



Hello! SUGINAMI

Suginami City Population (as of May 1, 2022)
Total population 571,752
Foreign residents 15,510

Issued on the 1st of even-numbered months

Published by: Suginami City Office. Editing: Public Relations Section. Address: 1-15-1 Asagayaminami, Suginami-ku, Tokyo 166-8570.
Tel: 03-3312-2111 (main switchboard), Fax: 03-3312-9911 (direct line for Public Relations Section) *Please make inquiries in Japanese. URL: <https://www.city.suginami.tokyo.jp/>

COVID-19 (Novel Coronavirus) Vaccinations Fourth Vaccinations

Fourth vaccinations are now available. As-per national guidelines, fourth vaccinations are only available to individuals at risk of developing serious symptoms from COVID-19. Please see Suginami City's website for details such as how to apply.

[Contact] Suginami City Novel Coronavirus Vaccination Call Center Tel: 0120-023-015 (9:00 am – 5:00 pm including Saturdays, Sundays and national holidays. Support provided for foreign language speakers (in 20 languages))

Suginami City's website ▶



Overview of Fourth Vaccinations

● Eligibility

Those who have had their third vaccination and:

- Are aged 60 or over.
- Are aged 18 or over with underlying medical conditions or are at risk of developing serious symptoms from COVID-19 as recognized by a doctor.

● Vaccination timing

At least five months after third vaccination

● Vaccines delivered

Pfizer vaccine or Takeda/Moderna vaccine



Be prepared for heavy rain!

~ Make good use of the Flood Hazard Map

It's raining heavily! A typhoon is approaching! What should I do?

The flood hazard map is available from the Public Works Planning Section (4F West Wing, Suginami City Office), Disaster Prevention Section (5F West Wing), and the Residents Offices of Suginami City. It is also published on Suginami City's website (QR code above).

Before that happens, check the following on your flood hazard map:

- Risks of floods (Predicted flood level, etc.)
- Information about everyday readiness
- Evacuation information
- How to obtain information on floods



Preparation and actions for evacuation

● First, evacuate vertically (staying safe indoors)!

Check the flood hazard map. If the predicted flood level is less than 2 meters, and depending on the status of heavy rains and other conditions, stay safe by evacuating to the top floor of your home or another building.

● Act quickly and evacuate horizontally (evacuating your home)!

Think about evacuating to the home of a relative or friend, or to an evacuation shelter that will not be flooded, considering the building structure and predicted flood level. Traveling during bad weather is highly dangerous. Act quickly, before the weather gets worse.

Live Waterway Cameras

This service provides live footage of waterways, allowing you to check the current situation from a safe location and make an informed decision about when and where to evacuate.

YouTube - "Suginami City Live Waterway Cameras" channel ▶



Measures against the novel coronavirus in evacuation shelters

Every effort is being made to prevent the 3Cs (closed spaces, crowded places and close-contact settings) at evacuation shelters, including frequent ventilation, disinfecting common-use fixtures such as handrails and doors, and being spread out as much as possible. If you are experiencing any health concerns, such as a fever, please be sure to consult with the staff of the evacuation shelter.

How to obtain information on floods

Information from Suginami City (weather information, information on evacuation shelters, information to alert the citizens of Suginami City, sandbag loans)



Suginami City's official website
<https://www.city.suginami.tokyo.jp/>



Disaster/Crime Prevention Information E-mail Service
<https://www.city.suginami.tokyo.jp/guide/kyukyu/shuchi/1030325.html>



Sugi Navi
<https://www2.wagmap.jp/suginami/>

Sending out of the Notification of the Amount of National Health Insurance Fees

We will be sending out the Notification of the Amount of National Health Insurance Fees for FY2022 to the heads of households on June 15 (Wednesday). Insurance fees for the period from April 2022 to March 2023 will be paid over 10 installments from June 2022 to March 2023.

Payment slips for payment by a one-off payment or by periodic installments are enclosed for residents who pay the full or partial amount of insurance fees using payment slips.

* If your deadline to file your income tax return and your special ward inhabitants' tax and Tokyo inhabitants' tax have been extended due to the novel coronavirus, in some cases, these details may not yet be reflected in your insurance fee calculations. If your insurance fees change based on the confirmation of your tax return filing, we will send you a notification of your new insurance fees.

