

# January 2021

## Oshu City Newsletter



### Sunday/Holiday Doctors

1) Oshu Kanegasaki Nighttime and Holidays Clinic, 2) Esashi Sunday/holiday clinics, and 3) Sunday dentists have been pausing their services if new COVID-19 cases were confirmed in Oshu or Kanegasaki, but since infection control measures have been set in place, these clinics will still operate even if new cases are confirmed locally. However, closures are still possible depending on the COVID-19 situation.

#### Contact

- 1) Nighttime and Holidays Clinic (25-3935), Oshu Kanegasaki Administrative Association (24-5821)
- 2) Main City Hall Regional Healthcare Promotion Office (34-2908)
- 3) Oshu Dentistry Association Secretariat (24-0810)

Mizusawa			
Day		☎	Address
Open Sundays, holidays 8:30 am - 4:00 pm. Open nights every day 6:30 pm - 9:00 pm.	Oshu Kanegasaki Holidays Clinic	25-3935	21-1 Taga Mizusawa
Esashi (Mornings, check times in advance by phone)			
Day		☎	Address
Jan. 1 <sup>st</sup>	Oinao OBGYN Clinic	34-3033	11 Iwayado Aza Kozakai
2 <sup>nd</sup>	Hirata Surgery/Internal Med. Clinic	31-1331	401-6 Kannondou-oki, Odaki
3 <sup>rd</sup>	Taniguchi ENT Clinic	35-2927	5-22 Odori
10 <sup>th</sup>	Tamazawa Rehab Orthop. Clinic	35-8801	71-1 Nihongi Iwayado
11 <sup>th</sup>	Ito Internal Med. Clinic	35-4006	3-12 Kawaramachi
17 <sup>th</sup>	Ito Family Clinic	35-0035	11-14 Nishi Odori
24 <sup>th</sup>	Oikawa Orthopedic Surgery Clinic	35-2917	1-1-32 Youkamachi
31 <sup>st</sup>	Kashiwagi Clinic	35-2433	5-7 Muikamachi
Dentists (9:00 – 12:00)			
Jan. 1 <sup>st</sup>	Arakida Dental Clinic	47-3323	23-93 Mizusawa Nakamachi
1 <sup>st</sup>	Sasaki Dental Clinic	31-1313	9-14 Esashi-nishi Odori
2 <sup>nd</sup>	Abe Dental Clinic	44-3918	25-1 Kanegasaki-cho Nishine Aramaki
3 <sup>rd</sup>	Hitaka Dental Clinic	22-5330	22-15 Mizusawa Kyuden
10 <sup>th</sup>	Otemachi Dental Clinic	51-8820	5-1 Mizusawa Otemachi
17 <sup>th</sup>	Jun Dental Clinic	51-2118	202-1 Mizusawa Aza Sakurayashikinishi
24 <sup>th</sup>	Hatakeyama Dental	35-8811	3-1-26 Esashi Toyota-cho
31 <sup>st</sup>	Kita Odori Dental Clinic	51-9293	27-2 Mizusawa Kitaushizawa
Sekkotsu* Clinics (9:00AM – 3:00PM) *(therapeutic massage and PT-like treatments)			
3 <sup>rd</sup>	Omachi Osteopathic Clinic	47-4110	75-2 Mizusawa Omachi
10 <sup>th</sup>	Hoshi Osteopathic Clinic	25-3742	6-12 Mizusawa Fukuyoshicho
17 <sup>th</sup>	Abe Osteopathic Clinic	35-1036	7-17 Esashi Muikamachi
24 <sup>th</sup>	Komura Osteopathic Clinic	24-4542	4-9 Mizusawa Sanbongi
31 <sup>st</sup>	Ito Osteopathic Clinic	22-3851	1-1-8 Mizusawa Minami Ogane
★Children's Emergency Helpline (☎ 019-605-9000) Open daily 7 PM-11 PM			

### “My Number” Card Applications to be Mailed Out from January to March

People who don't already have a “My Number” card will receive an application form. Check the explanatory pamphlet and apply.

☎ Contact: General toll-free number (0120-95-0178), or Main City Hall Citizen Services Dept. My Number Card Promotion Office (34-2223)

#### Taxes

National Health Insurance (Payment #7) is due Monday, February 1<sup>st</sup>, 2021

Payment slips for people who pay by bank transfer will be sent out in early January.

