

HAND in HAND in TAMA

Information for daily life
in Tama city
Aug. 2022 issue Vol. 346

●Enjoy summer by protecting yourself from Covid-19 and hyperthermia

The number of new infections with the new coronavirus infection is increasing nationwide. The number of infected people is increasing in the city as well. While paying attention to heat stroke, please cooperate with basic infection prevention measures and actions to prevent the spread of infection.

Basic infection prevention measures

- Even while using the air conditioner, open the windows and ventilate the room frequently.
- Avoid crowded places and times as much as possible, and avoid the “three Cs” (closed spaces, crowded places, close-contact settings)
- Be careful of heat stroke and wear a mask properly when talking to people or in crowded places.
- **Choose a certified store to have a meal**, and diligently wash your hands and disinfect your hands after returning home, before meals, when you go to work or when you enter the store.

To not to spread viruses

- When going out, check your physical condition and refrain from going out if you have a fever or fatigue, even if it is mild.
 - Consider early vaccination
 - If you have a fever or feel unwell, see your doctor
- ▽Contact: Health Promotion Division ☎042-376-9111

●Please contact us if you suspect yourself are infected by Covid-19

In case you feel you have a fever

①Contact your home doctor by phone ②If you don't have home doctor contact the following numbers

■Tokyo Fever Consultation Center ☎03-6258-5780 ☎03-5320-4592

▽Hours: 24Hrs·Everyday Supported by nurses and public health nurses. Multilingual support

■Tokyo Fever Consultation Center Special Number for medical institutions ☎03-6732-8864

▽Hours: 24Hrs·Everyday Supported by general operators

■List of medical / inspection medical institutions (Bureau of Social Welfare, Tokyo Homepage)

▽Posted a list of medical institutions that deal with symptoms of suspected infection such as fever



Those who have anxiety about infection

■Covid-19 Omicron Call Center ☎0570-550-571

▽Hours: 9:00~22:00·Everyday Support with general and related to Omicron questions. Multilingual support

■Tama City Covid-19 Phone Support Center ☎042-376-9111

▽Hours: Mon-Fri·9:00~17:00 (Except national holidays)

Nurses, public health nurses, etc. respond in cooperation with the public health center. Please indicate 「Covid-19 Consultation」

Those who are undergoing medical treatment at home

■Home care support center (“Uchisapo Tokyo”) ☎0120-670-440

▽Hours: 24Hours·7 days a week

Respond to problems during medical treatment as well as delivery of grocery. Multilingual support

■Food support for home recuperators in Tama City

▽Hours: Mon~Fri 9:00~17:00 (Except national holidays)

“Application for relief suppliers during home medical treatment”, provide address, name, phone number to

Covid-19 food support special number ☎080-7999-9680, FAX 042-371-1235



●Information from Tama Fire department

- It is a time when heat stroke increases due to the full-scale summer heat. Heat stroke occurs indoors as well as outdoors. Check the following points to avoid heat stroke, such as checking, the room temperature. * Get used to the heat * Avoid high temperature, high humidity and direct sunlight * Planned and diligently rehydrate * Take a rest regular while playing sports * Inside of the car in summer gets hotter than you can imagine. Don't just leave your child alone when you move away from the car * If you can keep sufficient distance from people outdoors, remove your mask and take a break as appropriate
- While there are more opportunities to go to rivers and pools in the summer, there are also more accidents of drowning and ambulance transportation. Infants can also drown in a vinyl pool a few centimeters deep. Be careful as the drowning accidents can highly likely to be a life-threatening accidents.

■September 1st is “Disaster Prevention Day”. In addition, since the typhoon season is approaching around this time, Aug 30th to Sep. 5th is designated as Disaster Prevention Week. Learn from natural disaster events such as the Great East Japan Earthquake, obtain hazard maps, understand evaluation routes, and reserve daily necessities, expecting the damage caused by Tokyo metropolitan earthquake.

●City Hall main building partially open on weekends in August

- ▽Dates: Aug. 13 (Sat)・28 (Sun) ▽Hours: 8:30~12:00, 13:00~17:00
 ▽Operations: Seal registration, Address Change, Copy of resident record, Issuance of seal registration certificate / family register certificate, Tax consultation (only Sundays)
 ▽Notes: Some operations are not available. Please come to the office at least 30 minutes before each end time.
 ▽Contact: Citizen Services ☎042-338-6880, Tax ☎042-338-6852, Insurance and Pension Div. ☎042-338-6840

Call #7119 when not sure about calling ambulance

ROTA OF ON-DUTY DOCTORS ON HOLIDAYS 9:00~17:00

TAMA CITY DOCTORS ASSOCIATION: <http://www.tama-med.or.jp/toban/>

8/11 (Thu, NH) Tsurumaki Yagi Clinic ☎042-319-3449
5-4-1 Tsurumaki

8/14 (Sun) Karakida Ekimae Clinic ☎042-376-3800
Rm. 104 Plaza Karakida, 1-1-7 Karakida

8/21 (Sun) Seiseki Sato Clinic ☎042-337-2715
1F Keio Seisekisakuragaoka SC C, 1-7-5 Sekido

8/28 (Sun) Shii no Ki Internal Clinic ☎042-337-5711
Dai-5 Shii no Ki Bldg., 6-15-4 Ochiai

9/4 (Sun) Tama Nagayama Takada Clinic ☎042-400-5145
3F Medical Mall Nagayama, 3-6 Kaidori

9/11 (Sun) Yamazen Internal Medic ☎042-372-5588
1F Seiseki Sakuragaoka Garden House, 4-40-3 Ichinomiya

- Limited to emergency cases only.
- Bring your health insurance card and infant healthcare card (if applicable)
- Make sure to visit during opening hours
- ※Please call the clinic prior to your visit
- ※Clinics are subject to change

NIGHT CLINIC FOR CHILDREN (Pediatrics)

(Health Center = *Kenko Senta*) 19:00-21:45
Children are to consult first here for emergency illness
☎ 042-375-0909



INFORMATION ON MEDICAL INSTITUTIONS (24hours)

Emergency Tel. Center (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 9:00-15:00 ☎ 042-376-8009
(Sunday, public holidays 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)

Commissioned
by Tama City

Japanese language classes *Free of charge for TIC members *Japanese classes are closed in August

Classes	Location	Time	Date	
			Sept	Oct
Monday Classes	Meeting Room, 4F Parthenon Tama / CareerMam	9:45~11:45	5・12	3・17・24
	Bellebs Hall, 5F Nagayama Kominkan	9:30~11:30	5・12	3・17・24
Thursday Classes	TIC Room (7F VITA)	10:00~12:00	15・22・29	6・13・20
		19:00~21:00	8・15・22	6・13・20
Saturday Class	TIC Room (7F VITA)	14:00~16:00	3・10・24	1・15・22

△For above inquiries and reservations, please call TIC Office ☎ 042-355-2118

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Office hours: Mon.-Fri. 10 a.m. - 5 p.m. Closed Sundays, every 1st & 3rd Monday of the mo., national holidays, year-end and new year holidays and extra holidays.

※If you have any comments or requests regarding Hand in Hand in Tama, please send them to the above address. This newsletter is available in four languages (Japanese, English, Chinese and Korean); please contact the TIC Secretariat if you would like a copy. Editing: Yoko Sugai Translations: Midori Okita