

# 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  
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Holidays: Every Monday, 1st and 3rd Sunday, and national holidays.

## Information about COVID-19

### 新型コロナウイルス感染症に関するお知らせ

#### <Answers to Frequently Asked Questions about COVID-19>

**Q : Can people who have caught COVID-19 get the vaccine?**

**A :** Once your quarantine has ended, symptoms are gone and you are back to good health, you can get vaccinated. If you are unsure about getting the vaccine at this time, please consult your healthcare provider or a vaccine administering doctor. There is a necessary waiting period after recovering from even a light case of COVID-19.

**Q : What are the most up-to-date symptoms of COVID-19?**

**A :** The main symptoms are; fever and cough, as well as sore throat, headache, joint pain, diarrhea/stomach pain, etc. Additionally, symptoms and after-effects from a COVID-19 infection may last for an extended period of time, also known as 'long COVID.' It is known that you can lessen your chance of developing long-lasting symptoms by getting vaccinated. If your symptoms are persistent, please consult a healthcare professional.

**Q : COVID-19 will be downgraded to a Class 5 infection. What will change?**

**A :** Being reclassified as a Class 5 infection does not mean that COVID-19 is less infectious. There will be more information coming from the Government as to how various agencies, such as governments, hospitals, outpatient facilities, nursing homes, etc. will have to handle the situation. It is important for us all to listen to the information given to us by official sources and act according to those directions in order to lessen the spread of infection.

#### < From March 13th (Mon) Mask Wearing Practices May Change >

Until now, mask-wearing indoors has been recommended. However, starting from March 13th, the decision to wear a mask will be left up to the individual. While mask wearing will no longer be required, it is still recommended.

～ When to continue wearing masks (recommended) ～

● While visiting the doctor/clinic, care/nursing homes and other medical facilities

● While riding crowded trains or busses

▶ **Please remember**...Some people may continue to wear masks, and others may not. Remember to be kind, understanding and respectful of people's personal choices.

#### < To Protect Yourself from Infection >

The following high-risk groups should continue to wear masks in crowded places to lessen the risk of infection:

▶ **High-risk groups**...◎ the elderly ◎ people with underlying conditions ◎ pregnant people

#### < What if you have symptoms etc...? >

Those who have symptoms, have tested positive for COVID-19, or live with someone who has tested positive for COVID-19, should stay home. If you must go out, please wear a mask, and try to avoid contact with others as much as possible.

#### < Please Continue Keeping Yourself Safe >

Avoid the 'Three Cs:' closed spaces, crowded places, and close contact situations. Continuing to wash and disinfect your hands, as well as good ventilation will continue to lessen the spread of infection

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●**Contact**...Aizuwakamatsu City COVID-19 General Call Centre (☎0570-026-263)



## Aizu Shoku no Jin - Winter

あいつ食の陣・冬



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

### 【 Toro~ri Kashiwa Don 】

“ Tonkatsu Tontei ”

Traditional Aizu Sauce-katsu restaurant ‘Tonkatsu Tontei’ is offering a special Shoku no Jin: Winter dish, using Aizu Chicken thigh meat, and eggs to make their lavish ‘toro~ri kashiwa don.’ Owner, Kanome Shigeru says “There’s no way about it, Aizu Chicken is just delicious. The meat itself has a fantastic bite, and the eggs have such a richness to them.” This combination is superb; the meat is bursting with flavour that gets better and better and the eggs are cooked to soft perfection with sweet-ish broth. This masterpiece highlights the exquisite flavour of Aizu Chicken. Because this dish is an Aizu Shoku no Jin: Winter menu item, it’s only here for a limited time. “There are some regular customers that look forward to this season specifically for this dish. Even for me, this dish is special. I’d love it if you’d try it, gain a little bit of joy from the experience and let out your own ‘now that’s good’” Mr. Kanome told us with a smile.

●Contact... Agricultural Administration department (☎23-9973)



## Need to Update Your Address?

正しい住所を届け出ましょう

When you move, you must submit a ‘change of address’ notification to City Hall. If you do not, you may not be able to receive government benefit payments or other public services properly. For more details, please contact the Residents Department at City Hall.

For the months of March and April, the Residents Department Service Windows will be open on Saturdays and Sundays with longer hours for your convenience.

●Contact... Municipal Division (☎39-1229)

## City Hall Parking Lot:

### Expect Crowds in March and April

3月と4月は市役所来庁者駐車場が混み合います

The City Hall parking lot has a limited number of spaces. March and April are a busy time, with many people coming to submit paperwork etc. Please visit City Hall with plenty extra time to account for the increase in visitors.