[Contact] National Health Insurance Eligibility Subsection, National Health Insurance and Pension Section

Non-Japanese residents must also enroll in the National Pension System

Foreign residents living in Japan, between the ages of 20 and 59, are legally obligated to enroll in the National Pension System regardless of their nationality. (This excludes those who are covered under employee's pension insurance, and dependent spouses of those who are covered under employee's pension insurance.)

If a foreign resident has fulfilled criteria such as paying National Pension System premiums for 10 years or more, he or she will be eligible to receive benefit payments through the basic pension from age 65 in principle. There is also the basic pension for disability/basic pension for the bereaved, which provides benefits if you become disabled due to a serious illness or injury, or a wage earner passes away.

There is an exemption system available if you cannot pay your National Pension premiums.

There are also countries that have concluded a social security agreement with Japan and established systems to allow citizens to receive pensions based on their pension enrollment period in both countries, in order to prevent duplicate enrollment in two pension schemes.

Foreign residents who have paid six months or more of their insurance premiums but are not eligible to receive benefit payments through the basic pension may request a lump-sum withdrawal payment. The request must be made within two years after the day they no longer have an address in Japan.



[Contact] For inquiries on enrollment procedures, please contact the National Pension Subsection, National Health Insurance and Pension Section, Suginami City Office.
For inquiries on social security agreement and lump-sum withdrawal, please contact the Suginami Branch Office of the Japan Pension Service. Tel: 03-3312-1511

Announcement from Suginami Association for Cultural Exchange

Suginami Association for Cultural Exchange (SACE) organizes events where foreign residents can join freely and enjoy socializing with foreign residents as well as Japanese residents. Please join us.

* Events and contents may be canceled or postponed as part of efforts to prevent the spread of the novel coronavirus. For the latest information, please contact the Suginami Association for Cultural Exchange or the event organizers.

◇ You can buy local products from Nayoro City, Hokkaido, Suginami's friendship city online

[Duration] Until, January 30, 2023

[Products] Asparagus, melon, corn, pumpkin, curly spinach and more

* While stocks last. For details / how to order, please visit the Nayoro-no-Hatake-Jiman Club's website. <https://nayoroclim.com> (Japanese)

◇ SACE website and Facebook page

These sites offer information about events organized by SACE, Japanese language classes held in Suginami City, and friendship cities of Suginami City. Event and helpful information is also sent to foreign residents living in Suginami City by postal mail, free of charge. Registration is accepted through the Association's website.

◇ Support Desk for Foreign Residents

Volunteer interpreters provide support for foreign residents who need assistance at the Suginami City Office. Interpretation services are available in English, Chinese, Korean and Nepali. Please feel free to contact the Support Desk for assistance.

[Date and time / Languages] •English: Monday 1:00 pm-4:00 pm, Friday 9:00 am-12:00 pm
•Chinese: Monday 9:00 am-12:00 pm
Friday (1st, 3rd and 5th) 1:00 pm-4:00 pm
•Korean: Friday (2nd and 4th) 1:00 pm-4:00 pm
•Nepali: Wednesday (1st and 3rd) 9:00 am-12:00 pm
* Closed on national holidays and year-end/New Year holidays

[Location] Public Hearing Section(1F East Wing, Suginami City Office)
[Consultation methods] Visit Suginami City Office in person/Telephone (Public Hearing Section)/
In writing (By post, fax, or E-mail)
[Cost] Free of charge

For applications and inquiries, please contact Suginami Association for Cultural Exchange.

[Address] 5F Minami-Asagaya Building, 1-14-2
Asagayaminami, 166-0004

[Tel] 03-5378-8833

[Fax] 03-5378-8844

[E-mail] info@suginami-kouryu.org

[Website] <https://suginami-kouryu.org/>



[Facebook] <https://www.facebook.com/suginami.kouryu>



Medical Consultation Service Counters	Tokyo Metropolitan Medical Consultation Service Center	Inquiries regarding medical institutions that provide foreign language consultation and the Japanese medical system are handled in English, Chinese, Korean, Thai and Spanish. [Consultation hours] 9:00am-8:00pm every day [Tel] 03-5285-8181
	Tokyo Metropolitan Medical Institution Information "Himawari/t-Yakkyoku Info"	The website allows you to search for medical institutions close to an address or station. [English website] https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks240.php

Suginami City Emergency Treatment (In Japanese only)

Call first for a consultation. If you are asked to come in for an examination as a result of the consultation, be sure to bring your health insurance certificate and medical certificate.

