

PLEASE CONTINUE TO HELP US PREVENT THE SPREAD OF INFECTIOUS DISEASE

When going out, please observe the following points:

(1) Wear a mask (2) Check body temperature before going out (3) Refrain from going out when you are not feeling well (4) Avoid the "Three Cs" =closed spaces, crowded places, close-contact settings

The new coronavirus disease (COVID) is spreading at a pace faster than ever before due to the epidemic of highly infectious mutated strain, the "delta variant." As of Aug. 25, eighty-five percent of elderly population in Tama City has completed two doses of vaccination, and the number of infected elderly people has decreased. But the number of infected people in their teens to 50s has increased rapidly.

Whether you are at home or out, it is important to take basic infection prevention measures such as wearing a mask, washing hands and disinfecting fingers. Also, please refrain from traveling to other prefectures and avoid contact with anyone other than your family as much as possible. With your actions, you can protect your loved ones. Let's act and help together to end the pandemic.

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

For the latest information on COVID vaccination, please visit the official website of Tama City.

▽For inquiries: COVID Vaccination Call Center ☎042-313-7003 (Available in Japanese only)

SUICIDE PREVENTION! TOKYO CAMPAIGN!

Recognize the warning signs of mental and physical limits. September is Tokyo Metropolitan Government's Suicide Awareness Prevention month.

Many suicides are said to be action driven to death which is caused by a combination of various factors, and can happen to anyone. Moreover, there are concerns about the increased risk of suicide due to the growing impact of COVID on economic activities and social life. Please do not keep your worries and concerns to yourself. Consult with people around you and institutions that provide counseling services.

<Tama City Counseling Service>

• **Kokoro no Telephone Service** ☎042-338-6818

Professional counselors are available for telephone consultations for those having problems in their daily lives or worries that they cannot talk about with anyone.

▽Consultation hours: Every Fri. 1:30pm to 4:00pm (excluding national holidays, year-end and New Year holidays)

• **Shigoto Kurashi Support Station** ☎042-338-6942

Consultation services such as about work, life and housing. You need to make an appointment.

▽Consultation hours: Monday to Friday 9:00am to 6:00pm, Saturday 9:00am to 5:00pm

WHAT TO DO IF THERE'S AN APPROACHING TYPHOON

Do you know what to do when a typhoon is approaching?

In order to protect your life and the lives of those around you, please check the location of designated evacuation centers in advance. You may evacuate to any shelter as long as it is open.

▽For inquiries: Bosai Anzen-ka ☎042-338-6850

Designated evacuation shelters	Location	Capacity
Renkoji Elem. School	3-64-1 Renkoji	280 persons
Minami Tsurumaki Elem. School	5-43 Tsurumaki	320 persons
Higashi Ochiai Elem. School	3-24 Ochiai	280 persons
Higashi Atago Junior High School	1-52 Atago	280 persons
Hijirigaoka Junior High School	2-17 Hijirigaoka	300 persons
Seiry Junior High School	2-9-1 Kaidori	300 persons
Sogo Taiikukan (Gymnasium)	588-1 Higashi Terakata	690 persons
Budokan	4-9 Suwa	250 persons
Sekido Public Hall	4-72 Sekido	240 persons
TEPCO Power Grid Human Resources Dev. Center, Shared Training Building	460 Mogusa, Hino City	270 persons

EVACUATION SHELTER CONGESTION STATUS CONFIRMATION SYSTEM

You can check the level of congestion in real time. In order to prevent infections, please go to less crowded shelters.



MULTI-LINGUAL TRANSLATION APP "Voice Tra"

Foreign language ⇄ Japanese

Please use this app when having difficulties in communicating at the evacuation site, etc. To install, you can use the QR code on the right.



iPhone



Android

RENEWAL OF MEDICAL CARDS FOR CHILDREN'S MEDICAL EXPENSE SUBSIDY PROGRAM

●Renewal of *marunyu* (乳) and *maruko* (子) medical cards

The medical card that you have right now is valid until Thursday, September 30. The new ones will be mailed to those who continue to be eligible on Friday, September 17 or later.

●Please submit your current status report

For those who need to renew, we will send your current status report in late July. To receive the new medical cards, you need to submit the current status report. Please do not forget to submit it.

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

ACCEPTING APPLICATIONS TO ENTER TOKYO CERTIFIED DAY-CARE CENTERS

Inquiries: Childcare Support Section ☎042-338-6850

Tokyo Metropolitan Government Certified Childcare Centers are urban childcare facilities located in front of train stations where it is convenient to drop-off and pick-up children. Those who are planning to enter their children in April 2022, please contact the respective facilities:

Name of facilities	Tel. number	Name of facilities	Tel. number
With Child Sakuragaoka Yohoen (combined nursery and kindergarten)	042-376-3541	Kids Garden Kawasemi	042-319-6300
With Child Sakuragaoka Minami-en	same as above	Mirai Hoiku-en	042-373-7115
With Child Sakuragaoka Kodomo-en	same as above	Tama Center Angels Home	042-310-0900
Nagayama Eki-mae Kodomo no Ie	042-376-5588	Kids Support Tama Megumi Club	042-319-6771
Tama Center Kodomo no Ie	042-373-7773	Kids Support Tama Daini Megumi Club	042-313-7833

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

9/12(Sun.) Tama Nagayama Takada Clinic	3F Medical Mall Nagayama, 3-6 Kaidori	☎042-400-5145
9/19(Sun.) Suzuki Internal Med. & Gastroenterology	5-4-10 Nagayama	☎042-371-2760
9/20 (Mon./Hol.) Saito Internal Respiratory Medicine	Rm. 202, 4-2-6 Nagayama	☎042-373-2522
9/23 (Thu./Hol.) Miyuki Clinic	1-8-3 Renkoji	☎042-372-4853
9/26(Sun.) Yamazen Internal Med. Clinic	1F, Seiseki Sakuragaoka Garden House, 4-40-3 Ichinomiya	☎042-372-5588
10/3(Sun.) Oike Internal Medicine Clinic	2F, Tohtaru Bldg., 1-2-2 Higashi Terakata	☎042-355-7001
10/10(Sun.) Shii no Ki Internal Med. Clinic	Dai-5 Shii no Ki Bldg., 6-15-4 Ochiai	☎042-337-5711

*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

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 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

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)

•Tama Center Class (Monday 10-12, etc.) CareerMam Hall, 5F, Cocolia Tama Ctr. (*1:30-3:30pm)	9/6,27*	10/4.25*
•Nagayama Class (Monday 10:00-12:00) Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	9/6,13,27	10/4.11.18.25
•Sakuragaoka Class (Thursday 10:00-12:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	9/9.16.30	10/7.14.21
" (Thursday 18:30-20:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) (*6-7:30pm)	*9/2.9.16	10/7.14.21
" (Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	9/4.11.25	10/2.16.23

▲ 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.



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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: Kumiko Murata