

October 2022 Oshu City Newsletter



Sunday/Holiday Doctors

Oshu Kanegasaki Holidays Clinic		Address: 21-1 Taga Mizusawa		TEL: 25-3935
Hours: 8:30AM – 4:00PM (at the address listed above.)				
Oct. 2 nd	Dr. Iwasaki (Sakurai Hospital)			
9 th	Dr. Ueda (Otomegawa Hospital)			
10 th	Dr. Oikawa (Oikawa Orthopedic Surgery Clinic)			
16 th	Dr. Ohtoshi (Ohtoshi GI & Orthopedic Surgery)			
23 rd	Dr. Onodera (Shimokabe Gastroenterology Clinic)			
30 th	Dr. Omi (Omi Ladies' Clinic)			
Oshu Kanegasaki Nighttime Clinic		Address: 21-1 Taga Mizusawa		TEL: 25-3935
Hours: 6:30PM – 9:00PM, every day year-round				
Sunday Dentists (9:00AM – 12:00PM)				
Oct. 2 nd	Morioka Dental Clinic	23-6480	1-2-11 Mizusawa Hanazonocho	
9 th	Nakajima Dental Clinic	51-7797	25 Mizusawa Ko-ami	
16 th	Tokiwa Dental Clinic	25-8148	2-1-4 Mizusawa Higashi Odori	
23 rd	Oguma Dental Clinic	35-4184	6-27 Esashi-minami Odori	
30 th	Chiba Dental Clinic	42-2426	54-2 Kanegasaki-cho Nishine Kamimochida	
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)				
Oct. 2 nd	Hoshi Osteopathic Clinic	25-3742	6-12 Mizusawa Fukuyoshicho	
9 th	Abe Osteopathic Clinic	35-1036	7-17 Esashi Muikamachi	
16 th	Komura Osteopathic Clinic	24-4542	4-9 Mizusawa Sanbongi	
23 rd	Ito Osteopathic Clinic	22-3851	1-1-8 Mizusawa Minami Ogane	
30 th	Makoto Spiral Osteopathic Clinic	35-0894	7-26 Esashi Minami Odori	
★Children's Emergency Helpline (☎ 019-605-9000) 7PM – 11PM, every day year-round				

Services may be suspended as a part of COVID-19 prevention measures. For up-to-date information, see the city homepage or call the number below. If you need healthcare on a holiday or at night while these clinics are closed, please contact a city or prefectural hospital.

Contact: Oshu Kanegasaki Administrative Association (24-5821)

Basic First Aid Training

Come learn about AEDs, CPR, the Heimlich maneuver, and how to stop bleeding.

Where & when? Koromogawa Substation on October 23rd (Sun), 9:00AM – 12:00PM

Participants: Anyone middle school aged and up, limit of 5 people

Cost: Free!

Application deadline: October 21st (Fri)

Applications, contact: Oshu Kanegasaki Administrative Association Fire Dept., First Responder Division, Emergency Section (24-7211)

Taxes

Resident tax (payment #3) and National Health Insurance (payment #4) are due October 31st (Mon.)

Please consider setting up automatic tax payments so you can't forget.

☎ Tax Payment Division, Main City Hall (34-2227)

Health Classes & Checkups

★Mother (Parent) and Child Health Handbook Distribution

Weekdays 8:30AM – 5:00PM. Bring your health insurance card and your bankbook.

Locations and contact (appointments required everywhere except Mizusawa):

- Mizusawa: Main City Hall Health Promotion Dept. Maternal Health Section (34-2904)
- Esashi: Esashi Gen. Branch Office Health and Welfare Group (34-2523)
- Maesawa: Maesawa Gen. Branch Office Citizen Welfare Group (34-0275)
- Isawa: Health Promotion Plaza Yuyukan (46-2977)
- Koromogawa: Koromogawa Gen. Branch Office Citizen Welfare Group (34-2370)

★ Parenting Classes (by appointment)

For pregnant people, who are due in February/March 2023, and their partners (limit of 15 pairs.) Make an appointment by October 19th (Wed.)

When? October 22nd (Sat), 9:00AM – 12:00PM & 1:00PM – 4:00PM

Where? Mizusawa Health Office

Contact: Main City Hall Health Promotion Dept. (34-2904)

★ Baby Food *Mogu-mogu* Classes (by appointment)

For parents of babies born in February/March 2022. Make an appointment by October 17th (Mon.)