■ Suginami City Holiday and Nighttime Emergency Treatment Center

[Tel] 03-3391-1599 **[Address]** Suginami Public Health Center 2F, 5-20-1 Ogikubo
[Medical departments and hours] (reception closes 30 minutes before end of examination time)
Monday to Friday, 7:30pm-10:30pm: pediatrics
Saturdays, 5:00pm-10:00pm: internal medicine, pediatrics, ear/nose/throat (pediatrics after 5:00pm for ages 1 and older)
Sundays, public holidays, year-end and New Year holidays, 9:00am-10:00pm: internal medicine, pediatrics, surgery (until 5:00pm), ear/nose/throat (pediatrics after 5:00pm for ages 1 and older)

■ Suginami City Dental Health and Medical Center (Holiday Dental Emergency Clinic)

[Tel] 03-3398-5666 **[Address]** Suginami Public Health Center 5F, 5-20-1 Ogikubo
[Hours] Sundays, public holidays, year-end and New Year holidays: 9:00am-5:00pm (reception until 4:00pm)

■ Suginami City Emergency Medical Information Center

Information on medical institutions and medical consultation available.
[Tel] #7399 or 03-5347-2252 **[Hours]** Monday to Friday: 8:00pm-9:00am following day
Saturdays, Sundays, public holidays, year-end and New Year holidays: 9:00am-9:00am following day

◆ Foreign Resident Consultation Services ◆

Consultation services on everyday life and city administration matters are available for foreign residents living in Suginami City. Please feel free to approach the Suginami City Office for a consultation.

[Date and time] **English:** Tuesday 9:00am-12:00pm, Thursday 1:00pm-4:00pm
Chinese: Tuesday 1:00pm-4:00pm, Thursday 9:00am-12:00pm
* Closed on national holidays and year-end/New Year holidays.
[Location] Public Hearing Section (1F East Wing, Suginami City Office)
[Other] Consultation services are also available via phone.



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新型コロナワクチン「4回目接種」について

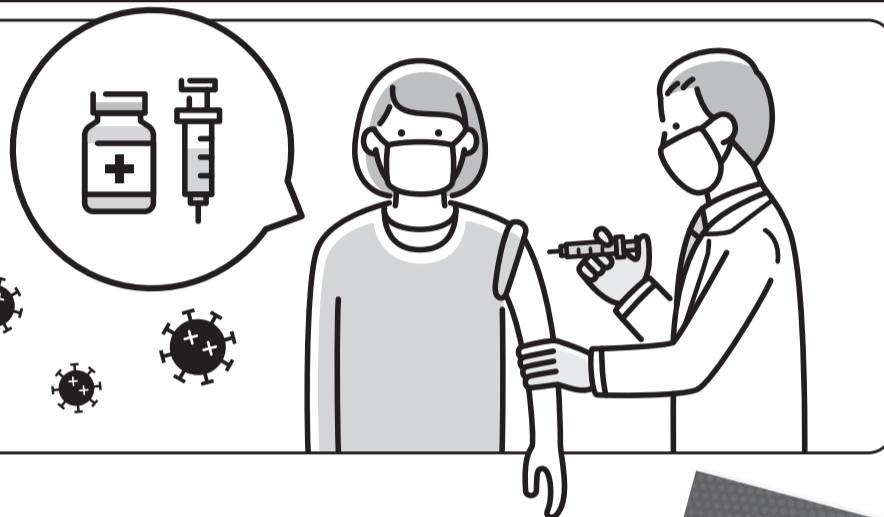
新型コロナワクチンの4回目接種を開始しています。国の方針を受け、4回目接種は重症化予防を目的として対象者を限定しています。
申請方法等の詳細は、区ホームページをご覧ください。
【問い合わせ】杉並区新型コロナワクチン接種コールセンター
電話0120-023-015 (午前9時～午後5時<土・日曜日、祝日を含む>。外国語<20カ国>対応)



区ホームページ▶

「4回目接種」の概要

- 対象者:3回目接種済みで、
 - ・60歳以上の方
 - ・18歳以上で「基礎疾患がある方」
 - 「その他重症化リスクが高いと医師が認める方」
- 接種時期:3回目接種から5カ月以上経過後
- 接種できるワクチンの種類:ファイザー社製、武田/モデルナ社製



大雨に備えよう! ～水害ハザードマップの活用 大雨だ!台風が来る!どうしよう...

