

OCTOBER 2020 | ISSUE 36

Ginowan City Newsletter

1-1-1 Nodake, Ginowan, Okinawa | TEL 098-893-4411

<https://www.city.ginowan.lg.jp/>

Scan the QR code below to see past issues of the newsletter and other English contents on our website.



FOLLOW US



Ginowan population

(as of September 30)

| | |
|---------------------|--------------|
| Total population | 100,230 (+1) |
| Female | 51,514 (+19) |
| Male | 48,716 (-18) |
| Foreign nationals | 1,638 (-23) |
| Total household | 45,805 (+18) |
| Total nationalities | 52 |

Flu vaccination to be partially covered for people aged 55 to 64

As part of a preventative measure against COVID-19

COVID-19 symptoms are extremely similar to those of the seasonal flu. As part of a preventative measure against COVID-19, this year, the city will partially cover the cost for flu vaccinations for all registered residents who will be between 55 and 64 years of age as of March 31, 2021. The cost after the partial coverage is 1,000 yen per person and free for those receiving public assistance (*seikatsu hogo*).

The vaccination period is open until February 28, 2021 (Sunday). Vaccinations received later than this date will not be covered by the government.

If, at the time of vaccination, you are between 60 to 64 years of age and have an impaired immune system due to HIV or reduced cardiac, kidney, or respiratory function, you may be eligible for a separate coverage scheme. Please speak with your doctor for more information.

See below for a list of available clinics. Vaccinations are by appointment only.

| | | | |
|-------------------------------------|-----------|---------------------------------|-----------|
| Aiseien Clinic | ☎898-4141 | Shirahama Clinic | ☎898-1671 |
| Aichi Clinic | ☎892-3511 | Chata'ni Clinic | ☎898-7777 |
| Iki Iki Otorhinolaryngology Clinic | ☎893-1187 | General Medical Centre Ginowan | ☎890-1213 |
| Ikehara Gastrointestinal Clinic | ☎893-1531 | Nishihira Clinic | ☎896-1116 |
| Itomu Clinic | ☎898-5856 | Netate Internal Medicine Clinic | ☎890-1500 |
| Inafuku Clinic | ☎890-5300 | Nodake Orthopedics Clinic | ☎917-1870 |
| Kaiho Hospital | ☎898-2111 | Hikari Clinic | ☎898-2233 |
| Kamimoto Internal Medicine Clinic | ☎898-6631 | Fukuyama Orthopedics | ☎894-1234 |
| Kariyushi Clinic | ☎898-0555 | Furukata Women's Clinic | ☎890-1600 |
| Kyan Internal Medicine Clinic | ☎890-7715 | Maehara Internal Medicine | ☎870-2807 |
| Ginowan Memorial Hospital | ☎893-2101 | Miyagi Hospital | ☎893-7777 |
| Ginowan Orthopedics Clinic | ☎897-1891 | Miyagi Pediatrics Clinic | ☎898-3339 |
| Kohagura Otorhinolaryngology Clinic | ☎893-4070 | Yamashiro Dermatoglogy | ☎892-8105 |
| San Clinic | ☎898-3370 | Yonamine Internal Medicine | ☎894-1000 |

Routine flu vaccination for people aged 65 and older

Cost will be partially covered by the government

Symptoms of fever exceeding 38 degrees Celsius, headaches, and joint and muscle pains from influenza may cause severe complications including pneumonia for the elderly and those who are chronically-ill.

The cost for the vaccination will be partially covered by the government until February 28, 2021. The cost after coverage will be 1,000 yen per person. All residents who will be 65 years old or above at the time of vaccination will receive a notification letter in the mail. Those who are between 60 to 65 years of age and who suffer from an impaired immune system due to HIV or reduced cardiac, kidney or respiratory function may also be eligible. Please contact your doctor for more information.

If you wish to receive a flu shot, please do so before the onset of this year's flu season. Vaccinations received after February 28, 2021 will not be covered by the government. A list of available medical facilities can be found on your notification letter. Please contact Health Counselling Centre at 898-5583 for more information.

Rotavirus vaccination to be made compulsory

Beginning October 1

Rotavirus is extremely contagious and causes gastroenteritis, or severe diarrhea and vomiting, in young children. Vaccination reduces the risk of rotavirus gastroenteritis by 70-80% and lessens the severity of the symptoms.

Newborns who are registered residents of Ginowan City and who were born after August 1, 2020 are eligible for a full coverage of the vaccine.

Vaccinations completed prior to September 30 are not eligible for coverage. However, if your child has begun receiving the vaccination before September 30, but have yet to receive the remaining doses, the cost for the remaining doses will be fully covered.

The first dose of the vaccine should be administered by 14 weeks and 6 days after birth.

Please visit the city's website or contact the Health Counselling Centre at 898-5583 for a list of designated medical facilities.

Feeling the corona blues?

Your mental well-being is just as important as your physical health

Are you suffering from a lack of appetite, insomnia, or a weakened immune system?

These may be caused by **stress** brought on by the COVID-19 outbreak.

- ☐ I'm fatigued and anxious from always having to be cautious to not catch the virus.
- ☐ I'm anxious about the next wave of the outbreak and am always checking the news and the internet.
- ☐ My physical and mental condition is becoming unstable.
- ☐ I'm depressed about my economic situation.
- ☐ I feel lonely, powerless, and have no motivation from being unable to go to school/changes to my work life.

Our ways of life are undergoing a dramatic change, but we are all in this together! Stay calm and ensure we get accurate news on the outbreak.

- ✓ Go to bed and get up early to maximize our time under the sun!
- ✓ Get some exercise!
- ✓ When you feel irritated, disengage from the situation and take deep breaths!
- ✓ Keep alcohol intake to a minimum!



"Three faces of COVID we must be alert to" by the Japanese Red Cross Society



FRES Helpline by the Ministry of Justice



Okinawa Prefecture COVID-19 website

These excerpts from the Japanese city newsletter are published by Ginowan City's Civic Collaboration Promotion Division (shimin kyōdō suishin-ka) in the hopes of providing support for non-Japanese-speaking residents. This English version is not an official translation of the original Japanese version. Ginowan City Office and its translator will individually or jointly accept no responsibility or liability for damage or loss caused by any error, inaccuracy, misunderstanding, or changes in regards to this translation. Administrative services are provided in Japanese only, unless otherwise stated.