When? October 20th (Thurs), front desk open 9:30AM – 9:45AM

Where? Esashi Health Office

Contact: Esashi Gen. Branch Office, Health and Welfare Group (34-2523)

★Group BCG (Tuberculosis) Vaccinations (by appointment)

For babies age 5 months to 1 year. Please make an appointment no later than one day in advance. ※ Individual vaccinations at your healthcare center are also possible.

When? October 20th (Thurs), front desk open 1:00PM – 1:15PM

Where? Mizusawa Health Office

Contact: Main City Hall Health Promotion Dept. (34-2904)

General contact: Oshu Public Health Center (22-2831)

October Consultation Rooms

Administrative Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	14 th (Fri) — 1:00PM-3:00PM
	28 th (Fri)
Esashi Gen. Branch Office, Citizen Living Group	12 th (Wed) 9:30AM-11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	13 th (Thurs) 9:00AM-12:00PM
Shirayama Community Center*	18 th (Tues) 10:00AM – 12:00PM
Seibo Community Center*	18 th (Tues) 1:00PM – 3:00PM
Kojo Community Center*	20 th (Thurs) 10:00AM – 12:00PM
Maesawa Industry Festival Venue*	23 rd (Sun) 10:00AM – 3:00PM
Isawa Gen. Branch Office, Citizen Living Group	25 th (Tues) 1:30PM – 3:00PM
Koromogawa Health & Welfare Center	13 th (Thurs) 1:30PM – 3:30PM

* Temporary venues

Pension Consultation ☎ 0191-23-4246

Appointments required 1 day in advance

Place	Time & Date
Esashi Gen. Branch Office	6 th (Thurs) 10:00AM-3:30PM

Free Multiple Debts Consultation with a Lawyer

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	5 th (Wed) 10:00AM
	18 th (Tues) – 3:00PM

Consultations for Oshu Young Adults

☎ 34-1585

Place	Time & Date
Main City Hall, Children & Families Dept.	Weekdays 9:00AM except - Wednesdays 4:00PM

Human Rights Consultation ☎ 34-2915

Place	Time & Date
Main City Hall, Gen. Consultation Room	6 th (Thurs) 20 th (Thurs)
Esashi Gen. Branch Office, Citizen Living Group	18 th (Tues) 1:30PM -
Wakayanagi Comm. Center	7 th (Fri) 3:30PM
Koromogawa Health & Welfare Center	13 th (Thurs)

Free Law Consultation ☎ 34-2915

Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	12 th (Wed) 10:00AM 25 th (Tues) - 4:00PM

Financial & Lifestyle Stability Consultation

☎ 34-2915 Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	19 th (Wed) 1:00PM -
Esashi Gen. Branch Office, Citizen Living Group	5 th (Wed) 4:00PM

Consumer Affairs Consultation ☎ 34-2915

Appointments required for Esashi, Maesawa, Isawa, and Koromogawa

Place	Time & Date
Main City Hall, Gen. Consultation Room	Mon-Fri, 9:00AM to 5:00PM (last apt. at 4)
Esashi Gen. Branch Office, Citizen Living Group	Every Monday, 10:00AM to 3:00PM
Maesawa Gen. Branch Office, Citizen Welfare Group	Every Tuesday, 10:00AM to 3:00PM
Isawa Gen. Branch Office, Citizen Living Group	Every Thursday, 10:00AM to 3:00PM
Koromogawa Health & Welfare Center	Every Friday, 10:00AM to 3:00PM

Classes & Events

※ The events promoted on this page may be changed, postponed, or canceled to prevent the spread of COVID-19. For the most current information on events, check the Oshu city website.

Oshu Space and Astronomy Museum Events**★ October Stargazing Event**

- ① What's an Eclipse?
- ② Stargazing: Can You Find the Triangle and Square?

When? October 8th (Sat), 7:00PM – 8:30PM**Participants:** 30 people (registration required)**Cost:** Free!**★ Science Café Page 65: The Impact of Climate Change and Global Warming****When?** October 16th (Sun), 3:00PM – 4:00PM**Instructor:** Katsuhiko Sasaki (prefectural climate change prevention committee member/weather forecaster)**Participants:** 20 people (registration required)**Cost:** 300 yen (for tea)

☎ Location, applications, inquiries for both: Oshu Space and Astronomy Museum, 24-2020

Ichi-Sapo Oshu Room

Support services for people who are ready to work. Apply at least one day in advance.

Morning: Communication seminar & workplace training

Afternoon: Individual consultations (by appointment)

When? October 5th & 19th (both Wed), 10:00AM – 3:00PM

Where? Citizens' Plaza Masse (Maple basement)

Participants: Job seekers age 15 to 49, their families, etc.

