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- 2.8月の健康相談
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Tokai Newsletter 25 Jul. 2021

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In order to prevent the infectious disease of the novel coronavirus from spreading, some or all the events may be cancelled or postponed.

1. Weekend Medical Services in Aug.

Hours: 9:30 a.m. - 2:00 p.m., except noon - 1:00 p.m. (Hours are available for all locations.) Sun. 1: Ibarakihigashi National Hospital, ph.029-282-1151 Sun. 8: Muto Pediatric Clinic, ph.029-282-7722 Mon. 9: Tokai Hospital, ph.029-282-2188

Thu. 15: Higashihara Clinic, ph.029-283-2301

Sun. 22: Tokai Hospital, ph.029-282-2188

Sun. 29: Ibarakihigashi National Hospital, ph.029-282-1151

Ibaraki Children Emergency Information Helpline, ph. #8000 or 03-6667-3377

Hours: open 24 hours a day, every day of the year (including emergency medical information)

Ibaraki Adult Emergency Information Helpline, ph. #7119 or 03-6667-3377

Hours: open 24 hours a day, every day of the year (including emergency medical information)

2. Health Checks and Consultations in Aug.

(1) Health Consultation for Mothers and Children

Date: Fri. 20 Aug.

Time: 9:00 a.m. - 11:00 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(2) "Genki-up" Health Consultation for Adults

Date: Fri. 20 Aug.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 5:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants

Date: Wed. 4 Aug.

Time: 12:50 p.m. - 1:50 p.m.

2) Children - aged 1 year and 6 months old

Date: Thu. 5 Aug.

Time: 12:50 p.m. - 1:50 p.m.

3) Children - aged 3 years old

Date: Wed. 25 Aug.

Time: 12:50 p.m. - 1:50 p.m.

4) Dental Checks for Children - aged 2 years and 6 months old

Date: Thu. 19 Aug.

Time: 1:00 p.m. - 1:30 p.m.

*All eligible children will be notified individually.

(4) Baby Class for babies born in May. 2021

Date: Fri. 6 Aug.

Time: 1:00 p.m. - 1:20 p.m.

(5) Dental Checkup Class for babies born in Jan. & Feb. 2021

Date: Mon. 16 Aug.

Time: 9:30 a.m. - 9:45 a.m.

Please make an appointment.

Inquiries: Tokai Health Center, ph. 029-282-2797

3. Coronavirus Vaccination Information

Coronavirus vaccination will be provided free of charge to all residents in Japan generally at your place of resident registration. Please check the latest information from the village in the newsletters and on the Tokai Village Coronavirus Vaccination Website. Thank you for your understanding.

Inquiries

Tokai Village Coronavirus Vaccination Call Center:

0570-033-271 (9:00 a.m. – 5:00 p.m., Mon. to Fri. except public holidays) **Ibaraki Prefecture COVID-19 Vaccine Call Center** (Inquiries about side-effects):

029-301-5394 (8:30 a.m. – 10:00 p.m. every day)

Information in foreign languages

Multilingual Call Center (Ministry of Health, Labour and Welfare):

0120-761770 (toll-free)

9:00 a.m. – 9:00 p.m.: Japanese, English, Chinese, Korean, Portuguese, Spanish

9:00 a.m. - 6:00 p.m.: Thai

10:00 a.m. - 7:00 p.m.: Vietnamese

Coronavirus Vaccination Info (Prime Minister's Office of Japan):

https://japan.kantei.go.jp/ongoingtopics/vaccine.html

Translation of Vaccination Questionnaire, etc. (Ministry of Health, Labour and Welfare):

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/vaccine_tagengo.html

COVID-19 Vaccine Navi (Ministry of Health, Labour and Welfare):

https://v-sys.mhlw.go.jp/en/

Coronavirus Vaccination Info (Ibaraki Prefecture):

https://www.pref.ibaraki.jp/hokenfukushi/yobo/kiki/vaccine/english/information on the cov id-19 vaccine for foreign residents.html

Multilingual Emergency Updates (NHK World Japan)

https://www.nhk.or.jp/nhkworld-blog/

4. Aerial Spraying of Rice Fields Scheduled for 2 & 3 Aug.

Rice fields throughout Tokai Village will be sprayed with insecticide by unmanned helicopters for insect pest control. We appreciate your understanding and cooperation.

