

INFORMATION ABOUT NEW CORONAVIRUS INFECTIONS (COVID-19)

VACCINATION APPOINTMENTS NOW BEING ACCEPTED

Vaccinations for those who are twelve years old and older are available at forty-five medical institutions in Tama City and at Link Forest (3-5-3 Tsurumaki). If you wish to be vaccinated, please make an appointment. The vaccines are expected to be supplied as scheduled. For details on vaccination dates and how to make an appointment, please visit the official website of Tama City.

▽ **For inquiries:** New Coronavirus (COVID-19) Vaccination Call Center ☎042-313-7003
(9 am ~5 pm including Sat., Sun. and holidays) ※Available in Japanese only.

VACCINATION CERTIFICATE OF COVID-19 (VACCINE PASSPORT)

The certificate of vaccination for COVID-19 is used when you are asked to show your vaccination certificate to ease quarantine measures when entering a foreign country.

●**Target:** Those who are registered residents of Tama City on the day of vaccination and plan to travel abroad.
※If you do not plan to travel abroad, but need to have proof of vaccinations, please use the "Certificate of Vaccination/Vaccination Record" issued at the vaccination site.

●**Fee:** Free of charge

▽**For inquiries and application:** Send by mail the required documents to Health Center Vaccination Certificate Section, 4-19-5 Sekido 〒206-0011 ☎042-376-9111

※Scheduled to deliver in about one week from receipt of application.

※If applying by mail, submit photocopies of the required documents.

As a general rule, submitted documents shall not be returned to applicants.

※If you are in a hurry, please bring the necessary documents in person to the Health Center1F

※For more info, please refer to the official website, which can be accessed from the QR code on the right.

Tama City
Official website



TOKYO 2020 PARALYMPIC GAMES IS JUST AROUND THE CORNER!

Tama City hosts Icelandic Paralympic Team for pre-camp.

Let's cheer for the Icelandic athletes in front of the television during the Paralympic Games

INFORMATION FROM THE AQUA BLUE TAMA

As the pool area will be used for training of Icelandic Paralympic swimmers on Aug. 17 (Tue.) to 19 (Thu.), the opening hours for the public shall be shortened 9am to 4pm ※For swimming is until 3:30pm.

▽**For inquiries:** Sports Promotion Section ☎042-338-6954

DON'T FORGET TO SUBMIT THE CURRENT STATUS REPORT OF THE CHILD SUPPORT ALLOWANCE

The current status report has been sent to the recipients of the Child Support Allowance. The recipient should submit it to the Childcare Support Section on the second floor of Tama City Hall by Tuesday, August 31st. ※Payment of allowance may be delayed if tax return is filed late.

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

TAMA CITY HALL MAIN OFFICE PARTIALLY OPEN ON SATURDAY AND SUNDAY IN AUGUST

Saturday and Sunday partial openings of the city hall main office in August are on the 14th and 29th.

●Hours : Morning 8:30 a.m. ~12:00 n.n. Afternoon 1:00 p.m. ~5:00 p.m.

●Main services: Procedures for seal registration, change of address, etc.; issuance of certified copy of resident register, seal registration certificate and family register certificate; tax consultation (on Sunday only) ※Please come to the office at least 30 min. before the end of each session

▽**For inquiries:** Citizens Affairs Section ☎042-338-6880 Tax Payment Section ☎042-338-6852
Insurance and Pension Section ☎042-338-6840

FROM TAMA FIRE DEPT. ~USING AMBULANCE SERVICES PROPERLY~

The number of emergency cases under the jurisdiction of the Tokyo Fire Department reached a record high in the last fiscal year. More than half of these patients were diagnosed to have minor illnesses by primary care physicians (PCP). There is a risk that lives that could be saved may not be saved as fewer ambulances left when dispatched for minor illnesses causing delays in arrival at the emergency site for those with serious illnesses.

USE AMBULANCE AT TIMES LIKE THESE

- Unconscious (no response)
- Injuries with severe bleeding
- Extensive burns
- Something is wrong with the baby
- Continuous seizure
- Choking on something, having difficulty to breath, unconsciousness
- Traffic accident, drowning, falls from a high place
- Hives in children, having pale face

"SHOULD I GO TO THE HOSPITAL or CALL AN AMBULANCE?"

IF YOU CAN'T DECIDE CALL "#7119"

If you have a sudden illness or injury and not sure whether or not to call an ambulance, please call the Tokyo Fire Department Emergency Consultation Center (#7119)

The emergency consultation medical team (staffed by doctors, nurses and experienced paramedics) is available all the time to provide information on medical institutions and emergency consultation.

▽For inquiries: Prevention Section Tama Fire Department ☎042-375-0119

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

8/15 (Sun.) Nishida Kodomo Clinic (Pediatrics)	1F Flora Nagayama, 1-2-14 Nagayama	☎042-376-1001
8/22(Sun.) Matsuda Clinic	1-48-1 Kaidori	☎042-373-3205
8/29(Sun.) Nakamura Internal Medicine Clinic	5-10-7 Suwa	☎042-375-7757
9/ 5(Sun.) Watanabe Clinic	5-8-1 Toyogaoka	☎042-371-3321
9/12(Sun.) Tama Nagayama Takada Clinic	3F Medical Mall Nagayama, 3-6 Kaidori	☎042-400-5145

*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). *Clinics are subject change.

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. (*9/27 1:30-3:30pm)	9/6,13,27*
*Nagayama Class (Monday 10:00-12:00) Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	9/6,13,27
*Sakuragaoka Class (Thursday 10:00-12:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	9/2,9,16
" (Thursday 18:30-20:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	9/2,9,16
" (Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	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: Sachiko Mori