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

Produced by Oshu City ILC Prom. Division, Oshu City Community Development Division, Oshu City International Relations Association

**Administrative Consultation ☎ 34-2915**

Place	Time & Date
Main City Hall, Gen. Consultation Room	8 <sup>th</sup> (Fri) 1:00PM-3:00PM
	22 <sup>nd</sup> (Fri)
Esashi Gen. Branch Office, Citizen Living Group	13 <sup>th</sup> (Wed) 9:30AM-11:30AM
Maesawa Gen. Branch Office, Citizen Welfare Group	14 <sup>th</sup> (Thurs) 9:00AM-12:00PM
Isawa Gen. Branch Office, Citizen Living Group	26 <sup>th</sup> (Tues) 1:30PM-3:00PM

**Pension Consultation ☎ 0191-23-4246**

Appointments required 1 day in advance

Place	Time & Date
Main City Hall	7 <sup>th</sup> 10:00AM-3:00PM (Thurs)

**Human Rights Consultation ☎ 34-2915**

Place	Time & Date
Main City Hall, Gen. Consultation Room	7 <sup>th</sup> (Thurs) 1:30PM-
	21 <sup>st</sup> (Thurs) 3:30PM
Esashi Gen. Branch Office, Citizen Living Group	19 <sup>th</sup> (Tues) 1:30PM-3:30PM

**Free Law Consultation ☎ 34-2915** Appointments required

Place	Time & Date
Main City Hall, Gen. Consultation Room	13 <sup>th</sup> (Wed) 10:00AM-4:00PM
	26 <sup>th</sup> (Tues)

**Consumer Affairs Consultation ☎ 34-2915**

Appointments required 1 day in advance 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

**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.

**Donto-sai**

This is a custom of burning New Year's decorations to pray for a healthy, safe year full of prosperity. Bring your decorations by 10:30AM at the latest. No plastic bags, please. (Shinto ceremony at 9:30AM, held only by the organizers this year. No mochi throw this year, as part of infection control measures. We appreciate your understanding.)

**When?** Jan. 10<sup>th</sup> (Sun), early morning to 10:30 AM. No large groups, and please wear a face mask.

**Where?** Odori Park (Esashi)

☎ Oshu Chamber of Commerce Esashi Branch (35-2514)

**Oshu Ski Areas Are Open!**

Koeji, Himekayu and Kunimidaira Ski Areas will all open for the winter sports season on December 26<sup>th</sup>.

## Oshu Space & Astronomy Museum Events

- **New Year Science Show: Wow, an Aurora!**  
 Watch, listen, and learn about auroras through a demonstration of their colors and movements with a discharge tube.  
When January 9<sup>th</sup> (Sat) 2:30PM – 3:30PM  
Where Oshu Space & Astronomy Museum, Seminar Room  
Participants Limit 20 people, for children. Small children and younger elementary schoolers must be accompanied by an adult.  
Cost Free (museum entrance fee is separate)
- **January Stargazing Event**  
When January 9<sup>th</sup> (Sat) 7:00PM – 8:30PM  
Where Oshu Space & Astronomy Museum, Seminar Room & Parking lot  
Participants Limit 30 people (reservations required)  
Cost Free!

Contact for both Oshu Space and Astronomy Museum (24-2020)

### Special New Year's Notices

#### New Year's Holiday Bus Schedule

	Mizusawa Community Bus, "Z Bus"	City Bus (Esashi)	Maesawa Bus, "Heart Bus"	Koromogawa Community Bus
	Iwate-ken Kotsu, Tanko Branch, 35-2185	Iwate-ken Kotsu, Tanko Branch, 35-2185	City Social Services Division, Maesawa Branch, 56-2148	Koromogawa Taxi, 52-3011
Monday, Dec. 28	Regular schedule	Regular schedule	Regular schedule	Regular schedule
Tuesday, Dec. 29				
Wednesday, Dec. 30	No bus service	Sunday/holiday schedule	No bus service	No bus service
Thursday, Dec. 31				
Friday, Jan. 1 (holiday)				
Saturday, Jan. 2				
Sunday, Jan. 3		No bus service		
Monday, Jan. 4	Regular schedule	Regular schedule	Regular schedule	Regular schedule
Tuesday, Jan. 5				