そうなる前に「水害ハザードマップ」で確認!

- 水害のリスク(予想される浸水の深さ等)
- 日頃の備えに関する情報
- 避難に関する情報
- 水害に関連する情報の入手方法



水害ハザードマップは、土木計画課(区役所西棟4階)、防災課(西棟5階)、区民事務所で配布しています。区ホームページ(上2次元コード)にも掲載しています。

避難準備と行動

- まずは垂直避難(屋内安全確保)を!
水害ハザードマップで調べて、予想される浸水の深さが2m未満の場合は、大雨の状況等に応じて、自宅等の上階への避難で安全を確保しましょう。
- 水平避難(立ち退き避難)は早めの行動を!
家の構造や予想される浸水の深さによって、浸水する恐れのない家族・友人宅や避難所への避難を検討しましょう。悪天候での移動は大変危険です。天候が悪化する前に早めに行動しましょう。

河川ライブカメラ

河川の「今」を確認できるライブ映像を安全な場所で確認し、避難行動を起こす際の判断にお役立てください。

YouTube杉並区河川
ライブカメラチャンネル▶



杉並区
河川ライブカメラ
「live」河川の「今」をすぐに確認できます



避難所での新型コロナウイルス対策

避難所では、小まめな換気、手すり・ドアなどの共用部分の消毒、施設を最大限に広く活用するなど、可能な限り「密閉・密集・密接」の状態を作らない運営を行います。なお、発熱等、体調に不安を感じる方は、避難所のスタッフにご相談ください。

水害に関連する情報の入手方法

杉並区からの情報(気象情報・避難所の開設情報・区民への注意喚起情報・土のうの貸し出し)



区ホームページ
<https://www.city.suginami.tokyo.jp/>



防災・防犯情報メール配信サービス
<https://www.city.suginami.tokyo.jp/guide/kyukyu/shuchi/1030325.html>



すぎナビ
<https://www2.wagmap.jp/suginami/>

【問い合わせ】土木計画課

国民健康保険料額通知書を発送します

2022年度保険料額通知書を6月15日(水)に世帯主宛てに発送します。4月～2023年3月の保険料を、6月期～2023年3月期の10回に分けてお支払いいただきます。

保険料の全部または一部納付書払いの方には、一括分と各期分の納付書を同封します。

※新型コロナウイルス感染症の影響により、確定申告および特別区民税・都民税の申告期限を延長された方は、申告した内容が保険料の算定に反映されていない場合があります。申告した内容が判明し、保険料が変更になる場合は、保険料額通知書を改めて発送します。

【問い合わせ】国保年金課国保資格係

外国籍の方も国民年金に加入が必要です

日本に住む20～59歳の方は、国籍に関係なく国民年金に加入することが法律で義務付けられています(厚生年金加入者・厚生年金加入者に扶養されている配偶者を除く)。

国民年金保険料を10年以上納めたなどの条件を満たすと、原則65歳から老齢基礎年金が支給されます。また、病気やけがで重い障害が残った場合や働き手が亡くなった場合に支給される、障害基礎年金や遺族基礎年金もあります。国民年金保険料の支払いが難しい場合は、免除制度があります。

なお、日本と社会保障協定を結び、年金制度の二重加入の防止や、両国の年金制度の加入期間を通算して年金が受けられるような仕組みを設けている国もあります。

また、保険料納付済期間が6カ月以上あり、老齢基礎年金の受給資格を満たしていない外国籍の方は、日本に住所を有しなくなった日から2年以内に脱退一時金を請求することができます。



【問い合わせ】加入手続きなどについては、区国保年金課国民年金係 社会保障協定・脱退一時金については、杉並年金事務所 電話03-3312-1511

杉並区交流協会のお知らせ

杉並区交流協会では、外国の方が気軽に参加でき、日本人をはじめ外国の方と楽しく交流できるイベントを企画しています。

※新型コロナウイルス感染症の拡大防止のため、各イベントなどが中止・延期になることがあります。最新情報については、杉並区交流協会、各イベントの主催者にお問い合わせください。

