



HAMURA NEWS

March 1st, 2021

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Edited by: Kouhou Kouchou-ka (Public Information & Public Opinion Section)

5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

Hamura City Official Website = <http://www.city.hamura.tokyo.jp> E-mail:s102000@city.hamura.tokyo.jp

Hamura News Back Numbers = <http://www.city.hamura.tokyo.jp/category/3-17-2-0-0.html>

準備を進めています！ 新型コロナウイルスのワクチン接種

City is preparing! Vaccination of COVID-19

Regarding COVID-19 vaccine, the government, Tokyo Metropolitan, City and related organizations are currently working together to prepare for prompt inoculation procedures.

- ワクチン接種には優先順位があります

Vaccination has priority

Firstly, city is planning to send vaccination tickets to elderly people aged 65 and over. For other people, the vaccination tickets will be sent in in sequence based on the priority given by the government.

- 接種方法は特設会場での集団接種

Carry out vaccination by mass vaccination at a special venue

For the time being, Hamura City plans to carry out vaccination by mass vaccination at Sports Center 2nd Hall. Citizens will be informed the venue and schedule as soon as it is decided.

** Depending the vaccination supplying status, the venue might be changed or added.

- ワクチン接種は事前予約が必要です

Vaccination is required to have reservation in advance.

Advance reservation is required for vaccination at the mass vaccination site. When you receive your vaccination ticket, please make a reservation via the online reservation system or call center before you come to venue.

- 接種費用は無料です

The vaccination fee is free

★ Vaccination is not compulsory, please make your own decision on vaccination after understanding both the effectiveness of vaccination against infectious diseases and the risk of side reactions.
If you do not agree, the inoculation will not be held.

Details will be announced in Hamura Koho March 15th version and city official website

** Please also may check the "COVID-19 Vaccine Special Page" established by the government.

**Ministry of Health, Labor and Welfare COVID-19 Vaccine Call Center ☎0120-761770 (Free Dial)
9AM~9PM (including Saturday, Sunday and Holidays)**

Inquiries: Kenko Ka, New Coronavirus Vaccination Countermeasures Section ☎Ext.627

4月～9月、スポーツセンター第2ホールの貸出すはできません

<From April to September, Sports Center 2nd Hall will be not able to lend out >

Term: April 1st (Thu) ~ September 30th (Thu)

Reason: The venue of mass vaccination inoculation, your understandings will be highly appreciated.

Inquiries: Sports Center ☎042-555-0033

羽村市防災週間3月9日(火)～14日(日)

HAMURA CITY DISASTER PREVENTION WEEK

From March 9th (Tue) ~ March 14th (Sun)

企画展「3. 11あの日を忘れない東日本大震災」

- **Exhibition: March 11 East Japan Earthquake Disaster will Always Be Remembered ~**

Pictures from East Japan Disaster and Video of *Higashi Matsushima* City will be featured in this exhibition. Fall preventive items which can be attached to your furniture, and emergency food supply at ¥100 will be displayed.

Date: March 9th (Tue) ~ 14th (Sun), 10AM ~ 4PM

** March 9th (Tue) is starting from 1PM

Location: Yutorogi Exhibition Room ※no reservation is needed, please come to venue directly.

Inquiries: Bosai Anzen Ka, Bosai. Kiki Kanri Ka ☎Ext. 211

指定収集袋(燃やせるごみ袋)に広告を掲載しませんか

ADVERTISE YOUR BUSINESS on HAMURA CITY-DESIGNATED WASTE BAG

Design of *Hamura* City-designated Burnable Waste Bags (blue plastic) will incorporate a section for business advertisement. It can be a great medium to effectively promote your business to local residents.

Listing Period: Starting from July 2021 for 1 year (may be subject to change by number of distribution)

Special Offer (optional): Free banner advertisement on *Hamura* City Official Website for 3 months.

Application: Please submit to *Seikatsu Kankyou-Ka* via post mail, email or come to directly with the draft data and completed contract form before March 31st (Wed).

If using format other than illustrator, ai-File, JPEG, TIFF, PDF, please make an inquiry. Post mail to 〒205-8601 (location is not required) / ☎s208000@city.hamura.tokyo.jp

* Please download application form from City official website.

