



Hello! SUGINAMI

Suginami City Population (as of March 1, 2023)	
Total population	570,294
Foreign residents	17,040

Issued on the 1st of even-numbered months

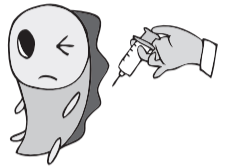
Published by: Suginami City Office. **Editing:** Public Relations Section. **Address:** 1-15-1 Asagayaminami, Suginami-ku, Tokyo 166-8570. **Tel:** 03-3312-2111 (main switchboard), **Fax:** 03-3312-9911 (direct line for Public Relations Section) *Please make inquiries in Japanese. **URL:** <https://www.city.suginami.tokyo.jp/>

COVID-19 (Novel Coronavirus) Vaccinations

The current period for free “special case, limited-time vaccinations” against COVID-19 will be extended beyond April. The Government of Japan’s policy is outlined below.

Vaccines will be administered to the following persons who have received their initial vaccinations.

- Vaccinations beginning in Spring 2023
Persons aged 65 or older, persons aged 5 to 64 with a pre-existing condition, and medical workers will receive vaccinations from May 8.
 - Vaccinations beginning in Autumn 2023
All persons aged 5 or older will receive vaccinations from September.
- * Current administration of the Omicron variant-adapted bivalent vaccine for those aged 12 or older will end on May 7. If you have not received your vaccination yet but wish to, please do so by May 7.
- * Initial vaccinations (first through third vaccinations for those between 6 months and 4 years of age; first and second vaccinations for those aged 5 or older) for those aged 6 months or older will be continued.
- We will make announcements on the Suginami City website (QR code to the right) when decisions are made regarding the City’s vaccination system, the postage of vaccination vouchers (coupons), etc.



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

What You Can Do Now to Prepare for a Major Earthquake!

Do what you can now to prepare for an earthquake to protect yourself and your family, including confirming evacuation procedures when a disaster strikes, confirming the location of evacuation centers such as Earthquake Relief Camps, and establishing methods of communication with your family.

[Preparing for an earthquake in normal times]

● Stockpile water, food and essentials for daily life

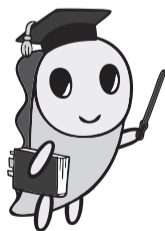
Prepare items such as water (about 3L per person per day), emergency food supplies (at least three days’ worth), emergency toilets, radio, medication, infection prevention items (such as masks, hand sanitizers), etc.

● Prevent furniture and other items from falling

In an earthquake, not only can falling furniture or shattering glass injure you, there are also many dangers that can become obstacles during evacuation or cause fires. Everyone should also install devices in their homes to prevent furniture from toppling over.

● Check how to use the disaster bulletin boards and other communication methods

At the time of disaster, it can become difficult to make phone calls. Use NTT’s Disaster Emergency Message Dial (171) and disaster message boards operated by each of the mobile carriers. Secure multiple methods of communication including social media.



* The practice method for using the Disaster Emergency Message Dial is provided on the Disaster Prevention Map (QR code to the right), so please make full use of it.



● Please make use of the Disaster/Disaster Prevention Information Email Service

This service is to deliver information from radio communications for disaster prevention and administration, weather watches and warnings, as well as earthquake information. Please register to start receiving notifications.

◇ Information sent out

Emails will be sent out when the following situations occur in Suginami City

- If Heavy Rain, Flood and Strong Wind Warnings, Advisories, etc., are issued or lifted
- If rivers exceed the warning level
- If rainfall exceeds the standard value
- If a landslide warning has been issued or lifted
- If a tornado alert has been issued
- If there is an earthquake with a seismic intensity level of 3 or greater



Weekend weather forecasts and other information deemed useful for disaster prevention will also be sent out.

◇ Registration

Send a blank email to t.sss_en@sgnm.lisamail.jp (The composing screen opens when you read the QR code on the right.)

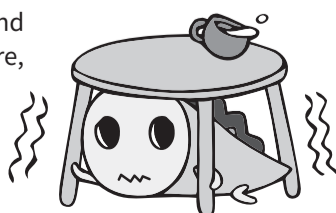


[What to do when a major earthquake occurs]

● When to evacuate

Please consider staying at home if it is safe and not at risk of fire or collapse. If you cannot return to your home because of fire or collapse, please evacuate to a nearby Earthquake Relief Camp.

Furthermore, if there are risks to staying at home and going to an Earthquake Relief Camp due to a major fire, please evacuate to Safety Evacuation Area nearby.