◇杉並区交流自治体「北海道名寄市」の特産品がオンラインで注文できます

【販売期間】2023年1月30日まで

【販売商品】アスパラガス・メロン・トウモロコシ・カボチャ・寒締めハウレン草など

※なくなり次第終了。詳細・申し込み方法は、なよろの畑自慢倶楽部ホームページ<https://nayoroclim.com/>(日本語)をご覧ください。

◇杉並区交流協会ホームページとFacebook

杉並区交流協会主催のイベントや区内の日本語教室、杉並区の交流自治体の情報などを掲載しています。杉並区在住の外国人には、無料でイベント情報や区内の便利な情報を郵送します。登録はホームページからできます。

◇外国人サポートデスク【Support Desk for Foreign Residents】

ボランティア通訳が区役所での手続きをサポートします。英語・中国語・韓国語・ネパール語で対応しています。お気軽に窓口までお越しください。

【日時・言語】・英語＝毎週月曜日午後1時～4時、金曜日午前9時～正午
・中国語＝毎週月曜日午前9時～正午、第1・3・5金曜日午後1時～4時
・韓国語＝第2・4金曜日午後1時～4時
・ネパール語＝第1・3水曜日午前9時～正午
※いずれも祝日、年末年始を除く。

【場所】区政相談課(区役所東棟1階)
【相談方法】来所・電話(区政相談課)・文書(郵送・ファクス・Eメール)
【費用】無料

申し込み、詳細の問い合わせは、杉並区交流協会へ

【住所】〒166-0004杉並区阿佐谷南1-14-2

みなみ阿佐ヶ谷ビル5階

【電話】03-5378-8833

【ファクス】03-5378-8844

【Eメール】info@suginami-kouryu.org

【ホームページ】<https://suginami-kouryu.org/>



【Facebook】<https://www.facebook.com/suginami.kouryu>



医療相談の窓口

東京都保健医療情報センター

外国語で診療を受けることができる医療機関や、日本の医療制度についての問い合わせに、英語・中国語・韓国語・タイ語・スペイン語で応じます。

【相談日時】毎日午前9時～午後8時 【電話】03-5285-8181

東京都医療機関・薬局案内サービス「ひまわり」「t-薬局いんふお」

ホームページで、住所や最寄りの駅から医療機関を探すことができます。

【外国語ホームページ】<https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks240.php>

杉並区の急病診療窓口(日本語対応のみ) まずは、電話でご相談ください。相談の結果、受診する場合は、健康保険証・医療証を必ず持参してください。

■ 杉並区休日等夜間急病診療所

【電話】03-3391-1599

【場所】荻窪5-20-1杉並保健所2階

【診療時間・科目】(いずれも受付終了時間は診療終了時間の30分前まで)

月～金曜日 ……午後7時30分～10時30分＝小児科

土曜日 ……午後5時～10時＝内科・小児科・耳鼻咽喉科

日曜日・祝日・年末年始 ……午前9時～午後10時(外科は午後5時まで)

＝内科・小児科・外科・耳鼻咽喉科

■ 杉並区歯科保健医療センター(歯科休日急病診療)

【電話】03-3398-5666

【場所】荻窪5-20-1杉並保健所5階

【診療時間】日曜日、祝日、年末年始…午前9時～午後5時(受け付けは午後4時まで)

■ 杉並区急病医療情報センター ※医療機関案内・医療相談を受け付けています。

【電話】#7399または03-5347-2252

【案内・相談時間】月～金曜日…午後8時～翌日午前9時、

土・日曜日、祝日、年末年始…午前9時～翌日午前9時

◆ 外国人相談を実施しています ◆

区内在住の外国人の方の日常生活や区政に対する相談を受け付けています。

お気軽にご相談ください。

【日時】英語＝毎週火曜日午前9時～正午、毎週木曜日午後1時～4時
中国語＝毎週火曜日午後1時～4時、毎週木曜日午前9時～正午
※祝日、年末年始を除く。

【場所】区政相談課(区役所東棟1階)

【その他】電話による相談もできます