Listing Fee: Differs depending on the design size and quantity. Advertisement for packaging only cannot be placed. On individual bags - ¥70,000~¥180,000 / On wrapping of bulk-sale package - ¥40,000~¥45,000

Please contact *Seikatsu Kankyou Ka* ☎Ext.222./ s208000@city.hamura.tokyo.jp

Inquiries: *Seikatsu Kankyou Ka* ☎Ext.222



健康

HEALTH

国保加入者対象 運動セミナー「ウォーキングクラス講座」

For National Health Insurance Members ~ exercise seminar "Walking Class Course"

Due to COVID-19, people cannot exercise well and walking is being reviewed now. Please take this opportunity to prevent lifestyle related diseases and aim for a body that you can walk on your own for whole life.

Date and Time: March 18th (Thu) 2PM~3:30PM (Reception will start from 1:45PM)

Location: Yutorogi basement Reception Hall

Eligibility: Age 40 ~ 74 who enrolled in National Health Insurance

Capacity: about 10 people (in order of application)

● Scheduled to be jointly implemented with 20 peoples subject to specific health guidance on the day.

Things to bring: Writing Utensils and Beverages

** Please wear mask, exercise clothes and shoes.

Program details: ○ Prevention of lifestyle related diseases and walking
○ Efficient Walking and fat burn exercises

Instructor: Mr. Sato, Takehito (Health Exercise instructor)

** Individual consultation of health exercise instructor or public health nurse will be provide to people who is wishing to.

How to apply and Inquiries: Starting from March 3rd (Wed) to 15th (Mon), please call to *Kenko Ka* (in Hoken Center) ☎Ext. 625

認知症サポーターステップアップ養成講座

<Step-up Courses in Nursing Care for Supporting Dementia Patients >

The correct knowledge of dementia and the tendencies that dementia patients have can be learned at this

course. You will not be required to commit to duties after completion of this course.

Date & Time: March 16th (Tue), 10AM ~ Noon

Location: Yotorogi basement Reception Hall

Eligibility: Those who finish Basic course in nursing care for supporting Dementia Patients and are Hamura Resident or Commuter age over 15 (exclude Junior High School students)

Capacity: First 20 people (in order of application)

Thing to Bring: Writing Utensils

Details: ① Understanding of dementia (psychological state of people with dementia, difficulty of living)

② Getting close to the feeling of people with dementia and their caregivers (group work)

③ Regarding of the actual dementia care

④ Regarding of dementia support volunteers.

** When you finish lecture, you may register in Hamura City Dementia Support volunteer site and may have activities in Orange Café.

How to apply / Inquiries: Call or come to Korei Fukushi Kaigo Ka, Kaigo Yobo.Chiiki Shien Kakari ☎Ext. 456

お知らせ

INFORMATION

愛の献血

< BLOOD DONATION NEEDED! >

Blood supplies tend to be short when donors are scarce depending on the season. Your contribution will be appreciated. No reservation is required. Donation of either 400ml or 200ml can be chosen by a donor.

Date & Time: March 22nd (Mon) 10AM ~ Noon / 1:15PM ~ 4PM

Place: Hamura City Hall, by the Main Entrance

Eligibility: Age 16~69 (Those over age 65/older without a donation record in past 5 years are ineligible)

*Taking medicine for stomach ache, vitamins, or drugs to lower blood pressure will not affect the ability to donate. Those who are deemed to be unfit for donation may be referred to a medical interview on site prior to the procedure and be asked to decline.

Inquiries: Hoken Center 042-555-1111 ☎Ext.623

4月に小学生のお子さんに㊦の医療証を送付

< Child Medical Certificate ㊦ 医療証 Will Be Sent >

If your child was born between 4/2/2014 and 4/1/2015, and will enter an elementary school first grade in April 2020, a new health insurance certificate < Child Medical Certificate (㊦ 医療証) > under the Medical Program for Children of Compulsory School Age for your child which is valid from April will be sent from the City Hall Kosodate Shien Ka in late March. No further application procedures are required; however, please notify the national insurance section regarding any changes for the child's insurance.

Please note that, for those children, Infant Medical Certificate (㊧ 医療証) will expire on March 31st(Sat) 2021 (and it needs to be returned to the city).