● Check the location of Earthquake Relief Camps and Safety Evacuation Area nearby

Suginami City has 64 Earthquake Relief Camps (such as elementary and junior high schools). In order to ensure that you can evacuate safely when roads are blocked due to collapsed buildings, or when a fire has broken out, please check the locations of the Earthquake Relief Camps and Safety Evacuation Area near you regularly. You can also check our official disaster prevention electronic map service, “Sugi Navi.” (QR code to the right)



[Contact] Disaster Prevention Section

To National Health Insurance Policyholders

The FY2023 insurance premium rates for National Health Insurance have been set.

Insurance premium rates for National Health Insurance are set in mid-June when income for the previous year is finalized. A notification of insurance premium rates is then sent out to the respective households. Notification is given for insurance premiums for FY2023, calculated based on 10 payments from June 2023 to March 2024.

< FY2023 National Health Insurance Premiums >

	Portion for medical treatment (All policyholders)	Portion for subsidies for the latter-stage elderly (All policyholders)	Portion for nursing care (Policyholders from age 40-64)
Per capita basis (for each policyholder)	45,000 yen per year (*1)	15,100 yen per year (*1)	16,200 yen per year
Income basis	Standard amount of taxation (*2) × 7.17%	Standard amount of taxation (*2) × 2.42%	Standard amount of taxation (*2) × 2.20%
Maximum amount	650,000 yen	220,000 yen	170,000 yen

*1. Premiums for preschool children (children aged 6 or younger as of March 31, 2024) are half the amounts listed above.

*2. Standard amount of taxation = Total net income from previous year, etc. – Basic deductions for resident's tax (430,000 yen)

Annual insurance premiums = Portion for Medical treatment + Portion for subsidies for latter-stage elderly + Portion for nursing care

◆ National Health Insurance Certificate (health insurance card)

The expiration date for your health insurance card is printed on the upper right of the card (It is typically the day after your period of stay ends). If you let your resident registration lapse without going through renewal procedures for your period of stay, you will also become ineligible for national health insurance. Therefore, make sure that you go through the steps needed to extend your stay with the Immigration Bureau. In principle, once we are contacted by the Ministry of Justice about renewing your period of stay, we will then send your health insurance card by registered post.

However, if you change your residency status to "Designated Activities," we will need to confirm the content of your certificate of designation before issuing the insurance card. Please bring your health insurance card, passport, residence card and certificate of designation to the National Health Insurance Eligibility Subsection of the National Health Insurance and Pension Section (2F, East Wing of the City Office) or the Residents Offices, and complete the necessary procedures.

◆ If you enroll in another public health insurance program

If you enroll in another public health insurance program, such as those who enroll in the employee's insurance program at work, you will need to complete procedures to withdraw from the National Health Insurance program. Bring along your National Health Insurance Certificate, as well as the relevant insurance certificate, etc., showing that you have enrolled in a new insurance program to complete the procedures at the National Health Insurance Eligibility Subsection of the National Health Insurance and Pension Section (2F East Wing, Suginami City Office) or at Residents Offices. If you are unable to complete the procedures in person, you can also do so by post. Please send copies of the new health insurance certificate for the number of people and your National Health Insurance Certificate to the abovementioned subsection of the Suginami City Office.

[Contact] National Health Insurance Eligibility Subsection, National Health Insurance and Pension Section Tel: 03-5307-0641

Resident Health Examinations & Cancer Examinations

The city sponsors resident health examinations and cancer examinations.

● Resident health examinations

The city sponsors resident health examinations to those who are aged 30 to 39 and do not have the opportunity to receive health examinations at the workplace (Adult Examination), those who are aged 40 to 74 and are enrolled in Suginami City's National Health Insurance program (National Health Insurance Specific Examination), and those enrolled in the medical insurance system for the latter-stage elderly (Elderly in the Latter Stage of Life Examination).

● Cancer examinations

The city sponsors stomach cancer, lung cancer, colorectal cancer, cervical cancer and breast cancer examinations. Please note that each type of examination is available for different ages.

[Contact] Health Examination Subsection, Health Promotion Section, Suginami Public Health Center Tel: 03-3391-1015

Japanese Classes for Foreigners Living in Suginami

These are level-based online classes in which students can learn to speak, read, and write basic Japanese, which is necessary for everyday life.

[Class dates and times] From April 24 to July 7, 9:30 am–11:30 am Monday and Wednesday / 7:00 pm–9:00 pm Tuesday and Friday (Excluding May 1 and 2, and national holidays. 20 classes in total for each time slot.)