Cost: Free!

Applications, contact: Ichinoseki Youth Support Station (0191-48-4467)

Development Seminar for City Dietary Improvement Coordinators

Come learn about becoming a dietary improvement coordinator as part of local volunteer activities, which promotes healthy habits among Oshu residents through dietary basics. 353 people are registered as dietary improvement coordinators, and they're mainly active within their own regions. They hold parent-child food education classes, cooking classes to help prevent lifestyle diseases, and similar. Through partnering with city and regional civic centers, their activities have become established in many regions.

Seminar Details (with breaks for lunch)

Sessions	Date & time	Location	Content details
1 st	October 20 th (Thurs) 9:30AM – 4:30PM	Oshu City Hall, 3 rd Floor Auditorium	Introductions, lecture, practice
2 nd	November 15 th (Tues) 9:00AM – 4:30PM	Maesawa General Health Maintenance Center	Lecture, cooking, handwashing practicum
3 rd	December 14 th (Wed) 9:00AM – 4:30PM	Oshu City Hall, 3 rd Floor Auditorium	Lecture, practice, closing

Participants: Limit of 20 people. Open to city residents age 20+ (no other restrictions based on sex or age) who can participate in all 3 sessions, and who can contribute to volunteer activities as a dietary improvement coordinator afterwards.

Cost: 1,300 yen for the textbook

Application timeframe: September 26th (Mon) – 30th (Fri) (first come first serve)

Applications, contact: Main City Hall Health Promotion Dept. Health Maintenance Section (34-2903)

Notices

National Autumn Road Safety Week Begins

September 21st-30th is National Autumn Road Safety Week. If you're a pedestrian or a cyclist, please consider wearing reflective surfaces, and if you're behind the wheel, turn on your headlights early in the evening, at the highest brightness that's safe. Let's all work to prevent traffic accidents for our communities, families, and workplaces.

How to Stay Safe

- Watch out for pedestrians, especially older adults and children.
- Take precautions in the evening and at night, and never drink and drive.
- Follow traffic laws as a cyclist too.

Slogan

With headlights meeting / reflective materials / we see each other

Contact: Main City Hall Living Environment Dept. Lifestyle Security Section (34-2342)

Get Screened for Lung Cancer & Tuberculosis

Symptoms of lung cancer can include phlegm, a cough, and chest pain, but oftentimes, in the early stages there are no symptoms. It's important to get screened to enable early discovery and treatment. In addition, tuberculosis is a serious, contagious illness, and new patients are still being diagnosed. Through regular screenings, severe illness and/or transmission can be prevented. In Oshu, people age 40+ are eligible for lung cancer & tuberculosis screenings, and 40-year-olds may receive their first screening for free.

Contact: Main City Hall Health Promotion Dept. Health Maintenance Section (34-2903) or the health section at your local branch office

Information on COVID-19

⌘ Information about COVID-19 is changing all the time. For the most up-to-date info, check the Oshu city homepage.

What to do If You Test Positive

- Follow all instructions from the healthcare center that diagnosed you, as well as those from the health department and similar.
- Make sure you stay home and recover.
- If cohabiting family members have close contact with someone who tests positive, they may be required to isolate for a time as well.

After Diagnosis

- 1) When a healthcare center diagnoses you with COVID-19, go home and stay there.
- 2) The health department will contact you on the day of diagnosis and the next day (by phone or text message.)
- 3) Inform your workplace, school, etc.
- 4) Inform anyone that you've had contact with in the 2 days before you started showing symptoms, especially anyone you had close contact with.
- 5) Do not go out while you are recovering.

About the Recovery Period

As of September 7th, the recovery period is **7 days with 24 hours of light symptoms**. This is counted with the start of symptoms as Day 0; you can go out starting on **Day 8**. (This is down from 10 days of isolation with 72 hours of light symptoms.)

⌘ Depending on the course of treatment and symptoms, the recovery period may be extended.

⌘ In asymptomatic cases, the recovery period is now 5 days. However, within the 10-day period after diagnosis, be sure to monitor your health, avoid contact with older adults and other at-risk populations, and do not engage in activities that carry a high infection risk.