If you do not have a medical certificate for your child at an eligible age, please apply at your earliest chance. You can apply for the Medical Certificate if your child is entering elementary school this April /or is already attending either an Elementary School or a Junior High School of Hamura City. The new certificate will take effect from April 1st, or if applying after the start of fiscal year, will take effect from the date of application. Application is accepted throughout the year.

Required Items: child's insurance card, personal seal (non-inked type *Inkan*), My Number Individual Number Card, or My Number Notification Card along with proper identification, copy (both sides) of Residence Card.

*If you were residing in other municipality as of January 1st 2020, please also bring a taxation statement of

- ◆*About 義務教育就学児医療費助成制度 (子)
- ① 医療証 (Child Medical Certificate) is for the Medical Program for Children of Compulsory School Age (1st~9th grade) that subsidizes the child's hospitalization charges and medicine costs.
- ◆ ② 医療証 (Infant Medical Certificate) is for the Medical Program for Babies and Preschool Children. It fully subsidizes any medical expenses that are subject to the National Health Insurance coverage.

If you do not understand Japanese: If you are unable to read the matter printed in Japanese, we recommend that you visit Kosodate Shien-Ka for assistance. Please bring the required items listed above.

Inquiries: City Hall, Kosodate Shien Ka, Shien Kakari ☎Ext. 237

はむら花と水のまつり2021

<HAMURA FLOWER AND WATER FESTIVAL 2021>

今年のテーマは「静かに愛でる」

This Year's theme is ~ "Loving quietly!"



● Early Term ~ Sakura Festival

Date and Time: March 27th (Sat) ~ April 11th (Sun) 10AM~8PM

Location: Around Hamura Weir

** Banquets are not possible in or around the venue.

● Late Term ~ Tulip Festival

Date and Time: April 10th (Sat) ~ 20th (Tue) 10AM~5PM

Location: Paddy field in front of Negarami

- ★ There will be not mock stores for both terms but a stamp rally will be held around the stores during period. Details will be announced in Hamura News (Koho) version March 15th.

こいのぼり飾りに協賛募集

<Please support the CARP STEAMER decoration!>

During the Hamura Flower and Water Festival 2021 "Late term Tulip Festival", Carp streamer decorations will be carried out for wishing the healthy growth of children. You may see the swimming carp streamer drawn by children of nursery school and kindergarten in the blue sky.

For this foundation, kindly have the support from citizens, business establishments / organizations, nursery schools / kindergartens, etc.

Decoration term of Carp Streamer: April 15th (Thu) 10AM ~ 18th (Sun) 5PM

Location: Paddy field in front of Negarami (tulip field)

Sponsorship: Individual ~ ¥3,000 / per unit

Business establishments / groups ~ ¥5,000 / per unit

** You may apply for as many units as you like

How to apply: Till March 20th (Sat), please submit to Hamura Flower and Water Festival Executive Committee Office (Hamura City Tourism Association 1-13-15 Hanehigashi (close Tuesday and Wednesday) directly.

Benefits: Names and groups will be posted at Tulip Festival Venue

Inquiries: Hamura Flower and Water Festival Executive Committee Office (Hamura City Tourism Association/

水道メーターボックス内の維持管理を

< Please maintain your Water Usage Meter >

Every two months, your meter is inspected for water usage amount. It is important to keep the meter box free from foreign objects during the warm season. Remove blankets and cloths wrapped around the meter to prevent frosting because it will be infested with bugs. Check for water leakage. Leaks may be detected if the surface is wet.

Inquiries: Suidou Jimusho (Hamura City Waterworks Office) ☎042-554-2269

自動車の移転手続・廃車手続はお済みですか？

< Have you completed the car relocation and scrapping procedures? >

As April 1st of each year, the automobile tax type discount is levied on the owner (installment sales case is user) listed on inspection certificate (vehicle verification). When you transfer car under others name or scrap it, it is necessary to register for transfer and deletion. Please complete the procedure at the relevant transportation branch office or automobile inspection registration office.

** Please complete the procedure by March 31st (Wed), 2021.

Inquiries: Tokyo Automobile Tax Call Center ☎03-3525-4066

個人事業者の方へ 個人事業税の申告期限は4月15日(木)です

< For Individual Business Owner: Deadline for filing personal business tax is April 15th (Thu)>

Eligibility: Individual business owners who have business income exceeds the business owner deduction amount in previous year.

Declaration Deadline: Till April 15th (Thu), 2021.