[Location] Mainly online class

[Instructors] Members of the "Nihongo Gakusyu Suginami no Kai"

[Eligibility] Persons living, working, and/or studying in Suginami City

[Cost] 6,000 yen per time slot (excluding the cost of textbooks)

[Application] Please send an e-mail containing the course name as well as your postal code, address, name, age, and telephone number, to Nihongo Gakusyu Suginami no Kai, before April 19.

[Contact] Nihongo Gakusyu Suginami no Kai

[Tel] 090-7212-7909

[E-mail] suginaminihongo@gmail.com

[Other] An interview will be conducted on April 21 (Friday) to assign students to the appropriate classes.

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.

◇ 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] • English: Monday 1:00 pm–4:00 pm, Friday 9:00 am–12:00 pm

[Languages] • 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

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

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

[Tel] 03-5378-8833

[Fax] 03-5378-8844

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



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

Sundays, national holidays, year-end and New Year holidays, 9:00am–10:00pm:

internal medicine, pediatrics, surgery (until 5:00pm), ear/nose/throat

■ 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, national 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, national holidays, year-end and New Year holidays: 9:00am–9:00am following day



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新型コロナワクチン接種

コロナワクチンを無料で受けられる現状の「特例臨時接種」を、4月以降も継続します。国から示された方針は以下のとおりです。

初回接種を完了した以下の方を対象に接種を実施します。

●令和5年春開始接種

65歳以上の方、基礎疾患がある5～64歳の方、医療従事者等に、5月8日以降接種を実施

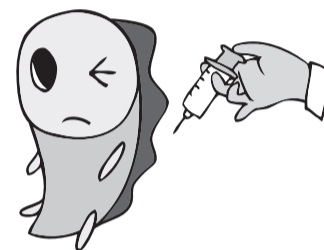
●令和5年秋開始接種

5歳以上の全ての方に、9月以降接種を実施

※現在、12歳以上の方に実施しているオミクロン株対応2価ワクチン等の接種は、5月7日で終了します。未接種で接種を希望する方は5月7日までに接種を受けてください。

※生後6カ月以上の方への初回接種(生後6カ月～4歳の方＝1～3回目接種▼5歳以上の方＝1・2回目接種)は、引き続き継続します。区の接種体制や接種券(クーポン)の発送等は、決定次第、区ホームページ(上2次元コード)等でお知らせします。

【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。外国語<20カ国>対応)



大地震に備えて、「今」できることを

自分や家族を守るために、発災時の避難方法や震災救援所等の避難場所、家族との連絡手段など、「今」できる地震への備えをしましょう。

【日頃から災害に備えましょう】

●水・食料・生活必需品を備蓄しましょう

保存水(1人1日3ℓが目安)・非常食(最低3日分)・携帯トイレ・ラジオ・医療品・感染対策品(マスク・手指消毒剤)等を備えておきましょう。

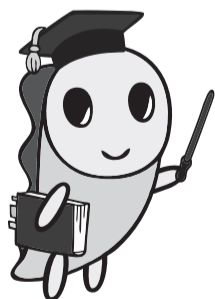
●家具類の転倒防止対策をしましょう

地震による家具の転倒やガラスの飛散は、けがをするだけでなく、避難時の障害や火災の原因となる危険性があります。各家庭においても家具転倒防止器具を設置しましょう。

●災害用伝言板等の使い方を確認しましょう

災害時は、電話がつながりにくくなります。NTTの災害伝言ダイヤル(電話171)や携帯電話各社の災害用伝言板を活用しましょう。また、SNS等複数の連絡手段を確保しておきましょう。

※防災マップ(下2次元コード)に、災害時伝言ダイヤルの訓練方法が記載されていますのでご活用ください。



●「災害・防災情報メール配信サービス」をご利用ください

防災行政無線で放送した内容や気象警報・注意報、地震の発生情報等をメール配信するサービスです。利用には事前登録が必要です。

◇配信する情報

杉並区内で、

- ・「大雨・洪水・強風注意報または警報」が発表・解除されたとき
- ・河川が警戒水位を超えたとき
- ・雨量が基準値を超えたとき
- ・土砂災害警戒情報が発表・解除されたとき
- ・竜巻注意情報が発表されたとき
- ・震度3以上の地震が発生したとき

このほか、週末天気予報や防災上重要な情報も配信します。

◇登録方法

Eメールで t.sss_en@sgnm.lisamail.jp に空メールを送信(右2次元コードを読み込むと送信画面が開きます)



【大地震が起きたら】

●避難するときは

自宅が安全で、倒壊・火災等の危険がない場合は、在宅避難をしましょう。

倒壊・火災等により、自宅に居られなくなったときは、近くの震災救援所に避難してください。また、大規模な火災により自宅や震災救援所に危険が迫った場合には、近くの広域避難場所へ避難してください。