#### New Year's Garbage/Recycling Schedule

<p><b><u>Garbage</u></b>  <b>Mizusawa:</b></p> <ul style="list-style-type: none"> <li>- No garbage collection from Wed, Dec. 30<sup>th</sup> to Sun, Jan. 3<sup>rd</sup></li> <li>- Garbage collection resumes normally on Jan. 4<sup>th</sup> (Mon)</li> </ul> <p><b>Esashi, Maesawa, Isawa, Koromogawa:</b></p> <ul style="list-style-type: none"> <li>- Normal collection schedule</li> </ul>	<p><b><u>Night soil (sewage)</u></b>  <b>Mizusawa, Esashi, Isawa, Koromogawa:</b></p> <ul style="list-style-type: none"> <li>- No sewage collection from Wed, Dec. 30<sup>th</sup> to Sun, Jan. 3<sup>rd</sup></li> </ul> <p><b>Maesawa:</b></p> <ul style="list-style-type: none"> <li>- No sewage collection from Wed, Dec. 30<sup>th</sup> to Mon, Jan. 4<sup>th</sup></li> </ul> <p>Night soil collection can get congested around New Year's holidays; please keep this in mind if you need to make an appointment.</p>
<p><b><u>Recycling</u></b>  <b>Mizusawa:</b></p> <ul style="list-style-type: none"> <li>- No Sunday recycling on Jan. 3<sup>rd</sup>; collection resumes Jan. 10<sup>th</sup></li> <li>- No weekday recycling on Jan. 1<sup>st</sup>; collection resumes Jan. 4<sup>th</sup></li> </ul> <p><b>Esashi, Maesawa, Isawa, Koromogawa:</b></p> <ul style="list-style-type: none"> <li>- Normal collection schedule.</li> </ul>	<p><b><u>Notice from Tanko Regional Sanitation Center</u></b>  <b>Direct Collection:</b>              Garbage will be collected until Dec. 30<sup>th</sup> and will resume on Jan. 4<sup>th</sup>.  <u>Hours</u> 8:45AM – 4:45PM  <u>Is there a fee?</u> Yes</p> <p><u>Contact:</u> Tanko Regional Sanitation Center, 24-5821</p>

## Information on COVID-19

### To All Citizens

Tension continues as multiple cluster infections have happened in Iwate. Please keep taking infection precautions and protect yourself, loved ones, this region, and our society.

① **Coming and going to places where infections are spreading**

More opportunities for people to travel and gather together will come during the New Year's holiday, so we can expect that infection risks will be higher. Look into the infection situation in both your origin and your destination, and if infections are spreading, carefully consider if it's a good idea to go.

② **Infection control basics**

Basic tactics like wearing a mask and handwashing are very effective in preventing disease. Keep taking preventative measures at home, at work, and everywhere. Take particular care if you or someone in your household is elderly or has an underlying health condition.

▶ Wash hands, always wear a mask, coughing etiquette, ventilation, humidity control etc. ▶ Take your temperature and generally check in with your health every day ▶ Avoid close range conversations and raising your voice ▶ Avoid eating together and gathering in places that have the 3 C's (crowds, enclosed space, close conversations) ▶ If you're feeling unwell, ask a doctor about it over the phone

③ **Infection prevention over the New Year**

Take care to avoid congestion during travel, and stagger *hatsumode* shrine visits.

④ **Act calmly and with consideration**

Healthcare workers are working on the frontlines every day for citizens' health and livelihoods: please treat them and their families with gratitude and empathy. Maintain an attitude of kindness towards people who have been infected, their families, and their workplaces as well.

### In Case of Symptoms, Reach Out

■ **If you have the following symptoms, please contact ① or ② below.**

- Difficulty breathing, extreme fatigue, high fever, or any other severe symptoms
- Older adults or people with underlying health conditions who have a fever, cough, or other comparatively light cold-like symptoms
- Anyone other than the above who has had a fever, cough, or other relatively light cold-like symptoms for 4 days or longer

① **Call your regular doctor's office**

If your regular doctor's office is a testing and treatment center<sup>※</sup>, you can get tested and treated there. If not, you will be referred to one.

※ Prefecture-designated healthcare centers for testing and treatment of patients with fever or similar symptoms (list of centers not public.)

② **If you don't have a regular doctor, or aren't sure who to call, contact the Diagnosis and Consultation Center**

You will be referred to a testing and treatment center.

◇ Diagnosis and Consultation Center (formerly Call Center for Returnees/People Who've Had Contact)

(☎ 019-651-3175, available 24/7)

[For pregnant people] Just in case, if you have symptoms reach out for help as soon as possible.

[For caretakers of children] Call either the Diagnosis and Consultation Center or the child's regular pediatrician.

■ General consultations for those who don't have symptoms

◇ General Consultation Hotline (☎ 019-629-6085, FAX 019-626-0837. Available every day 9:00AM-9:00PM)

■ Call Center for Foreign Residents

◇ Iwate Call Center for Foreign Residents/Support Center (Iwate International Association, ☎ 019-654-8900, available every day 9:00AM-8:00PM, or ✉ [iwate-support-center@iwate-ia.or.jp](mailto:iwate-support-center@iwate-ia.or.jp))