** Those who have submitted a final income tax return or residence tax return do not need to submit business tax return.

** If the business is abolished, it is necessary to file an individual business tax within one month from the date of abolition (in the case of abolition due to death, within four months).

Inquiries: Hachioji Tokyo Metropolitan Tax Office, Business Tax Division, Individual Business Tax Group ☎042-644-1114

自殺防止！東京キャンペーン

TOKYO SUICIDE PREVENTION CAMPAIGN - MARCH 2021

*** Special Counseling Hotlines ***

Motivation for suicide attempts may come from complicated problems related to health, work, financial debt or many others. The challenge of finding a solution for those problems on one's own can seem overwhelming, but if tried with the help of others and social support, at least psychological stress can be greatly alleviated. If you are having serious anxiety about some problems, please do not hesitate to seek consultation.

The City assists those who need help by offering various consultation services.

In addition, you can find many other venues as introduced below.

1) Mental Telephone Counseling

◇ Toll Free Special Counseling Help-Line by Tokyo Suicide Prevention Center

March 6th (Sat) 12AM ~ March 8th (Mon) 2:30AM ☎0120-58-9090

◇ Yamabiko Support for Life "Inochino Yamabiko Phone Line"

During whole March, every Tuesday, Wednesday, Friday, Saturday and Sunday, available from NOON ~ 8PM ☎03-3842-5311

◇ Suicide Prevention Hotline "Inochi-no Denwa"

March 10th (Wed) 8AM ~ March 11th (Thu) 8AM ☎0120-783-556 (Toll Free)

Except March 10th (Wed) is 4PM ~ 9PM

◇ Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline"

March 23rd (Tue) ~ March 27th (Sat) available 24hours each day. ☎0570-087478

2) Telephone Counseling for Suicide-Bereaved Family

◇ Grief Care and Support ☎03-3796-5453 March 9th (Tue) ~ 12th (Fri) Noon~4PM

◇ Suicide-Bereaved Family Support Center ☎03-3261-4350

March 19th (Fri), 20th (Sat. Holiday) and 22nd (Mon) 11AM~7PM

● Others Counseling

If you need details of Telephone Counseling for Problems, please check Tokyo Metropolitan Health and Welfare Bureau counseling website.

◇ LINE Counseling

● March 1st ~ 31st, 3PM~10PM (Reception till 9:30PM)

● Account Name: Sodan Hotto LINE@Tokyo

** Kokoro (Metal) and Inochi (Life) Lecture こころといのちの講演会

"Hits for how to decrease or release unsafe feelings" via on line lecture.

Day and Time: March 12th (fri) 4PM~6PM

Eligibility: Tokyo Metropolitan residents, workers and students

How to Apply: Till March 5th (Fri), please mail to apply (in order of application)

● Please check details to Tokyo Metropolitan Health and Welfare Bureau.

春の火災予防運動 3月1日(月)~7日(日)

<Spring Fire Prevention Campaign March 1st (Mon) ~ 7th (Sun)>

2020 year Tokyo Fire Department Prevention Slogan "Please Check Again, Beware of Fire" (Ms. Sugano, author who is living in Edogawa area).

● It is increasing FIRE! 増えています! 火災!

Within the jurisdiction of Fussa Fire Department (Fussa City, Hamura City and Mizuho Cho), the number of fires are likely to occur (November 1st to January 13th) is 6 compared to the same period of the previous year. The burnt floor area is increased by 469 M2. Some of the caused are under investigation but most of them are related to electricity and tobacco.

● Be careful as below ~

** Regularly inspect, clean the electric plugs and remove unused ones.

** Do not bundle the cords, use them as an underlay and be careful of bending.

** Never smoke asleep.

** When throwing away the butts, be sure to sprinkle water on them.

** If a fire breaks out, please notify the surroundings, call 119 and quickly extinguish the fire with fire extinguisher.

** Equipped with a residential fire alarm.

Inquiries: Fussa Fire Station Prevention Division, Fire Prevention Inspection Section ☎042-552-0119

羽村初開催！身近な自然を五感で体験！ネイチャーゲームで遊ぼう！

<Hamura's New Event! Experience familiar nature with all five senses!>

Let's play a Nature Game!

A nature experience program that uses five senses organs to discover the fun of nature.