●近くの震災救援所・広域避難場所を確認しましょう

区内には、64カ所の震災救援所(小中学校等)があります。建物等の倒壊による道路閉塞や、火災が発生した場合も安全に避難できるように、日頃から近くの震災救援所や広域避難場所を確認しておきましょう。また、杉並区公式電子地図サービス「すぎナビ」(右2次元コード)でも確認できます。

【問い合わせ】防災課



国民健康保険に加入している方へ

2023年度国民健康保険料の料率が決まりました

国民健康保険の保険料は前年所得が確定する6月中旬に決定し、各世帯に保険料額通知書を送付します。2023年度の保険料を、2023年6月～2024年3月の10回でお支払いいただくよう計算して通知します。

<2023年度国民健康保険料>

	医療分 (全ての加入者)	後期高齢者支援金分 (全ての加入者)	介護分 (40～64歳の加入者)
均等割 (加入者1人当たり)	年額4万5000円(※1)	年額1万5100円(※1)	年額1万6200円
所得割	賦課標準額(※2) × 7.17%	賦課標準額(※2) × 2.42%	賦課標準額(※2) × 2.20%
最高限度額	65万円	22万円	17万円

※1. 未就学児(2024年3月31日時点で6歳以下の方)は半額。

※2. 賦課標準額 = 前年の総所得金額等 - 住民税の基礎控除額(43万円)。

年間保険料 = 医療分 + 後期高齢者支援金分 + 介護分

◆国民健康保険証

保険証の有効期限は、保険証の右上に記載されています(原則、在留期間満了日の翌日)。在留期間の更新手続きをせずに住民登録が削除されると、国民健康保険の資格も喪失してしまうので、必ず入国管理局で在留期間の更新手続きを行ってください。原則、法務省から在留期間更新の連絡があり次第順次、保険証を簡易書留で送付します。

ただし、在留資格を「特定活動」で更新された場合は、保険証の交付に「指定書」の内容確認が必要です。国民健康保険証・パスポート・在留カード・指定書を持参の上、国保年金課国保資格係(区役所東棟2階)・区民事務所で手続きをしてください。

◆他の保険の適用となった方へ

勤務先の保険に加入するなど、他の保険の適用された方は、国民健康保険の脱退手続きが必要です。新しい保険に加入していることが分かる保険証等と国民健康保険証を持参の上、国保年金課国保資格係(区役所東棟2階)・区民事務所で手続きをしてください。来庁できない場合は、郵送でも手続きができます。人数分の新しい保険証の写しと国民健康保険証を同係へ郵送してください。

【問い合わせ】国保年金課国保資格係 電話03-5307-0641

区民健康診査・がん検診

区では、区民健康診査とがん検診を実施しています。

●区民健康診査

30～39歳で職場などで健診を受ける機会がない方(成人等健診)、40～74歳で杉並区国民健康保険に加入している方(国保特定健診)、後期高齢者医療制度に加入している方(後期高齢者健診)を対象に実施しています。

●がん検診

胃がん・肺がん・大腸がん・子宮頸がん・乳がん検診を実施しています。検診ごとに対象年齢などが異なりますのでご注意ください。

【問い合わせ】杉並保健所健康推進課健診係 電話03-3391-1015

杉並で暮らす外国人のためのにほんご教室

日常生活に必要な基本的な日本語の会話や読み書きをオンラインで学ぶレベル別クラスレッスンです。

【日時】4月24日～7月7日の月・水曜日＝午前9時30分～11時30分
▼火・金曜日＝午後7時～9時(5月1日・2日、祝日を除く。各計20回)

【場所】オンラインで実施

【講師】にほんご学習すぎなみの会

【対象】区内在住・在勤・在学の方

【費用】各6000円(別途テキスト代)

【申し込み】Eメールに講座名・郵便番号・住所・氏名・年齢・電話番号を書いて、4月19日までに、にほんご学習すぎなみの会

【問い合わせ】同会

【電話】090-7212-7909

【Eメール】suginaminihongo@gmail.com

【その他】クラス分けのための面接を4月21日(金)に実施予定

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。

◇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のサポートをします。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、詳細の問い合わせについては、杉並区交流協会へ

【住所】〒166-0004 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

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」

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

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＝内科・小児科・外科・耳鼻咽喉科

(外科は午後5時まで)

■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～翌午前9時、

土・日曜日、祝日、年末年始…午前9時～翌午前9時