, Bellebs Nagayama parking space



Evacuate to a shelter

Use the evacuation center congestion check system to find out which one has fewer evacuees and then evacuate.

(You can access from the QR code on the right→)



"TAMA CITY FLAME" Lighting Ceremony (Tokyo 2020 Paralympic Torch)

Make a fire with *maigiri-shiki* fire starter (ancient tool for making fire), and then pass on the flame to light candles held by all participants. After the relay, the flames that have been spread among the participants will be brought together to create the "Tama City Flame" Tokyo 2020 Paralympic Torch.

△Date/Time: Friday, Aug. 20 8:30am~9:10am (Held rain or shine) △Target: Tama City residents

△Venue: *Sankaku Hiroba* (south side of Tama Center Station)

△Capacity: 100 persons (if there are many applicants, a lottery will be held)

△Things to bring: Candles (any size and shape) ※Make sure to protect yourself against heat stroke.

△Application form available at: Tama City Official website, Olympic-Paralympic Promotion Office (VI-TA), Sports Promotion Section 4F Tama City Hall, General Gymnasium, Aqua Blue Tama, Tama City Office Tama Center Station branch, Nagayama Public Hall

△Application: Must arrive by Monday, July 26. Please use the designated application form online through the official website of Tama City or send by post to Olympic Paralympic Promotion Office 4-72 Sekido, Tama City 〒206-0011

※Up to three persons can apply with one application

※All applicants will be notified of the results by mail until Thursday, August 5.

LONG-TERM CARE INSURANCE IS A SYSTEM IN WHICH THE ENTIRE SOCIETY SUPPORTS THOSE WHO NEED LONG-TERM CARE

We share the financial resources with your insurance premiums and public funds from the national, metropolitan and municipal governments, and operate the system so that you can use the services.

△A decision notice of long-term care insurance premiums or a notice of payment will be sent by post in mid-July. If you do not receive it by the end of July, please contact us.

△Regarding the reduction or exemption of insurance premiums when your income decreases due to the effects of COVID-19 disease, please refer to the information enclosed in the envelope sent to you.

△For inquiries about Long-term Care Insurance Premium: *Kaigo Hoken-ka* ☎042-338-6901

COME AND VISIT US! "READING CORNER" "JAPANESE LANGUAGE STUDY MATERIALS CORNER"

The Children's Corner has been opened at Tama City Main Library (south side of Tama Academy Hills Oberlin University).

Please feel free to use it.



SPECIAL LIVELIHOOD SUPPORT BENEFITS FOR LOW INCOME TWO-PARENT HOUSEHOLDS AND OTHER HOUSEHOLDS WITH CHILDREN WILL BE PROVIDED

You may need to apply for this benefit depending on your requirements. Those who have already received the single-parent household benefits are not eligible.

△Eligibility and application procedures:

- ① Household exempt from resident tax on per capita basis for fiscal year 2021 and receive child allowance or special child rearing allowance for April 2021 = **No application required**
- ② Household exempt from resident tax on per capita basis for fiscal year 2021 and raising only high school students = **Application required**
- ③ Two-parent or other households whose finances have suddenly changed due to the effects of the new coronavirus disease, and whose most recent income has dropped to the level that makes them exempted from resident tax on per capita basis (excluding ① & ②) = **Application required**

※For details including application documents, refer to the official website of Tama City

△Bank transfer date: ① Around Fri., July 16 ②③ Around the end of the month after the application month

△Application deadline: Monday, February, 2022

△Target children: Those born on April 2, 2003 ~ February 28, 2022 (For children with disabilities who are eligible for special child rearing allowance: Those born on April 2, 2001~February 28, 2022)

△Amount of benefits: 50,000 yen per child

△Application & inquiries: Childrearing Support Section ☎042-338-6851 Fax 042-372-7988

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

7/18 (Sun.) Seiseki Sato Clinic	1F Keio Seisekisakuragaoka SC- C Annex, 1-7-5 Sekido	☎042-337-2715
7/22 (Thu.) Tamura Clinic-2	3F Lions Plaza Tama Center, 1-35 Ochiai	☎042-357-3671
7/23 (Fri.) Ai Clinic	1431-3 Kaidori	☎042-375-9581
7/25 (Sun.) Nagayama Internal Medicine Clinic	2F KTA Bldg., 1426 Kotta	☎042-338-2355
8/1 (Sun.) Sasabe Clinic	1 & 2F Confohto Seiseki, 4-9-2 Sekido	☎042-375-7313
8/8 (Sun.) Kaitori-Uchida Clinic	1F Nohburu Kaidori, 1-52-1 Kaidori	☎042-389-3646
8/9 (Mon.) Tama Center Clinic Mirai	1F Maghreb Parking Bldg., 1-38 Ochiai	☎042-316-8570
8/15 (Sun.) Nishida Kodomo Clinic	1F Flora Nagayama, 1-2-14 Nagayama	☎042-376-1001

*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

MEDICAL INSTITUTIONS INFORMATION (24-HOURS)
Emergency Tel. Ctr.(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

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.

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 Bldg.)

※Projects entrusted by
Tama City

☆SCHEDULE OF JAPANESE CLASSES (TIC members can attend the classes for free) *No lessons in Aug.

*Tama Center Class (Monday 10-12, etc.)	CareerMam Hall, 5F, Cocolia Tama Ctr.	7/5,12	9/6,13,27
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	7/5,12	9/6,13,27
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	7/1,8,15,22	9/2,9.16
"	(Thursday 18:30-20:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	7/1,8,15	9/2,9.16
"	(Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	7/3,10,17	9/4.11.25

▲ 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: Tsutomu Mogami