

# Aizu Wakamatsu City Information

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**Opinions, Suggestions, Change of Address, Subscriptions**  
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This newsletter is published by the Public Relations Section of City Hall, and is comprised of translated excerpts from the monthly Japanese newsletter, "Shisei Dayori".

**Language Assistance**  
The Aizu Wakamatsu International Association  
Open: 9am-5:45pm  
Phone: 0242-27-3703 Fax: 0242-27-3704  
E-mail: mail@awia.jp  
Holidays: Every Monday, 1st and 3rd Sunday, and national holidays.

## Information Regarding the COVID – 19 Vaccine

### 2023 Spring Inoculation Period (May-Aug) Starting

This round of vaccine vouchers is being sent out to people in order of eligibility.

In order to protect against a rise in COVID-19 cases this summer, please get boosted. The shots are free.

#### Vaccine Eligibility

People who have completed full initial dose (1st/2nd doses), had their last shot over three months ago, and to which the following are also applicable:

- Over 65 years of age
- Between the ages of 5-64 with underlying conditions, or are deemed high risk by their doctor.
- Work in vulnerable fields (health facilities, old age homes, with disabled patients etc.)



#### Take Advantage of Off-hours Vaccine Appointments

Some medical facilities and vaccine venues are offering vaccine appointments during evenings and weekends. Those who find it difficult to take time off during weekdays should take advantage of this service. You can find available clinics and how to book an appointment on the City homepage.

Night Time Vaccine Time & Place	
Time	Place
6/21 (Wed) 6:00pm-8:30pm	Oitemachi City Building 2 (追手町第二庁舎)
7/21 (Wed) 6:00pm-8:30pm	Aizuwakamatsu Medical Association Building(Aizuwakamatsu Ishi Kaikan) (Inta-nishi) (会津若松医師会 インター西)

## Let's Practice the '5 Basic Ways to Prevent Infection'

Maintaining good prevention measures to combat the spread of COVID-19 continues to be effective.

It's important for everyone, individuals and businesses alike, to take "Don't spread, Won't spread" to heart to prevent infection.

### '5 Ways to Prevent Infection' for our 'New Health Habits'



When you're feeling unwell, or are showing symptoms, don't push yourself. Stay home and get better or see a doctor.



Properly ventilate and avoid the 3 Cs: they continue to be effective.



Practice mask wearing in certain situations, as well as cough etiquette.



Make handwashing a part of your daily life.



Get enough exercise and eat well to maintain a healthy lifestyle.

## General Guidelines for Quarantine for COVID-19 Cases and Others in the Home

Japan has set out some general guidelines for self-isolation for people who test positive for COVID-19. Please use the chart on the right as a guide for how long you should stay home, and monitor your symptoms.

### Who to Contact if You Feel Unwell or During Quarantine

- ▶ Fukushima Pref. COVID-19 Consultation Centre (☎ 0120-567-747)
- ▶ Fukushima Pref. Emergency Call Centre (☎ #7119)
- ▶ COVID-19 Hotline for Fukushima Foreign Residents (☎ 092-687-6148) ※ Available Languages: English, Chinese (Mandarin), Korean, Thai, Vietnamese, etc.(Available 24 hours, weekdays, weekends and holidays)

© **Contact:** Aizu Wakamatsu City Novel Coronavirus Consultation Call Center: ☎ (0570-026-263) ※ Open hours are from 9:00-17:00(excluding weekends and holidays)

Status	Recommendations
Positive Individuals	<b>symptomatic</b> Avoid going out for 5 days after the first day symptoms start. (The day symptoms show is day 0) OR if symptoms persist, it is recommended that you wait 24hrs after your symptoms go away.
	<b>asymptomatic</b> Avoid going out for 5 days after the day of your test. (Test day is Day 0)
<b>Close-contact Co-habitant</b>	Monitor your health carefully for 5 days after co-habitant has started showing symptoms.

- All information up to date as of May 18th.
- Any changes or updates can be found on the City homepage.
- Vaccines are not mandatory.
- Please respect people's decision to wear a mask or not.

## Aizuwakamatsu International Association General Meeting

「Special Guest Speaker Aizuwakamatsu and Multiculturalism  
～ Pioneer a Future with Many Peoples and Connect the World ～」

会津若松市国際交流協会の記念講演会  
これからの会津若松と多文化共生  
～世界とつながり外国人とともに拓く地域の未来～

- ▶ **Time**・・・June 3 (Sat), 15:30-17:15
- ▶ **Place**・・・AizuWakamatsu City Learning Centre
- ▶ **Speaker**・・・Mr. Taro TAMURA from the Institute for Human Diversity Japan
- ▶ **Sign-up Deadline**・・・June 2nd (Fri)
- ◎ **Contact**・・・Aizuwakamatsu International Association (mail@awia.jp / ☎ 27-3703)

## Let's put out our garbage and recycling properly

tadashiku dasou gomi to sigenbutsu  
正しく出そう ごみと資源物

**Let's Also Recycle Those Miscellaneous Papers**  
Snack or tissue boxes, wrapping paper, envelopes etc., are those 'miscellaneous papers' in life, and it's just as important to recycle those too. Let's properly sort them and put them out on paper recycle days. You can also bring them to community collection places, or supermarket recycling bins.