	Symptoms start (Day 0)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Release
COVID-19 patient	Recovery period: 7 days (plus 24 hours of light symptoms)								

	Contact (Day 0)	Day 1	Day 2	Day 3	Day 4	Day 5	Release
Close contact	Isolation period: 5 days						
	Day 1	Day 2	Release	⌘ With negative tests on days 2 & 3			

For Close Contacts

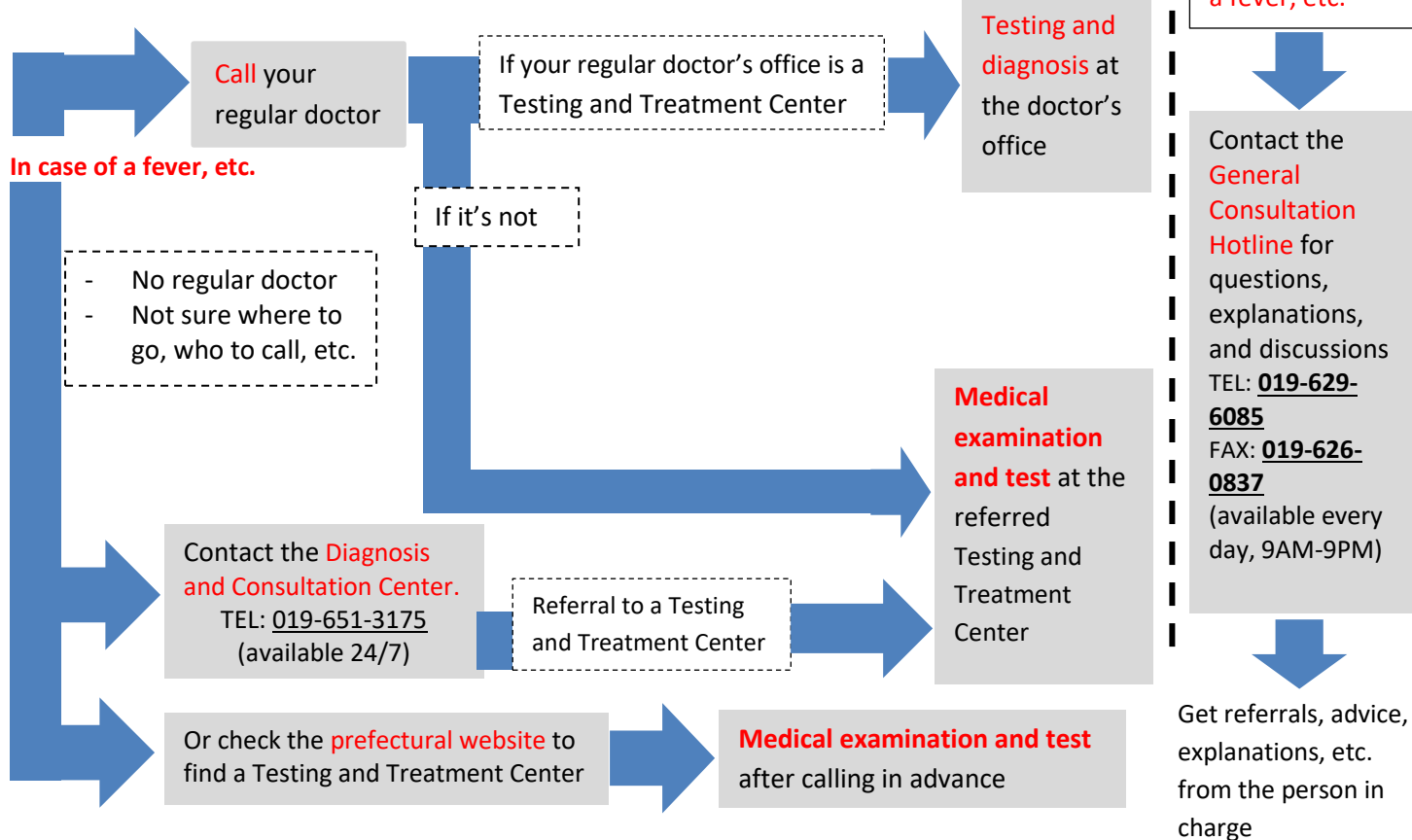
For close contacts of infected people, the isolation period is 5 days – Day 0 is the day of most recent contact, and you can go out starting on Day 6.

⌘ Information is subject to change and is current as of September 7th.

☎ Contact: Main City Hall Health Promotion Dept. Health Maintenance Section (34-2903)

Consultations and Diagnosis for Fevers, Etc.

- If you have a fever or similar symptoms, **call your regular doctor first.**
- If you're not sure who to call, **contact the Diagnosis and Consultation Center (or check the prefectural website to find a Testing and Treatment Center.)**



※ Please take thorough precautions to prevent infections and maintain your health; reach out right away if you start to feel unwell.