During this time, if the parking lots around City Hall Buildings 1 and 2 are full, security guards can guide you to nearby paid parking lots. Parking Vouchers will be dispensed at the following locations:

Parking Voucher Dispensing Places...  
 ◦Sakaemachi City Building 1 (栄町第一庁舎): each service desk  
 ◦Sakaemachi City Building 2 (栄町第二庁舎): the front information desk

●Contact... General Affairs Department (☎39-1211)

## Mizuho Bank Over the Counter Tax Service etc. will End in March

みずほ銀行での市税などの窓口納付が3月末で終了します

Payments using official forms for municipal tax, insurance, and usage fees etc., will no longer be accepted at Mizuho bank counters after March 31st. Please use a different financial institution listed on alternative forms. Once this service has ended, municipal payments can be made at Mizuho banks using the bank’s standard bank transfer form. For more information, please inquire at the department listed on your payment form.

## After-Hours Pharmacies

Kyuujitsu touban Yakkyoku  
休日当番薬局

March.5th (Sun)	● Apple pharmacy(Kachino-machi ☎29-4193)
March.12th (Sun)	● Aiai pharmacy Johoku ten(Johoku-machi ☎37-7701) ● Sebunsu pharmacy Aizuwakamatsu ten(Nishinanoka-machi ☎ 39-6988)
March.19th (Sun)	● Hiro pharmacy(Monden-machi Hiyoshi ☎36-5582) ● Zene Fa-mu Higashisakaemachiten(Higashisakae-machi ☎ 38-3350)
March.21h (Tue)	● Iseki pharmacy(Omachi 2chome ☎ 22-0363)
March.26th (Sun)	● Nanukamachi Yakkyoku(Omachi 1-chome ☎ 85-8328) ● Mizuki pharmacy(Ikki-machi Kamega ☎ 37-3088)

## Emergency medical care at night

Yakan Kyuubyou 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.

## 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

Please put separated garbage and recycling at the designated location by 8:30a.m. on the correct day according your local collection schedule.

●Contact... Waste Management Division(☎27-3961)

## “Aizu Treasure” Discovered by You!

あなたがみつけた「会津の宝」

On the City's official Instagram, using the hashtag # 会津の宝探し, we use submissions from you in order to show off the beauty of Aizu to people around the world. Here's one such post:

@ocanka4 has posted a beautiful picture of the Akai area Giant Gingko Tree in Minato-machi, Inawashiro. Highlighting the huge tree towering over the snowy landscape, the picture really makes you realise this Gingko is not only breathtaking in fall, but also in winter.



## Radiation Reading as of February 13th

housyasenryou jouhou 2 gatu 13 niti  
放射線量情報 (2/13)

Measurement Location	Measured Value	Measurement Location	Measured Value
Aizu Wakamatsu CityHall	0.07	Kita Public Hall	0.08
Aizu Wakamatsu Station	0.06	Kozashi-machi Takaku	0.07
Higashiyama Elementary School	0.07	Kozashi-machi Kitashigo	0.05
Iimoriyama Mountain Tourist Information Center	0.05	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	0.08
Monden-machi Niidera	0.06	Kawanami Elementary School	0.07
Minami Public Hall	0.08	Oto Public Hall	0.05
Aizu General Athletic Park	0.07	Minato Citizen's Center	0.03

## After-Hours Medical Facilities

Kyuujiutsu touban lin

休日当番医院

March.5th (Sun)	Internal medicine	Saitou Pediatrics・Gastroenterology さいとう内科胃腸科クリニック	38-3717	Miya-machi
	Surgery	Ishida Ophthalmology clinic 石田眼科医院	27-0858	Nisshin-machi
	Dentistry	Yanada Shika lin やなだ歯科医院	27-6934	Yugawa-machi
March.12th (Sun)	Internal medicine	Toyama Gastroenterology,Internalmedicine 遠山胃腸科内科医院	24-8911	Johoku-machi
	Surgery	Nanokamachi clinic 七日町クリニック	32-2411	Nishinanoka-machi
	Dentistry	Yamaguchi Shika lin 山口歯科医院	28-6482	Naka-machi
March.19th (Sun)	Internal medicine	Ito Internalmedicine,Gastroenterology clinic いとう内科消化器科クリニック	38-3733	Monden-machi Hiyoshi
	Surgery	Yoneyama Ophthalmology 米山眼科	27-0862	HigashiSakae-machi
	Dentistry	Watanabekeiichi Shika 渡部圭一歯科	24-6890	Ikki-machi Kamega
March.21th (Tue)	Internal medicine	Kachino-machi clinic 徒之町クリニック	26-6181	Kachino-machi
	Surgery	Saze Dermatology clinic 佐瀬皮膚科医院	33-1122	Byakko-machi
	Dentistry	Ikki Dental clinic 一箕歯科医院	22-1184	Ikki-machi tsuruga
March.26th (Sun)	Internal medicine	Koshiishi clinic こしいしクリニック	33-6100	O-machi 1 chome
	Surgery	Endo clinic えんどうクリニック	33-0700	Ikki-machi kamega
	Dentistry	Watanabe Yuzou Dental clinic 渡辺ゆうぞう歯科クリニック	37-2232	Ishido-machi

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

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★Visit our homepage! <https://www.city.aizuwakamatsu.fukushima.jp/> in English and 中文



City Public  
Homepage



Living  
Information