◎ **Contact**・・・Waste Management Division( ☎ 27-3961)

## Wear a Helmet While Riding Your Bicycle

自転車に乗るときはヘルメットを着用しましょう

Traffic by-laws have changed slightly. As of April 1st 2023, helmets became recommended for all cyclists. Protecting the head is important to reduce traffic accident injuries. Wear a helmet to save your life.

◎ **Contact**・・・Crisis Management Division( ☎ 39-1227)



## Let's Enjoy Summer and Prevent Heatstroke

熱中症を予防しましょう

Heatstroke happens when your body is exposed to high temperatures for too long and can no longer regulate its own temperature. The body overheats because hydration and salt levels are off-balance.

### < Heatstroke Symptoms >

- **Mild** = dizziness, lightheadedness, cramping, numbness in arms/legs
- **Moderate** = headache, nausea, exhaustion, confusion
- **Serious** = fainting, seizures, paralysis, high body temperature

### < How to Prevent Heatstroke >

- ◎ Use the Air Conditioner to keep the room at about 28 degrees and utilize fans
- ◎ Stay hydrated by drinking throughout the day
- ◎ Wear loose fitting and breathable clothing
- ◎ Eat well balanced and healthy meals etc.
- .....
- **Contact**・・・Aizuwakamatsu Fire Department( ☎ 25-2100), Health Promotion Division ( ☎ 39-1245)

### Here's What to Do If Someone Gets Heatstroke

If the person is losing consciousness, or cannot drink water themselves, call an ambulance as soon as possible.



● If you are outside, move into cool place or the shade. Loosen clothing and rest.



● If you are inside, cool the body down with air conditioning or a fan.



● Put cool towels on the neck, armpit, groin etc. Drink water slowly.

## Aizu Shoku no Jin - Spring

あいつ食の陣・春



We would like to announce a restaurant participating in this year's Aizu Shoku no Jin. This year's theme ingredient is "Aizu Asparagus."

### 【 Aizu Asparagus Double Cheese Daifuku 】

“ Hibian: Anko to Ohagi ”

The shop “Hibian: Anko to Ohagi” has got a wonderful dish for the ‘Aizu Shoku no Jin: Spring’ called ‘Aizu Asparagus Double Cheese Daifuku.’ Cheese is kneaded into the mochi dough and wrapped around two stalks worth of asparagus and some Kyoto-style miso. The cheese sprinkled on top is broiled, completing a dish that will leave a huge impression. Assistant Manager, BABA Reina highlighted the best parts of this dish: “Using miso paste, and broiling cheese, this menu item is a lot of firsts for us. Asparagus and broiled cheese are the perfect pairing, and the choice to use the slightly sweet Kyoto-style miso to compliment the asparagus’s natural flavour are key points to this dish.” Ms. Baba also says “Aizu has a lot of delicious ingredients like asparagus, for a start. I want as many people as possible, of course the locals, as well as tourists, to see how wonderful the food here is,” she told us with a bright smile.

▶ **Address:** Mamiyashinmachikita 2-1

▶ **Hours:** 10:00am-4:00pm

▶ **Closed:** Sunday and Monday.

● **Contact**…(☎93-7600)



## 「# 会津の宝探し」Photo Contest Results!

「# 会津の宝探し」フォトコンテストの結果をお知らせ

We're asking everyone to show off the wonders of their areas, and the beauty of Aizu by tagging their pictures on Instagram with #会津の宝探し. Why not spread the greatness of Aizu by following the City official Instagram?

▶ **Winner**…@sakumomo246

▶ **Runner-up**…@ocanka4

Photo taken by @sakumomo246



Photo taken by @ocanka4



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● **Contact**…Public Information And Public Hearing Division (☎ 39-1206)



## Radiation Doses as of May 15th

housyasenryou jouhou 5gatu 15 niti  
放射線量情報 (5/15)

Measurement Location	Measured Value	Measurement Location	Measured Value
Aizu Wakamatsu CityHall	0.06	Kita Public Hall	0.07
Aizu Wakamatsu Station	0.07	Kozashi-machi Takaku	0.07
Higashiyama Elementary School	0.08	Kozashi-machi Kitashigo	0.05
Imoriyama Mountain Tourist Information Center	0.08	Kawahigashi-machi Takatsuka	0.07
Ikki-machi Tsuruga	0.09	Kawahigashi-machi Kumanodo	0.06
Matsunaga Danchi	0.05	Kawahigashi-machi Hirota	0.05
Yanagiwara-machi	0.05	Kitaaizu-machi Shimoarai	0.09
Monden-machi Niidera	0.06	Kawanami Elementary School	0.07
Minami Public Hall	0.07	Oto Public Hall	0.05
Aizu General Athletic Park	0.07	Minato Citizen's Center	0.04

※ Measured in microsievarts / hour

## Emergency medical care at night

Yakan Kyuubyo center  
夜間急病センター

To prevent the spread of the novel coronavirus, the Night Emergency Clinic adopted a reservation-only policy. If you need a medical examination, please call ahead to make a reservation in advance.