Day and Time: March 21st (Sun) 10AM ~ Noon (if it rains, event will be cancelled)

Location: Hanekami Ryokuchi Park

Eligibility: Elementary school students living in Hamura City, Fussa City, Mizuho Cho and their guardians

Capacity: 30 (in order of application)

Fee: ¥100 (insurance fee)

Lecture: Tokyo Sharing Nature Association

Sponsor: Hamura City Board of Education Committees

How to apply: Till March 14th (Sun), all applicants need to send by email with their "address, name, age, telephone number"

Send to and Inquires: email address ~ ✉ fussa.jaycee@gmail.com, Fussa Youth Conference

** Please cooperate in wearing a mask, disinfecting alcohol and measuring temperature.

** The event may be canceled depending on the situation.

** If event is cancelled, participants will be notified by email the day before event.

INFORMATION for CHILDREN AND PARENTS



子育て

妊産婦オンライン相談（要予約）

<Pregnant women online consultation (reservation required)>

Eligibility: Those who are pregnant or raising children residents (generally within one year after giving birth)

February Consultation Day: March 10th (Wed), 16th (Tue), 24th (Wed), 30th (Tue) 9AM~11AM

Inquiries: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 692

税金

TAX

令和3年度償却資産の申告はお済みですか？

< Please Report Ownership of Depreciable Assets >

Business entities are required to report any depreciable assets which are owned as of January 1st of each year. You will be sent a reminder notice from the city in early March requesting current status or to come file for these assets. Please request an application form if you do not have one. They can also be filed on-line.

Inquiries: Kazei Ka, Shisan Zei Kakari, ☎Ext 154

3月のテレビはむら

< TV Hamura in March >

キルギス紹介動画 ~ コムズ演奏&民族舞踊

Kyrgyz Introduction Video ~ National instrument Komuz and folk dance

Due to COVID-19, citizens are not able to get together to enjoy activities but we may introduce some programs via TV Hamura. You may have fun to watch Kyrgyzstan traditional folk dance and instruments playing.

TV Hamura's 30-minute program is broadcasted daily on Tama Cable Network (digital channel TCN 055).

New contents come on every Thursday. The daily program times are ①9AM~ ②5PM~ ③9PM~.

On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~.

Youtube is available in Hamura City formal channel.

You can also view it on your smartphone.

Inquiries: Kouhou Kouchou-Ka Kouhou-Kakari ☎Ext.505

スポーツセンター

SPORTS CENTER ☎042-555-0033

四季のウォーク「II」

< Seasonal Walking Event "II" ~ Walk Around Attractive Sites in Hamura >

This tour will be taken on foot around the *Hamura* Area.

Date & Time: March 14th (Sun) 9AM ~ 11AM (The event will be held in light rain or shine)

Meeting Time and Place: 9AM ~ 9:30AM in front of Sports Center Entrance Square

*Please come directly to meeting place (Start/goal ~ Sports Center)

*After lesson of using pole, walking as below course.

Course	Distance	Time
Sports Center, <i>Negarami zen suiden</i> (Paddy Field)	4.0 KM	60 minutes

Eligibility: Anyone who can walk the entire course 4 Km

Capacity: First 30 (in order of application)

Things to bring: Easy to walk clothes, shoes, beverages, mask and health control check sheet.

- Poles are available to borrow.
- Depends number of participators, it might be divide to groups to walk.

How to Apply: Within Sep 2nd (Tue) ~12th (Fri), please call or come to Sports Center (close Monday but exclude Holiday's Monday 9AM~5PM)

Event Day Contact: ☎080-4325-1295 (Sports Promotion Section 9AM ~ 11AM)

- Please register Hamura City Mail Services (<https://mail.cous.jp/hamura/>), if it is cancelled, you may confirm from mail services.
- For prevention of COVID-19 spreading, please wear mask.
- "Health management check sheet" is available to download from city official website or distribute in Sports Center.

Inquiries: Sports Center ☎042-555-0033

引っ越しの際は、住所異動の届け出を忘れず

< When MOVING, Please Complete Your Update to the BASIC RESIDENT REGISTRATION>

-1st Floor Citizen's Affairs Section Foreign Registration Counter Phone Number: City Hall ☎Ext. 121

<Move Out> When leaving from Hamura City, into another city, you are required to file a Moving Out Notification (*tenshutsu todoke*) before departure. By this, you will be issued a Notification of Change of Residence (*tenshutsu shoumeisho*). Please take this *tenshutsu shoumeisho* and go to municipal office of your new address to make move-in procedures, and make sure to bring your valid identification. If you are moving to overseas, this notification will not be issued.