Date and time:

4:30 a.m. – 11:00 a.m. on Mon. 2 and Tue. 3 Aug. (Notified through the community radio system when postponed due to rain)

Area: All rice fields in the village

Type of insecticide: Amistar Actara SC

Notes:

*Do not enter or approach the spraying area during spraying.

*Insecticide will be sprayed once no presence of people has been confirmed around nearby area.

*Rice fields near main roads, school routes and residential areas will be sprayed early in the morning.

*If insecticide gets on your skin by any chance, wash it away with soap immediately.

*If insecticide sticks on your car, wash it away with water immediately as it could stain.

*Follow the instructions of the field workers to avoid accidents.

Inquiries: Agricultural Policy Section, ph. 029-282-1711 ext.1222

5. Tokai Swimming Plaza to Be Open for General Use with Restrictions from Aug.

(1) Group use

Term: From July to Fri. 10 Sep.

Open for group activities of schools, kindergartens, daycare centers, Kodomoens, Afterschool Children's Clubs, etc. Please contact Tokai Gymnasium for group restrictions.

(2) General use (Advance reservation required)

Term: Sat. and Sun. only from Sun. 1 Aug. to Sun. 5 Sep.

Eligible people: Tokai Village residents

Capacity: The first 50 people for each morning (9:30 a.m.- 11:30 a.m.) and afternoon (1:30 p.m. – 3:30 p.m.) period

Fee: 200 yen for junior high school students and older, 100 yen for elementary school students, free for preschool children

Other: Only one pool is open for use per day.

Application and Inquiries: Apply by phone to Tokai Gymnasium, ph. 029-283-0673, between 9:00 a.m. and 5:00 p.m. from Tue. 27 Jul.

Website: http://www.tokai-cs.or.jp/

6. Abdominal Ultrasound

Date: Thu. 26, Fri. 27, Sat. 28, Mon. 30 and Tue. 31 Aug.
Time: 7:30 a.m.- 11:15 a.m. (Appointment time will be specified.)
Place: Tokai Health Center
Eligible people: Tokai Village residents over 40 years old
Cost: 1,000 yen per person to be collected on the day
Application: Apply from Mon. 26 to Fri. 30 Jul.
In person: Submit the application form available at Tokai Health Center.
By post: Write your name, address, date of birth, phone number and the two preferred dates on a postcard, and send it to Tokai Health Center, 2005 Muramatsu, Tokai Village 319-1112.
*The application period will be closed as soon as the number of applicants reaches the limit.
Inquiries: Tokai Health Center, ph. 029-282-2797

7. Hello Baby Classes for Pregnant Women

Let's learn about pregnancy, childbirth, childcare, and share your concerns and experiences with us as an expecting mother. You can join either one or both classes.

Date and Content:

(1) Fri. 10 Sep., 9:15 a.m. - 11:30 a.m. (Registration starts at 9:00 a.m.)

Lecture by a midwife, a nutrition manager and a dental hygienist. Childcare service will be provided for free.

(2) Sat. 11 Sep., 9:15 a.m. - 11:45 a.m. (Registration starts at 9:00 a.m.)

Talk about babies' cry / how to bath a new born / pregnancy experience for fathers / useful services for before and after childbirth. Bring aprons for each attendee. No childcare service will be provided.

Place: Tokai Health Center

Capacity: (1) The first 8 applicants, (2) the first 9 pairs, will be accepted.

Cost: Free

Other: Bring your Maternal and Child Health Handbook (boshi kenko techo), the supplementary handbook, pen and notebook.

Applications and Inquiries: Apply to Tokai Health Center, ph. 029-282-2797, by Fri. 20 Aug. Reservations are required for both classes.