Reservations: Night Emergency Clinic (Yakan Kyubyo Center) (28-1199)

### ▼ Attention:

Aizu Wakamatsu Area Code=0242 \*Please dial the area code first. Medical examinations and treatments for the internal, pediatrics, and surgery departments are accepted from 9:00am until 5:00pm. Dentistry is from 10:00am to 4:00pm.

You can also check for available doctors during holidays on the city's mobile website. \*Japanese only.

## Student PR Club "AiZ'S Motion" 5th Gen. Students Chosen!

学生PR部「AiZ'S Motion」五期生が決定しました！

Student PR Club "AiZ'S Motion" uses Social Networks to promote and show off our City to the world!

The students in charge, will use the City's official Instagram, and show off the sights they've seen, the charm, and information from the City. Please support them by following, and liking their posts!

● Contact...Public Relations Division ( ☎ 39-1206)



This year, 3 students will be helping out. Everyone, please give them your support !



## After-Hours Pharmacies

Kyuujiutsu touban Yakkyoku  
休日当番薬局

June.4th (Sun)	● Ain Pharmacy Aizuwakamatsu ten (Ikki-machi kamega ☎23-9538)
June.11th (Sun)	● Aiyuu Pharmacy (Gyonin-machi ☎22-6878) ● Kosumo Dispensing Pharmacy Nishisakaemachi ten (Nishisakaemachi ☎36-6039)
June.18th (Sun)	● Kosumo Dispensing Pharmacy Yonedai ten (Yonedai 1chome ☎38-3850) ● Kosumo Dispensing Pharmacy Zaimokumachi ten (Zaimokumachi 2chome ☎36-5182)
June.25th (Sun)	● Tanpopo Pharmacy Hon-machi ten (Hon-machi ☎38-2565) ● Daian Pharmacy (Byakko-machi ☎39-0311)
July.2nd (Sun)	● Machino Pharmacy Ougi-machi ten (Ougi-machi ☎37-1766)

## After-Hours Medical Facilities

Kyuujitsu touban lin  
休日当番医院

June.4th (Sun)	Internal medicine	Wakamatsu intervention clinic わかまつインターベンションクリニック	32-1558	Ikki-machi kamega
	Surgery	Anazawa Jibi Inkouka lin 穴沢耳鼻咽喉科医院	29-0033	Tenjin-machi
	Dentistry	Kato dental clinic 加藤歯科医院	24-0550	Kogai-machi
June.11th (Sun)	Internal medicine・Pediatrics	Hasegawa Internalmedicine,Gastroenterology 長谷川内科消化器科医院	22-7180	Gyounin-machi
	Surgery	Ear, nose, andthroat Suzuki Clinic 耳鼻咽喉科鈴木医院	28-3387	Nishisakae-machi
	Dentistry	Kabasawa Dental clinic 加羽沢歯科医院	26-0418	Sumiyoshi-machi
June.18th (Sun)	Internal medicine・Pediatrics	Koshimabara Internal medicine Clinic 小島原内科クリニック	36-6533	Yonedai 1 chome
	Surgery	Onogi clinic 小野木クリニック	26-5533	Zaimoku-machi 2 chome
	Dentistry	Ooshio dental clinic 大塩歯科医院	38-4567	Higashisakae-machi
June.25th (Sun)	Internal medicine・Pediatrics	Sato Clinic 佐藤医院	26-3515	Nishisakae-machi
	Surgery	Naruse Tomiko Ladies clinic なるせとみこレディースクリニック	37-7851	Byakko-machi
	Dentistry	Kimi Dental・Oral surgery きみ歯科・口腔外科クリニック	93-6487	Monden-machi Kuroiwa
July.2nd (Sun)	Internal medicine	Hayashidani Internal medicine 林谷内科医院	22-0408	Sakae-machi
	Surgery	Igarashi Ear,nose,andthroat いがらし耳鼻咽喉科	39-2010	Ougi-machi
	Dentistry	Hirayama Dental・Orthodontics 平山歯科矯正歯科医院	27-0425	O-machi 1 chome

● Consultation Hours... ◎ Internal Medicine ・ External Medicine ・ Pediatrician = 9:00 ~ 17:00 ◎ Dentist = 10:00 ~ 16:00

● Caution... You can check the doctor-on-duty for holidays on the City Homepage.

If you are receiving this newsletter and plan to change your address or leave Japan, please make sure to tell us of your new address or your departure date so that we may forward or cancel this newsletter.

Please contact us by phone, fax, or e-mail as soon as possible. Public information and Public Hearing Section (Kouhou Kouchou group), Aizu Wakamatsu City Hall 3-46 Higashi Sakae-machi, Aizu Wakamatsu City, Fukushima 965-8601

• TEL: 0242-39-1206 FAX: 0242-39-1402

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★ Visit our home page! <http://www.city.aizuwakamatsu.fukushima.jp>

/ in English and 中文(体中文 繁体中文) 한글 ໂພ



City Public  
Homepage



Living  
Information