<Move In> When moving into Hamura City from other municipality, please go to the municipal office which you are moving into within 14 days of entry. You must make a Moving In Notification (*tennyuu todoke*) at the municipal office of your new address with presenting Notification of Change of Residence (*tenshutsu shoumeisho*) obtained at municipal office of your previous address, and complete update to

Basic Resident Registration. When arriving in Japan with landing permission of mid to long term, you must bring your passport and Resident Card for Resident Registry.

A Tenkyo Todoke (Transfer Notification)

must be filed within 14 days of your move within Hamura City.

You must have valid identification. My Number Notification Card, Individual Number Card, Jyuuki Card (Basic Resident Registration Card), *Resident Card, *Special Permanent Resident Card.

*An amendment will be inscribed on reverse of these identification documents

Inquiries: City Hall, Shimin Ka, Uketsuke Kakari ☎Ext. 121

動物園

HAMURA ZOO ☎042-579-4041

春眠暁を覚えず

< ~ Not remember the Dawn of Spring ~ >

The cold winter has gone away and the footsteps of spring have heard closer and closer. "Striped Hyena" Yoko (female , 11 years old) is sleeping very comfortably and seem to be too relaxed without taking back tongue. Striped Hyena is a very rare species of animal in Japan. Only two zoos (including Hamura Zoo) has bred it.

- Closed Days: March 1st (Mon), 8th (Mon), 15th (Mon), 22nd (Mon) and 29th (Mon)

放射線量の測定結果

Radiation Dose Test Results at Fujimi Park

The level of radiation is lower than 0.23 μsv/h; figure by which it is considered safe if readings are below this.(unit: μsv/h (micro Sievert per hour))

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
February 10 th (Wed)	Sunny	0.053	0.053	0.054

Inquiries: Kankyō Hozen Ka ☎Ext 227

羽村市水道水の放射性物質測定結果

Radiation Level Analysis of Tap Water of Hamura City

Date the Water Sample was Gained	Testing Items(unit: Becquerel per kilogram)	
	radioactive cesium 134	radioactive cesium 137
February 2 nd (Tue) 10:10AM	Not detected (Below 0.1)	Not detected (Below 0.2)
Target value	10	

The target value is figures specified by the government at which findings should be lower than (the sum of the level detected for cesium 134 and cesium 137). Waterworks Office ☎042-554-2269

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
March	9am~5pm		5pm~10pm		9am~5pm	
7 th (Sun)	<i>Yamakawa Iin</i>	☎042-554-3111	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Inoue Shika Iin</i>	☎042-554-7735
14 th (Sun)	<i>Hamura Sougo Shinryoujo</i>	☎042-554-5420	<i>Hikari Clinic (Fussa-shi)</i>	☎042-530-0221	<i>Usui Shika. Orthodontic Clinic</i>	☎042-579-1199
20 th (Sat, Holiday)	<i>Ozaki Clinic</i>	☎042-554-0188	<i>Ishihata Shinryoujo (Mizuho-machi)</i>	☎042-557-0072	<i>Uno Shika Iin</i>	☎042-555-8241
21 th (Sun)	<i>Futaba Clinic</i>	☎042-570-1588	<i>Ishihata Shinryoujo (Mizuho-machi)</i>	☎042-557-0072	<i>Okikura Shika</i>	☎042-555-4331
28 th (Sun)	<i>Nishitama Byouin</i>	☎042-554-0838	<i>Hikari Clinic (Fussa-shi)</i>	☎042-530-0221	<i>Ozawa Shika Clinic</i>	☎042-579-1500

*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily

PUBLIC CONSULTATIONS Schedule of MARCH

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	Appointment required		<i>Shimin Soudan-shitsu</i> city hall ext.541 Public Administration Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only. ◆
Public Administration and Human Rights	18 th (Thu)	1:30pm ~ 4:30pm	

*㉠=appointment required. *For Koren and Spanish translation services, please make an appointment in advance

◆ Consultations are by appointment only. Please do not call the *Shimin Soudan-shitsu* for consultation over the telephone.