8. Peter Pan Circle

The circle will be held for children to play among themselves, and their guardians to exchange different experiences and ideas through this circle.

Dates: Every Mon. to Fri. (except public holiday)

Time: 10:00 a.m. - 12:30 p.m. or 1:15 p.m. - 3:45 p.m.

Place: Ozora Daycare Center

Eligible people: Children born between 2 Apr. 2017 and 1 Apr. 2020 and their guardian **Capacity**: The first 3 pairs (6 people) will be accepted for each morning and afternoon period **Cost**: Free

Other: Bring your own drinks. (No food)

Applications and Inquiries: Apply by phone to Ozora Daycare Center, Ph. 029-287-3535. Applications will be accepted between the 20th and the last day of the month prior to the desired date of use.

9. Summer Plants Observation with the Museum Director

Dates: Wed. 11 Aug.
Time: 9:30 a.m. - 11:00 a.m.
Place: Rekishi to Mirai no Koryukan
Capacity: The first 15 applicants will be accepted.
Cost: Free
Applications and Inquiries: Apply by phone or email to Lifelong Learning Section (ph. 029-287-0851, maruhaku@vill.tokai.ibaraki.jp) between Wed. 28 Jul. and Sat. 7 Aug.

10. Ikebana (Flower Arrangement) Classes for Kids

(1) Ikebana for Kids

Dates: 5 classes - Sat. 11 Sep., Sat. 2, Thu. 28 Oct., Sat. 20 Nov. and Sat. 18 Dec.

Time: 9:30 a.m. - 11:00 a.m. (4:00 p.m. - 6:00 p.m. on 28 Oct.)

Cost: 4,100 yen per person

(2) Lily Ikebana for Kids

Dates: 6 classes - Sun. 22 Aug., Sun. 12 Sep., Sun. 17, Thu. 28 Oct. and Sun. 12, 26 Dec. **Time**: 9:30 a.m. - 11:30 a.m. (1:30 p.m. – 3:30 p.m. on 12 Sep. and 4:00 p.m. – 6:00 p.m. on 28 Oct.)

Cost: 6,400 yen per person

For both (1) and (2):

Place: Tokai Culture Center

Eligible people: Children between 1st and 6th grade of elementary school who live in Tokai Village.

Capacity: The first 15 applicants will be accepted.

Others: Bring towel, newspaper and a pen. And scissors for class (2).

Application and Inquiries: Write your name with furigana, gender, school name and grade, name of guardian, address and phone number on a postcard and send it between Wed. 28 Jul. and Tue. 10 Aug.

(1) To Ms. Takako Takahashi, 1194-2 Ishigami-Tojuku 319-1101, ph. 029-282-1780.

(2) To Ms. Toshiko Takano, 825-84 Funaishikawa 319-1111, ph. 029-282-0768.

11. Use of Some Rooms in Nakamaru Community Center Resumed

Nakamaru Community Center will be undergoing interior repair work until Feb. 2022. During the work, some of the rooms and spaces will be out of use, but some rooms will be open to the public as described below.

The schedule for the opening of more rooms shall be updated as necessary through the newsletter, village official website, and bulletin board at each community center.

Open Date: From Wed. 28 Jul. to Wed. 20 Oct. (Closed again from Thu. 21 Oct.)

Place: Meeting room

Other: Reservation can be made from Wed. 28 Jul. 9:00 a.m. (1:00 p.m. by telephone) for up to two months ahead.

Inquires: Community Development Promotion Section, ph. 029-282-1711 ext. 1461, Nakamaru Community Center, Ph. 029-287-2128

12. Parking Lot Maintenance Work at Ishigami Community Center

Ishigami Community Center will be undergoing parking lot maintenance work until Feb. 2022. During the work, the number of parking spaces will be limited. Thank you for your understanding.

Inquires: Community Development Promotion Section, ph. 029-282-1711 ext. 1462, Ishigami Community Center, Ph. 029-283-2868